

simple weeknight dinners for everyone

# FOOD

everyday

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ROASTED CHICKEN WITH TOMATO, CAULIFLOWER, AND CHICKPEAS P.65 >>

ready to eat!  
56 SMART RECIPES

THREE INGREDIENT SIDES *p.104*

EASTER MENU MADE EASY *p.84*




GOOEY, CHEWY BAR DESSERTS *p.94*

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# find the perfect pour

Upgrade your milk moustache: We tried some popular low-fat options and found a few new favorites. Going dairy-free? Look for an enriched drink that is fortified with as much calcium and vitamin D as cow's milk.

| THE STATS  | TASTING NOTES   |
|--|---|
|  <p><b>SKIM MILK</b><br/>(80 cal, 0 g fat, 8 g protein per cup) Switch from whole milk to skim and you'll save 70 calories and 8 grams of fat per cup, without missing out on any protein or calcium (both have 30% of the calcium you need in a day).</p>             | <p><b>CLASSIC CHOICE</b><br/>A glass of this slimmed-down cow's milk went down smoothly with our panel when sipped straight up, but it didn't lend as much texture to cereal or coffee as whole milk or cream would have.</p>                 |
|  <p><b>ALMOND DRINK</b><br/>(60 cal, 3 g fat, 1 g protein per cup) It's the lowest calorie milk substitute out there, but keep snacking on real almonds: The liquid version is lower in protein than nuts and its vitamin E comes from fortification, not almonds.</p> | <p><b>COFFEE FAVORITE</b><br/>Samplers loved the creamy color and fresh taste of the almond beverage. When stirred into a mug of black coffee, its lush consistency and subtle nutty taste added richness and the right amount of flavor.</p> |
|  <p><b>SOYMILK</b><br/>(100 cal, 4 g fat, 7 g protein per cup) Soymilk is the only nondairy drink with nearly as much protein as cow's milk. Skip the vanilla and chocolate versions, which contain more sugar.</p>   | <p><b>CEREAL SIDEKICK</b><br/>The slight sweetness made soymilk a perfect partner for plain cereal, and its thick texture is great with granola. We liked the flavor in java, but it may curdle in acidic coffees.</p>                        |

RAYMOND HORN

## TREND WATCH: MEATLESS MONDAYS

Big names, like Paul McCartney and Mario Batali, are pledging to eschew meat once a week in an effort to improve their health and the environment. **Try it:** To go meatless the healthy way, make sure to include other sources of protein, says registered dietitian Dawn Jackson Blatner, author of *The Flexitarian Diet*. Use hummus instead of turkey on a sandwich, swap tofu for chicken in stir-fries, and use quinoa in place of rice.

