



BEST	ASIAN	BEEF	CHICKEN	FISH	INDIAN	ITALIAN	MEXICAN	PASTA	VEGETARIAN
<b>PRODUCT</b>	Ethnic Gourmet Bowl Pad Thai with Tofu	Lean Cuisine Steak Tips Dijon	Healthy Choice Chicken with Barbecue Dipping Sauce	Lean Cuisine Baked Fish with Cheddar Shells	Green Guru Channa Masala	Lean Cuisine Grilled Chicken & Penne Pasta	Amy's Chili & Cornbread	Seeds of Change Penne Marinara	Linda McCartney Spicy Thai Veggie Pizza
<b>WHAT YOU GET</b>	Rice noodles in peanut sauce with carrots, tofu, and scallions	Beef steak tips with roasted red skin potatoes and green beans	Chicken breast and mixed vegetables with roasted red skin potatoes	Alaska pollock with Cheddar cheese-sauced macaroni shells	Chickpeas sautéed with onions, tomatoes, peppers, and exotic spices	Chicken tenderloins with pasta and vegetables in an herb garlic sauce	Organic black beans, peppers, chiles, tomato sauce, brown rice, and cornbread	Pasta in marinara sauce with zucchini, onions, peppers, mushrooms, and cheese	Fire-roasted and grilled vegetables, mozzarella, and a Thai peanut sauce on a crust
<b>NUTRITIONAL INFORMATION</b>	460 cal, 8 g fat, 1.5 g sat fat, 0 mg chol, 4 g fiber, 890 mg sodium	310 cal, 7 g fat, 3 g sat fat, 35 mg chol, 5 g fiber, 820 mg sodium	390 cal, 9 g fat, 2 g sat fat, 60 mg chol, 5 g fiber, 580 mg sodium	310 cal, 8 g fat, 3 g sat fat, 50 mg chol, 1 g fiber, 620 mg sodium	360 cal (for two servings, but eat both), 16 g fat, 1 g sat fat, 20 mg chol, 12 g fiber, 760 mg sodium	350 cal, 6 g fat, 2.5 g sat fat, 35 mg chol, 5 g fiber, 730 mg sodium	340 cal, 6 g fat, 2.5 g sat fat, 10 mg chol, 10 g fiber, 680 mg sodium	290 cal, 7 g fat, 3 g sat fat, 10 mg chol, 5 g fiber, 680 mg sodium	320 cal (for 1/2 of the pizza), 9 g fat, 3 g sat fat, 20 mg chol, 4 g fiber, 540 mg sodium
<b>COMMENTS</b>	Testers loved the flavor, though some found it a little spicy. They were especially pleased with the amount of veggies, something most microwave dinners skimp on.	The beef got high marks. "Excellent flavor—a bit of a kick to it," said one tester. Potatoes and beans weren't a hit.	"This was a really good meal," enthused one tester. Everyone loved the zingy sauce and most also dipped the bland potatoes and veggies into it.	Testers found the fish "tasty and crisp" and loved the cheesy macaroni. Though they declared the meal filling, all the testers rounded it out with a veggie side dish.	The package holds two servings, but all our testers ate the whole thing (so we doubled the nutrient counts above). Flavor is great, but it's spicy.	"This was a really great meal," said one tester, and the others concurred. In fact, some of our testers admit they buy this one regularly, and most add extra vegetables.	The chili and cornbread had a "yummy flavor," said one tester. The rice was bland, but tasted fine mixed with the chili.	This entrée "smells good while it's being nuked," said one tester. "Very cheesy and flavorful," said another. The sauce was especially yummy. "Tastes like it should have more calories."	"Out of this world!" exclaimed one tester, who raved about the crust, a real problem with most microwave pizzas.
<b>PAIR IT WITH</b>	Microwaved broccoli if you like—or not; this is a perfectly balanced meal	A salad (from a bag) with added vegetables and 1 tablespoon regular dressing	Microwaved frozen mixed vegetables, which can be stirred into the tasty sauce	1 cup of broccoli or other high-fiber veggie, along with a piece of fruit, to add about 8 g of fiber and about 125 calories	1/3 cup of brown rice or small whole wheat pita (add about 75 calories) to soak up the sauce and provide complete protein	More broccoli—or a bag of prewashed, microwaveable fresh spinach in a bag	A bagged salad with prechopped veggies and dressing	A salad with dressing or microwaved veggies with a little olive oil and lemon—pasta serving size is skimpy	1 cup of bagged crudité's dipped in 2 tablespoons reduced-fat ranch dressing (add 70 calories, 7 g of fat)