

WHOLE IN ONE



Whole grains are showing up in new places. One of the first out of the gate in the frozen-dinner race: **Lean Cuisine's** delicious new line of **Spa** entrees.

Each of the four meals is made with

100% whole-grain rice or pasta. You get whole wheat orzo in the **Wild Salmon with Basil**, whole wheat vermicelli in the **Shrimp in a Creamy Seafood Sauce** and **Asian Citrus Wild Salmon**, and brown rice in the **Thai Chicken**.

What's more, the Thai Chicken contains a cup of broccoli, baby corn, carrots, spinach, and red peppers, while the Wild Salmon with Basil has a cup of spinach and carrots, according to the boxes.

That's no mean feat, since each entree has only about 280 calories. Bonus: you won't find enough trans fat to worry about in any of them. And only one (the Thai Chicken) has more than 2½ grams of saturated fat.

Lean Cuisine Spa isn't perfect. Sodium—which ranges from 650 mg to 780 mg—should be lower. But you could do a lot worse with some President's Choice Organics, Stouffer's, Swansons, and other frozen meals.

We can't wait to see them *all* made with whole grains.

Lean Cuisine: (800) 387-4636

KNO GOOD



Knorr's new line of five frozen **Complete Skillet Meals** claims to master "the art of a great meal." And the packages are heavy on mouthwatering photographs. But most of the meals are also heavy on your insides.

Judging by the innocent-looking forkful of shrimp, asparagus, red pepper, and pasta on the bag, you'd never guess that the **Shrimp, Asparagus, & Penne** packs 470 calories, 1,300 milligrams of sodium, about half a gram of trans fat, and 9 grams of saturated fat (from cream, cheese, and béchamel sauce). That ought to wake up your fight or flight hormones, not just your palate.

Likewise, you won't see much heavy cream sauce on the forkful of **Grilled Chicken Alfredo** that graces the package. Even if you knew that alfredo means cream, cheese, and butter, you might not expect a 630-calorie wallop with 1,000 milligrams of sodium and about a day's worth of bad fat (17 grams sat plus 1 gram trans).

Two of the Skillet Meals—the **Roasted Chicken & Linguine** and **Spinach & Ricotta Cheese Ravioli**—trim the bad fat to 5 to 7 grams and boost the sodium to around 1,500 mg.

If we *had* to eat a Complete Skillet Meal, we'd pick the **Shrimp Fra Diavolo**—2 grams of bad fat (but 1,070 mg of sodium—half a day's worth).

Looks like Knorr has spent more time on the art of the great sell than the art of the great meal.

Knorr: (800) 665-3837

TIP
OF THE MONTH

To keep grilled vegetables from getting charred on the outside before they cook on the inside, microwave the cut-up veggies for 1 to 2 minutes, then brush with oil or your favourite marinade and grill until tender.

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