The Frozen Ones

Low-sodium meals that are cheap, fast and good.

June 1, 2007

Lean Cuisine Meatloaf & Whipped Potatoes (570 mg sodium, 250 calories, 7 g fat)
vs.
Smart Ones Honey-Dijon Chicken (460 mg sodium,220 calories, 3.5 g fat)

Nicole Joseph, assistant editor, chose **Healthy Choice**. “The Lean Cuisine was not bad, but HC’s meatloaf was much more flavorful—I didn’t have to add seasoning—though the green beans were bland.”

Lean Cuisine Spaghetti With Meat Sauce (550 mg sodium,280 calories, 3.5 g fat)
vs.
Smart Ones Honey-Dijon Chicken (460 mg sodium, 220 calories, 3.5 g fat)

Kellee Terrell, editorial assistant, chose **Smart Ones**. “HC’s chicken was flabby and forgettable. SO’s chicken was scrumptious—especially the sauce. And the texture was much better. I would go for an encore.”

Lean Cuisine Spaghetti With Meat Sauce (550 mg sodium, 280 calories, 3.5 g fat)
vs.
Celentano Lasagne (560 mg sodium, 270 calories, 12 g fat)

Al Morris, software engineer, declared a **tie**. “LC’s sauce was OK, and the pasta was pretty firm for something out of a box. Though I’m not a fan of lasagna, the Celentano was decent—almost as good as homemade.”

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