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## Food Parties

### **nutritious, delicious, and organic frozen food**

When you're strapped for time, these "healthier" versions of (mostly) organic frozen pizza, macaroni and cheese, and chicken nuggets may be just what you are looking for.

BY ERIN RENZAS

#### Applegate Farms Chicken Nuggets



Grocery store shelves are lined with new "healthier" frozen foods, but which brands are most nutritious and best tasting? We took a dozen products to a discerning group of Girl Scouts, who used a scale of 1 to 5 to rate items on two criteria — "how good it tasted" and "how exciting it would be to have for dinner." Then we had two nutritionists determine the nutritional value of each item. Here are our results:

Free of chemical preservatives and fillers, these thigh- and breast-meat nuggets are coated with a light tempura-style breading. *Chicken Nuggets*, \$6.49, Applegate Farms, [Organic Direct](#).

**What the kids said:** These nuggets were a hit with most of our testers. "It has more flavor than the others," said Heather. We had to agree. The nugget is distinctively more chicken-y than the other brands.

**The verdict:** Taste, 4; Excitement, 3.5

**Nutritionist's Score:** 3.5

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