

shopping showdown!

★★★ **BATTLE OF THE WATERMELON** ★★★

PRECUT

You've probably assumed this option is pricier because the work is done for you. But at an average of \$1.20 per pound, it turns out to be cheaper than cutting up a whole one. Just check the cut fruit's prepared date: It should be the day you buy it.



VS

WHOLE

A skin-on, 5-pound watermelon averages a seemingly inexpensive \$.80 per pound—but the rind makes up about 50 percent of its weight, so you're literally throwing away half of what you paid for! That means the cost of the edible flesh is actually about \$1.60 per pound.



1 second

\$1.20 per lb.

PREP

PRICE

10 minutes

\$1.60 per lb. after prep

AND THE WINNER IS...
★★★ PRECUT ★★★

PHOTOGRAPHS BY BRYAN MCCAY; FOOD STYLING BY ROSCOE BETSILL.

Swap & save

Grill for less

Slice your grocery budget this summer with savvy meat switcheroos for your grill from Kari Underly, author of *The Art of Beef Cutting*.

If you love... baby back ribs **Try...** **ST. LOUIS STYLE RIBS**

Why: Small, tender pork baby back ribs are in high demand, so grocers jack up the price. Full spareribs (the lower part of the ribs with brisket attached) are cheaper but trickier to cook. St. Louis ribs come minus the brisket, so they cook more evenly.



If you love... rib-eye steak **Try...** **CHUCK-EYE STEAK**

Why: Both of these cuts come from the same muscles, so they have an equally hearty flavor. But chuck eye costs less because there's a bit more connective tissue that may need a quick trim job.



If you love... filet mignon **Try...** **FLATIRON STEAK**

Why: This boneless cut from the shoulder is almost as silky-textured as the other cuts, and tastes just as rich. But it's more forgiving because it has lots of marbling. Even grilled well-done, flatiron tastes tender.



Tasting lab

MOVE OVER, DARK ROAST: Blonde is in

A growing number of coffee brands like Starbucks are rolling out light-roast brews. Labeled “blonde,” the beans have spent less time in the roaster to coax out flavors more gently and make a lighter, less bitter-tasting drink with the same amount of caffeine. The companies claim that the beans’ natural sweetness nixes the need for milk and sugar. The verdict of our own blind tasting? **Tasters were pleasantly surprised by the smooth, mellow flavor**, noting zero bitter bite and the same rich mouthfeel as darker coffee. Full disclosure, though: Many still craved a splash of dairy.

Checkout! Brand-new buys we love.

1. Dole Hand Picked Selections packs score you two types of heirloom lettuce heads, like oak and butter varieties. (\$3.49)

2. Kashi Steam Meals in four flavors are chock-full of fresh veggies that cook up crisp-tender in microwavable bags. (\$3.99)

3. Earthbound Farms Herb Purees (there are six types) last over a month in the fridge, so there's no more wasting fresh herbs! (\$4.99)

4. Mann's Rainbow Salad is a colorful slaw that contains shredded carrots and broccoli, not just cabbage. (\$1.99)

5. Zico Latte Coconut Water has a hit of caffeine. It tastes rich and creamy but is dairy-free. (\$2.29)



Quick tips

CUT YOUR TIME IN LINE!

Experts tell you how to get out of the grocery store faster.

Skip the self-checkout lane. Unless you're buying a small number of items, avoid self-scanning: Between coupons not being accepted, payment issues and hard-to-scan or missing barcodes, it won't save much time or stress, according to a study by the grocery store chain Big Y.

... Or use this cool shopping app. New checkout apps like Stop & Shop's Scan It! allow shoppers to scan, tally and self-bag groceries as they shop. Swipe your phone, then your credit card at the self-checkout register.

Pick a line that feeds into multiple registers. The single-line option has more cashiers at the end and often moves up to three times faster, says Bill Hammack, an engineer who has studied queue theory.



It's a dip...it's a treat...it's a snack. It's greek yogurt!!

Health hit

GREEK YOGURT is causing a stir

On its own, it's been a health-food star for a couple of years because of its pumped-up protein, low sugar levels and tantalizing tang. Now greek yogurt is showing up everywhere.

CREAMY DIPS

Marzetti's Otria Greek Yogurt Veggie Dips are a naturally low-fat addition to your next party platter (sayonara, sour cream!). Try the latest flavors: caramelized onion and roasted red pepper.

SWEET SNACK BARS

Rickland Orchards Greek Yogurt Bars come in a variety of superfood flavors, like Blueberry Acai and Cranberry Almond. They're all packed with protein and fiber, but without the high-sugar tab of many other breakfast bars.

FROZEN TREATS

Ben & Jerry's Frozen Greek Yogurt comes in decadent flavors like Banana Peanut Butter and Blueberry Vanilla Graham. **Adonia Greek Frozen Yogurt** by **Ciao Bella** is ultra-creamy, and all seven of its flavors are 130 calories per serving.

BABY FOOD

Plum Organics Greek Yogurt Blends come in quirky flavors like Cherry & Sweet Corn and provide an extra boost of healthy-digestion-promoting protein for your baby.

PHOTOGRAPH BY BRYAN MCCAY; FOOD STYLING BY ROSCOE BETSILL; PRODUCT PHOTOS BY BRYAN MCCAY AND PETER ARDITO.

6. Nestle Crunch Girl Scouts Candy Bars come in Thin Mint, Peanut Butter Crème and Caramel & Coconut. (\$1.99)

7. Sustainable Seas Tuna is pole- and troll-caught (so other species don't get stuck in the net), packed with omega-3s and budget-friendly. (\$3.29)

8. GoPicnic packs contain an array of bites like cheese, crackers, dried fruit and chocolate—perfect for lunch outside. (\$4.99)

9. California's Musco Family Olive Co. offers the first line of reduced-salt green olives—with 75 percent less sodium. (\$1.98)

10. Jack Daniel's Marinade-in-a-Bag gets you out of the kitchen fast. Add your protein to the bag, marinate, then grill. (\$3.29)

