

Rach's Healthiest 30-Minute Meals!

# EVERY DAY

rachaelraymag.com

with RACHAEL RAY

## Fast & Easy COOKING Every Night!

- ★ New Pastas, Soups, Sammies
- ★ 60 Ideas for Salad Lovers
- ★ Delicious \$2 Dinners

# 103 Smartest Snacks!

YOU CRAVE IT,  
WE'VE GOT IT

Creamy, salty, crunchy, sweet...

♻️ RECYCLED PAPER

IT'S OUR  
**GOOD  
FOR YOU  
ISSUE!**  
JAM-PACKED  
WITH RECIPES, TIPS  
& TWEAKS!

*So Simple*  
**No-Brainer  
Make-Ahead  
BRUNCH**

*So Easy*  
Pretty in Minutes!  
**INSTANT  
KITCHEN  
Makeover**

*So Fun*  
**CHEAP  
VACATION  
Getaways**  
BE THERE BY NOON!

*So Good*  
**Superfoods  
for your  
20s 30s 40s!**



# where to eat during the boston marathon

Watching this year's race on April 18?  
Fuel up with in-the-know locals.



## For a sammie

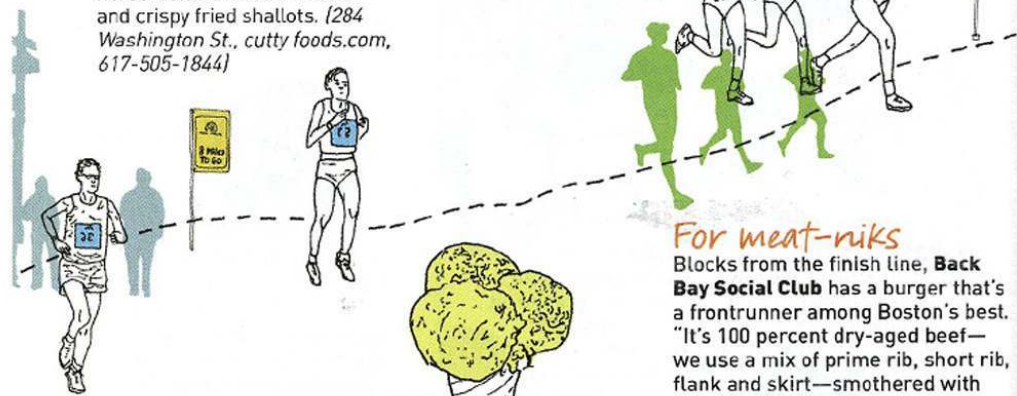
**Cutty's** specializes in novel combos like sautéed swiss chard, bacon and spicy mayo. You can duck in for a bite without missing the action: Runners will have sped past by lunchtime.

**WHAT TO GET** The slow-cooked roast beef with sharp cheddar, horseradish thousand island and crispy fried shallots. (284 Washington St., [cutty foods.com](http://cuttyfoods.com), 617-505-1844)

## Tacos and tequila

Run, don't walk, to get a prime seat at chef Ken Oringer's Mexican fave **La Verdad**. (One taste of the killer margaritas and you'll thank us!) Up for a marathon of eating? Hit up Ken's other Boston-area restaurants, too: Clio, Uni, Toro and KO Prime.

**WHAT TO GET** The Loco Mundo, a choice of any three tacos (our picks: two duck confit, one fried fish) and a side of queso dip with chorizo. (1 Lansdowne St., 617-421-9595)



## For meat-niks

Blocks from the finish line, **Back Bay Social Club** has a burger that's a frontrunner among Boston's best. "It's 100 percent dry-aged beef—we use a mix of prime rib, short rib, flank and skirt—smothered with slow-cooked onions and melty, cave-aged Vermont cheddar," says chef Tim Raines. "Then we throw some hot, salty fries into the mix."

**WHAT TO GET** What Tim said. (867 Boylston St., [backbaysocialclub.com](http://backbaysocialclub.com), 617-247-3200)

## Locals' favorite ice cream

Boston boasts so many homegrown ice cream purveyors, you'd think it was in the tropics. **J.P. Licks** has nine stores total, and four along or near the race. Note to those of timid palate: Expect seriously vivid flavors.

