

Clean Eating

Improving your life one meal at a time.

JULY/AUGUST 2010

65 Fresh & Easy Summer Meals

Slimming, Savory & Money-Smart!

Arugula, Asparagus & Salmon
with Blackberry Glaze
P.36

\$2
DINNERS
Fast and
Tasty
P.67

Mexican
5-Layer Dip:
Our Test Kitchen's
Biggest Hit!

JUICY
BURGERS
Your Family Will Beg For!

Good-For-You Seasonal Recipes
Smoky Pork Burgers, Scallops in Blackberry Chipotle Sauce,
Cajun Jambalaya, Chocolate-Drizzled Roasted Cherries

cleaneatingmag.com

JULY/AUGUST 2010 \$5.99 US



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◀ **Chill out**

Let your burger toppings chill in this practical condiment caddy. A handy bottom drawer prevents melting ice from dripping while food stays fresh inside individual compartments. **\$30, surlatable.com**



Eco eating

Reduce your lunchtime waste with LunchBots, a healthy alternative to plastic. These stainless steel containers come in a variety of sizes that are ideal for packing everything from snacks to salads for your whole family. **\$13 to \$17, lunchbots.com**



Break free ▲

Serve up fresh lemonade in these luxe-looking, candy-colored tumblers. Made from polycarbonate, the same plastic used in making bulletproof glass, these monogrammed tumblers are virtually indestructible. **\$70 for set of 6, williams-sonoma.com**



Bottled up ▲

With Lifecycle's glass water bottle there's no chemical leaching, metallic taste or, thanks to the silicon sleeve, breakage. Its wide-mouth opening allows you to customize your water easily, whether with ice cubes or large citrus slices. **\$21, lifecycle.com**

Clean Eating

loves

Discover simple summer finds to help you make quick work in and out of your kitchen.

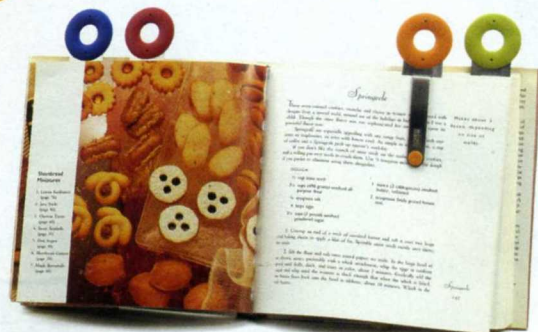


Bowled over ▲

Made for measuring, mixing and pouring all in one bowl, the Pourfect spill-proof bowl is designed for less mess in your kitchen. A pivot, positioned below the spout, allows this bowl to clip on to the side of another for combining wet and dry ingredients with ease. **\$15, pourfectbowl.com**

On your mark

Use these cookbook markers to categorize your favorite recipes for quick, easy access right at your fingertips. Silicone and stainless steel make this a handy, durable and dishwasher-safe kitchen accessory. **\$11 for set of 4, delight.com**



BY ANNA LEE BOSCHETTO