

BEYOND BAKED CHICKEN



Long gone are the days when a frozen dinner meant Salisbury steak with mashed potatoes, turkey and gravy with mashed potatoes, or fried chicken with mashed potatoes. But even the newer favorites—like chicken parmesan, pasta primavera,

and beef teriyaki—can get old after a while.

That makes a brand new line of frozen entrées like **Healthy Choice Flavor Adventures** a sight for tired taste buds. From the **Roasted Chicken Chardonnay** to the **Grilled Chicken Caesar**, **Beef Merlot**, and nine other varieties, HC's chefs know their stuff.

Check out the yellow carrots in the **Creamy Herb Roasted Chicken** and the green and yellow zucchini in the **Chicken Tuscany**. More veggies would be better, but at least these dishes have moved beyond green beans.

The company has to keep a lid on sodium (as well as saturated fat) or it can't use the word "healthy" in its name. The government's 600 mg limit for "healthy" meals is a far cry from *low*. But you could easily find far more than that in the frozen-food aisle, not to mention your local takeout restaurant.

The sodium and sat fat limits keep Healthy Choice's food developers on their toes, always looking for new adventures. Too bad most other companies don't bother to do the same.

Healthy Choice: (800) 323-9980.

MAXED OUT

"Hey, I'm Max," says the cartoon character on the box of **Stouffer's new Maxaroni Mac & Cheese**. "I love finding ways to say bye-bye to boredom! I guess you might say I live life to the max!"

Kids who eat Maxaroni will max out all right...on nearly half a day's saturated fat (six to eight grams) and sodium (roughly 1,000 mg) in each 400-calorie serving of **Mac & Cheese**, **Chicken Nuggets with Mac & Cheese**, **Fish Sticks with Mac & Cheese**, or **Cheese Pizza Minis with Mac & Cheese**.

Parents may be impressed by the "made with white meat chicken" or "made with whole filet" claims on the packages. But that chicken or fish ends up breaded, deep-fried, and sharing a microwaveable tub with Stouffer's famous macaroni and cheese. Not exactly the makings of a perfect meal.

Maybe it's perfect for kids who have never been exposed to a

well-prepared dish of broccoli, carrots, peas, or other veggies. Or perfect for parents who think their children's blood pressure and cholesterol will stay low no matter what they eat. Or perfect for adults who have bought into the kid-won't-eat-vegetables line. Or perfect for Stouffer's, the nation's leading seller of frozen macaroni and cheese.

But perfect for kids? Apparently, Stouffer's couldn't care less.

Stouffer's: (800) 225-1180.

TIP
OF THE MONTH

Mix equal amounts of Dijon-style and grainy mustard. Slather on top of salmon fillets. Bake at 450°F until the fish turns opaque and flakes easily with a fork, about ten minutes for each inch of thickness.

Photos: Nick Waring.

About CSPI,
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