

# The Very Best Veggie Frozen Meals

## Vegetarian Meals Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓ = **EN's Picks.** Vegetarian meal picks contain between 215 and 400 calories (11 to 20% DV), 17 g of fat (26% DV), 7 g saturated fat (35% DV), 700 mg sodium (29% DV) and at least 11 g of protein (22% DV).

Vegetarian Meals	Serving Size (oz)	Calories	Pro (g)	Fat (g)	Sat Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)
<b>MEALS</b>								
Amy's Bowls Brown Rice, Black-Eyed Peas, & Veggies	9	290	11	11	1.5	38	8	580
Amy's Bowls Mexican Casserole	9.5	380	12	16	5	48	8	780
Amy's Broccoli Pot Pie	7.5	460	11	24	10	50	4	630
Amy's Macaroni & Cheese	9	410	16	16	10	47	3	590
Amy's Thai Stir Fry	9.5	310	8	11	7	45	5	420
Amy's Vegetable Pot Pie	7.5	420	9	19	12	54	4	590
Amy's Veggie Loaf	10	290	9	8	1	47	10	690
Banquet Fettuccini Alfredo	8	280	10	11	4.5	35	3	700
Boston Market Macaroni & Cheese	7.75*	310	12	11	6	41	2	850
Candle Café Ginger Miso Stir Fry	9	200	9	6	1	27	4	840
Candle Café Tofu Spinach Ravioli	9	320	11	10	3	48	4	750
✓ Cedarlane Baked Stacked Eggplant	9.5	280	17	11	6	31	3	570
Cedarlane Garden Vegetable Lasagna	5*	180	10	3	2	26	2	390
Cedarlane Roasted Chile Relleno	10	400	23	20	12	37	5	770
✓ Cedarlane Spinach & Feta Pie	5*	260	12	8	4	38	2	650
✓ Cedarlane Three Layer Enchilada Pie	5.5*	215	13	7	3	27	3	595
Evol Bowls Bean & Cheese Enchilada	9	420	18	15	6	55	8	590
Good Tastes Brie & Fig Mac & Cheese	6*	320	11	15	8	36	3	330
Healthy Choice 100% Natural Asian Pot Stickers	9.9	360	8	5	1	69	4	530
Healthy Choice 100% Natural Pumpkin Squash Ravioli	9.2	310	9	6	2	53	5	540
✓ Healthy Choice Four Cheese Tortellini	12	300	15	6	3	46	9	560
Healthy Choice Portabella Parmesan Risotto	9.5	220	9	4	2	35	4	590
Kashi Black Bean Mango	10	340	8	8	1	58	7	380
Kashi Mayan Harvest Bake	10	340	9	9	2	58	8	380
Kashi Pesto Pasta Primavera	10	290	11	11	2	37	7	750
Kashi Spicy Black Bean Enchilada	9	260	8	7	1	45	8	600
Lean Cuisine Butternut Squash Ravioli	9 7/8	260	9	7	2	40	5	590
✓ Lean Cuisine Macaroni & Cheese	10	280	14	6	3	43	1	570
✓ Lean Cuisine Three Cheese Stuffed Rigatoni	9	250	11	6	3	38	4	570
Marie Callender's Three Cheese Tortellini	10	420	16	13	7	58	7	810
✓ Michael Angelo's Vegetable Lasagna	10	360	21	13	7	40	5	570
Stouffer's Farmer's Harvest Vegetable Lasagna	10.5	400	17	19	7	43	5	680
Stouffer's Macaroni & Cheese with Broccoli	12	440	18	21	8	44	4	930
Trader Giotto's Garden Vegetable Lasagna	11	290	13	9	4	41	5	720
Trader Joe's Chile Relleno	10	350	22	18	11	27	4	1160
Trader Joe's Pesto Tortellini Bowl	9.5	470	18	23	8	58	3	630
✓ Trader Joe's Stacked Eggplant Parmesan	6*	230	12	10	5	25	2	700
✓ Trader Jose's Bean and Rice Burrito	6*	260	13	1	0	48	7	490
Trader Jose's Black Bean & Corn Enchilada	4.5*	130	4	4	0	20	2	230
Trader Jose's Vegetable Burritos	4.5*	350	9	10	1	57	5	680
Vegetarian Plus Orange Chicken	2.5*	140	9	7	2.5	10	3	380
Vegetarian Plus Vegan Black Pepper Steak	2.5*	170	13	8	2.0	10	2	400
Weight Watchers Smart Ones Angel Hair Marinara	10	230	9	4	1	40	4	650
✓ Weight Watchers Smart Ones Pasta Primavera	9	250	11	4	2	41	4	610
Weight Watchers Smart Ones Santa Fe Rice & Beans	10	310	10	7	3	51	4	660

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, daily requirement based on 2,000 calorie/day diet.

Source: package labels and company websites. \*Serving size is for half package; unless otherwise stated, nutrition information is for one entire package.

Cooking a home-cooked meal loaded with veggies and whole grains is both nutritious and delicious. But, we all have those occasions when zapping a frozen meal in the microwave for a few minutes is about all the time you have to cook up a healthy meal. Traditional TV dinners were all about the meat and potatoes—fried chicken, Salisbury steak, and meaty lasagna. But as the consumption of frozen meals has increased, along with people's knowledge of healthy food choices, the offerings have expanded tremendously. These days, there are plenty of choices for vegetarians, semi-vegetarians, or even meat-eaters just looking for a little something different.

You might assume that a meatless meal, based on grains and veggies, would have to be healthy, right? Well, yes and no. There are plenty of healthy choices in the frozen foods aisle, but you still need to flip those boxes over and check out the fat, saturated fat, and sodium levels on the nutrition label; these can still be high in some meals. This month, we've done all the work for you: We reviewed dozens of vegetarian frozen dinners to find the healthiest choices.

**Helpful hints.** Use the tips below to meet your health goals when you need to rely on the frozen food aisle for your next lunch or dinner.

- **Know your portion size.** Check how many servings the package contains. While most contain just one, you're bound to run across some that contain two or even as many as four servings per container. You may think you're eating 300 calories and 700 mg of sodium, when in reality you're getting 600 calories and 1,400 mg sodium.

- **Don't forget the veggies.** While it may seem obvious that a vegetarian meal would contain vegetables, that's not always the case. Many meals are primarily based on pasta or rice and contain little to no vegetables. If this is the case, add a side salad to fill out your meal.

- **Add some fruit.** Not surprisingly, this is the food group lacking in most frozen dinners. To round out your meal, add a fresh fruit salad, bowl of berries, sliced melon, or a piece of seasonal fruit. [EN](#)

—Heidi McIndoo, M.S., R.D.