

# The Frozen Ones

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

June 1, 2007

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**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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