

Today's Diet & Nutrition

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Dishes for Semivegetarians

So good you won't be asking, "Where's the meat?" >>

**Q & A WITH ACTRESS
MICHELLE MORGAN**

page 36



Stella, Mary, and
Sir Paul McCartney
team with Chef
Annie Rigg

Quinoa and
Mushroom-Stuffed
Roasted Red Peppers

**Meat-Free
Mondays**

page 30

**The Power
of Antioxidants**

page 18

**Lean and Green
St. Patrick's Day**

page 38