EVERYDAY WITH RACHAEL RAY

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PET FRIENDLY

Go Green

Satisfy your pup's appetite with this protein- and veggie-packed bowl.

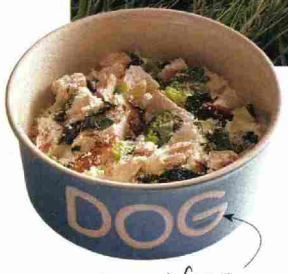
BY **ANDREW KAPLAN**

did you know?
The average dog can run up to 19 miles per hour at full speed, but greyhounds can clock up to 42 miles per hour.

Alyssa and Maya enjoy a roll in the grass after a practice session.

best in show

Alyssa Slifer, 16, was volunteering at Last Chance Ranch, an animal rescue group in Quakertown, Pennsylvania, when she met and adopted **Maya**, a high-energy, 2½-year-old border collie who had been spared from euthanasia. "She would stare nonstop at a tennis ball until you threw it," says Alyssa. "That's when I knew she would be great at catching a Frisbee." Sure enough, after just a few months of training, the two are now award-winning disc-catching champions. "She's so intelligent and loyal—having her has changed my life," says Alyssa. —**SARAH ZORN**



No need for a doggie bag here!

"Green with Envy" No-Cook Doggie Stew

MAKES ABOUT 2 CUPS

Every dog on the block will be pawing at your door on St. Patrick's Day for this tasty treat.

- ½ cup frozen chopped spinach, thawed and drained
- ½ cup cooked broccoli florets, cut into small pieces
- ¼ cup cooked rotisserie chicken, skin and bones discarded and meat coarsely chopped
- ¾ cup cottage cheese
- 2 tablespoons grated parmigiano-reggiano cheese

Combine all the ingredients and serve.

CONTECH WATERDOG AUTOMATIC OUTDOOR PET FOUNTAIN
Keep the fresh water coming—even when you're not around! *($80, petco.com)*

RECIPE PHOTO BY KANA OKADA; FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY TIZIANA AGNELLO. PET PRODUCT BY GORMAN & GORMAN. PET RECIPES ARE REVIEWED BY THE ASPCA.

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