

## What's the fascination with Rachel Ray?

Coming home from my ride this morning my wife's getting ready to ride to work (which, if it's 60 degrees outside, means total polar-bear mode, maybe 5 layers to keep warm and she'll still complain that she's freezing) and she's got the TV on watching Rachel Ray, the cooking show host. Today's concoction is supposedly 30-minute lasagna, but it looks to me like nothing more than hamburger helper with some cheese sprinkled on top. "Oh, but she's making it from scratch" my wife tells me. Let's see now, hamburger helper is what exactly, some flat noodles (I'm sure they have a real name) (pasta?), hamburger, seasoning, and... is that about it? What am I missing here?