

VEGGIE VERSATILITY

The "Veg Out" tips are so helpful. The younger of my two teenagers recently converted to vegetarianism, and I've had a struggle coming up with dual-role menus. Your tips are great assets to planning family meals.

—CINDY KEEL-WHITE, Odessa, TX

➔ We're happy to help! Our test kitchen co-director **Diana Sturgis** is quite the veggie lover, and she suggests making friends with nonmeats that are sturdy and satisfying. Try revamping a meaty recipe by swapping in eggplant, portobello mushrooms or potatoes.

take 5

citrus
beet
salad

—LINDA ROESLER,
East Northport, NY



4 large
beets

5 tangerines
or clementines,
separated
into sections

1 small red
onion, finely
chopped

1 bunch
mint,
chopped

1 1/2 cups
crumbled
goat cheese

Add the **beets** to a large pot of boiling water; simmer until tender, about 40 minutes. Let cool. Peel and cut into 1/2-inch cubes. Add the **tangerine** segments, **onion**, **mint** and 2 tablespoons olive oil; toss. Top with the **goat cheese**.

Do you make a great dish with five ingredients? Visit rachaelraymag.com/talk. Olive oil, salt and pepper are freebies.

you love us...

I love this magazine! Since subscribing, my cooking has totally changed, and I'm now willing to try **new techniques** and ingredients. It's obvious how much time and effort is put into each issue, and it's so **refreshing** that you're really interested in readers' opinions (favorable and unfavorable!) with "You Love Us..." and "You Love Us Not...."

—SUSAN BILDA, Arbor Vitae, WI

you love us not...

Unfortunately, I'm canceling my subscription because of the **poor quality** of content. In the April 2009 issue, you featured a Big Mac ingredient quiz and a tip on letting the last of the cream in a container settle so it will pour out. Are you kidding? You're dumbing down readers, assuming we'll be interested in such **inane content**.

—ELLEN GILLIS, Framingham, MA

reader rave

I've always had motion sickness. So before a camping trip I bought **Psi Bands**—bracelets that push down on your pressure points. While wearing them in my RV, I had no symptoms at all!

—Therese Caso, Shingle Springs, CA

from \$15 for 2, drugstore.com

What are you raving about? Tell us at rachaelraymag.com/talk.