**WHAT TO GET** A double scoop of potent rum raisin. ([jplicks.com](http://jplicks.com))



DINING ROOMS & BAR

1  
WILL  
BRING AN  
EASTER  
TRADITION  
OUT OF ITS  
SHELL.



HIDDEN SURPRISE  
EASTER EGG TREATS™



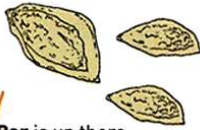
1 serving = 1 egg  
© T.M. © 2011 Kellogg NA Co.  
®/TM trademarks © Mars, Incorporated 2011

## ISLAND CREEK OYSTER BAR

### Oysters at the end

A meal at **Island Creek Oyster Bar** is up there with the Freedom Trail on the weekend's roster of essential visitor experiences. The sleek spot overlooks Kenmore Square, where the final mile converges with Fenway traffic (it's game day, too!).

**WHAT TO GET** The lobster roll, raw bivalves and a craft cocktail. (500 Commonwealth Ave., islandcreekoysterbar.com, 617-532-5300)



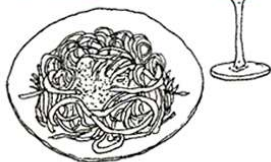
### Post-race pasta

If you're craving spaghetti, head to **Gaslight**, a French bistro. Yep, you heard us right: This casual brasserie serves pasta favorites along with traditional French dishes like steak frites. The pasta specials rotate, but all are favored to be winners.

**WHAT TO GET** House tagliatelle with... absolutely anything the chef's got it paired with. (560 Harrison Ave., gaslight560.com, 617-422-0224)

—JOLYON HELTERMAN

## GASLIGHT BRASSERIE DU COM



nibble on this  
When it comes to marinades, don't go fat-free: **Most herbs and spices are oil-soluble**, so they only release their strongest flavor once they've been mixed into an oil-based marinade.



### spring-break tip

## DON'T FORGET TO PACK YOUR TAN!

Rach's buddy **Gretta Monahan** proves—even to sunless-tanning skeptics!—that DIY tans are a simple science.

1

### FIRST EXFOLIATE HANDS, FEET AND ELBOWS

Skin is naturally rougher on these parts, so it tends to absorb tanning formulas differently from smoother areas. Give them a good scrub to avoid splotchy or uneven results.

2

### THEN DRY OFF SKIN COMPLETELY

Even small amounts of moisture can cause tanners to streak or run off on your clothes. Towel off as thoroughly as you can after you shower, and make sure the bathroom isn't still steamy.

3

### BUILD COLOR SLOWLY

Choose a gradual formula—like a lotion, wipe or mousse—in the shade your skin is, not the shade you want it to be. Only slather on a pea-size amount of tanner at a time, and wipe off any excess with a paper towel.

## Kellogg's RICE KRISPIES® HIDDEN SURPRISE EASTER EGG TREATS™



### INGREDIENTS

- 3 tbsp. butter or margarine
- 1 10 oz. package of regular marshmallows
- 6 cups Kellogg's® Rice Krispies® cereal
- 1/2 cup of M&M'S® Brand Chocolate Candies
- Canned frosting or decorating gel (optional)
- 12 plastic snap-apart 3 x 2-in Easter eggs

### DIRECTIONS

1. Clean, then coat inside of plastic eggs with cooking spray. Set aside.
2. In large saucepan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
3. Add Kellogg's® Rice Krispies® cereal. Stir until well coated.
4. Using greased hands, firmly press 1/4 cup of Rice Krispies® mixture into both halves of each plastic egg. Use fingers to make hollow centers in each half. Remove from molds. Place on wax paper. Cool slightly.
5. Place about 6 M&M'S® Brand Chocolate Candies in one half of each egg. Gently press two halves of each egg together until they stick. Cool completely.
6. Decorate with frosting and additional M&M'S® Brand Chocolate Candies (if desired). Best if served the same day. Serving size is 1 egg.

FOR MORE RECIPES  
AND NUTRITION INFORMATION,  
VISIT [RICEKRISPIES.COM](http://RICEKRISPIES.COM)



Scan the code with your mobile device or text TREATS to 30333 for a link to a video on how to make these holiday Kellogg's® Rice Krispies Treats!®  
Message and data rates may apply. Check your carrier for details.

©, TM, © 2011 Kellogg NA Co.  
©, TM trademarks © Mars, Incorporated 2011