

EAT GREEN • LIVE WELL

vegetarian times

THE season's best

- Festive fall harvest dinner
- Cooking with fresh pears
- Cute & kid-friendly Halloween menu
- DIY fruit & veggie chips

37
healthy,
satisfying
recipes

Natural Rx
apple cider
vinegar

SOUTH AMERICAN
SQUASH AND
VEGETABLE
RAGOÛT, p. 64



2010
**FOODIE
AWARDS!**

114 editors' picks:
the ultimate grocery list



2010 foodie awards

BY Gabrielle Harrad

we nominated, you decided

the ESSENTIAL 30

VT staffers slurped, crunched, savored, and debated. We then created a ballot of 114 products in 30 categories for the 2010 Foodie Awards and left it to dedicated readers like you to weigh in. You responded by casting more than 100,000 votes. We've tallied the returns, and now it's time to present the results: 30 Readers' Faves and the delicious runners-up.

Get ready to make a list. It's time to stock up on some spectacular fridge and pantry fillers.

16. NO-MOO MILKS

Readers' fave:

**Almond Breeze
Original,
Unsweetened**

This rich-tasting almond milk looks creamy-white in your cereal bowl and has only 40 calories per serving.



Runners-up:

Edensoy Extra Original, Organic
Organic goodness for your glass.

**Living Harvest Tempt Hempmilk,
Original** Drench your cereal with nutty, healthful hemp milk.

**Pacific Natural Foods Low Fat
Plain Rice Milk** Sweet, satisfying,
and sure to make the kids happy.