

# Rachael Ray

## Quotes

*Thinking, Mom, Writing, Years, People, Home, Jobs, Dog, Two, Animal, Mother,  
Husband, Hard Work, Men, Laughing, Trying, Dinner, Feelings, Dream,  
Opportunity*

I'm an all-things-in-moderation kind of person. I do eat a warm donut occasionally. I especially enjoy a cider donut when I'm apple picking. I don't think there's anything wrong with that.

~Rachael Ray

Never be a food snob. Learn from everyone you meet - the fish guy at your market, the lady at the local diner, farmers, cheese makers. Ask questions, try everything and eat up!

~Rachael Ray

My mom said the two most important kitchen utensils are attached to your arms... you cannot mix up meatballs with a wooden spoon, get in there, get your fingers dirty!

~Rachael Ray

If you're humble and hardworking, opportunities will arise for you.

~Rachael Ray

When you really want to show some love, keep the flowers and say it with spaghetti.

~Rachael Ray

Good food and a warm kitchen are what makes a house a home.

~Rachael Ray

You do it with your own two hands, so there's a sense of pride. You really do forget all our problems, because you're focusing on the food.

~Rachael Ray

NASA asked me to create meals for the space shuttle. Thai chicken was the favorite. I flew in a fake space shuttle, but I have no desire to go into space after seeing the toilet.

~Rachael Ray

I tried to bake a cake for my mother's birthday - it took me four hours. It was terrible, and I cried for three days.

~Rachael Ray

Work hard. Laugh when you feel like crying. Keep an open mind, open eyes and an open spirit.

~Rachael Ray

I don't think young men or women should feel pressured into marriage. You shouldn't marry anyone, in my opinion, who you have to try hard for.

~Rachael Ray

When you're out grocery shopping for your family, maybe you can put a can of cat or dog food in your cart and bring it to an animal relief center.

~Rachael Ray

I don't categorize food as bad or a guilty pleasure.

~Rachael Ray

The most essential part of my day is a proper dinner.

~Rachael Ray

I started running 3 miles every morning after throat surgery to remove a cyst last year. The gym used to be my adversary. But that has all changed. Now, I look forward to it every morning.

~Rachael Ray

I really believe there's no such thing as accidents, only opportunities. God gives everyone the ingredients to a good, happy life. It's up to us to make the most of them.

~Rachael Ray

EVOO is extra-virgin olive oil. I first coined 'EVOO' on my cooking show because saying 'extra virgin olive oil' over and over was wordy, and I'm an impatient girl - that's why I make 30-minute meals!

~Rachael Ray

I felt I'd earned the Good Housekeeping Seal when I designed an oval-shaped spaghetti pot, because spaghetti is long.

~Rachael Ray

I've never been a huge sweets eater, and I've always loved a Mediterranean diet. We eat a lot of dark leafy greens, and a couple meals each week are meat-free. We enjoy eating a balanced diet.

~Rachael Ray

Since I never get on a scale, I have no idea how much weight I've lost!

~Rachael Ray

What I've learned is that at the end of the day, we are all human. We all have that in common.

~Rachael Ray

Whatever it is you want to do, take a job in that field. You will learn by experience and, slow and steady, you'll get it done!

~Rachael Ray

You can laugh or you can cry. It is up to you which one you do.

~Rachael Ray

Everybody's twelve years old in an apple orchard.

~Rachael Ray

My first memory in life is grilling my thumb to the griddle in our restaurant on Cape Cod.

~Rachael Ray

I measure in my palm and use my eyes to estimate amounts; a tablespoon is a full palm of dried spices.

~Rachael Ray

It only looks like I get to eat a lot of food on TV. I really just get the one bite and the crew and guests eat everything else.

~Rachael Ray

Make big pots of soups, stews and chilis - they stretch a buck, and you can live off them for days!

~Rachael Ray

My dream job is to be a rock drummer and the alternate drummer for the Foo Fighters.

~Rachael Ray

I have a fat head - I get freaked-out looking at pictures of me.

~Rachael Ray

I do know what my first meal in the next world would be Spaghetti Aglio e Olio, heavy on everything.

~Rachael Ray

I don't have to write jokes. I don't have to write insults. If you ask the man of the hour in the hot seat, my mere existence is clearly insult enough.

~Rachael Ray

I make a dog-friendly version of almost everything that we make for dinner.

~Rachael Ray

I like feeling like an ox at the end of the day. I like working hard.

~Rachael Ray

You don't feel as self-conscious if your clothes fit.

~Rachael Ray

When men I have dated over the years whined about, 'Oh, you make no time for me' - see ya! I just dumped them. I don't need that pressure in my life.

~Rachael Ray

I cook and I chat. That's what I do. I love to write recipes, but basically, if you had to put it in a nutshell, I cook and I chat.

~Rachael Ray

Whatever it is that you're successful at, that has to be the No. 1 goal. In my case, it's accessibility. So all of my products have to be usable, accessible, affordable.

~Rachael Ray

I think that celebrities are just people, like everybody else, and they've got the foodie bug in them too.

~Rachael Ray

I never do the dishes, because my husband has an affinity for it. And I'm also not allowed to touch the coffeemaker.

~Rachael Ray

You know, food is such - it's a hug for people.

~Rachael Ray

Yum-O! I say this if something is so good that 'yum' just isn't enough of an exclamation. The accent is on the 'O' as in, 'Oh! That is so good!'

~Rachael Ray

That's a horrible thought. I guess cheese or wine. I think I might be too depressed to eat if I had to eat only one thing for the rest of my life.

~Rachael Ray

I write in freehand equivalents because measuring, to me, takes away from the creative process of cooking. Two turns of the pan with EVOO is about two tablespoons.

~Rachael Ray

I'm completely unqualified for any job I've ever had.

~Rachael Ray

I used to say I would never run unless I was being chased by someone with a gun. Now I'm a little obsessed with it!

~Rachael Ray

Decide what it is that you are and then stay true to that thing. My brand is based very much on how I live my day-to-day life.

~Rachael Ray

I've also learned that you can't be all things to all people. Whatever it is that you're successful at, that has to be the No. 1 goal.

~Rachael Ray

I think having an animal in your life makes you a better human.

~Rachael Ray

It's continuously humbling to work hard, you know? As long as you've got a good work ethic and a sense of humor, I don't think anybody can become too much of an egoist under those circumstances.

~Rachael Ray

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