PIZZA MAKEOVER

“Mozzarella, fire roasted eggplant, spinach, tomatoes and crushed red pepper with a spicy tikka masala sauce on a stone-fired crust with Kashi 7 Whole Grains, sesame and flax seed.”

Kashi’s single-serve frozen Indian Tikka Masala Traditional Crust Pizza doesn’t sound like your everyday pie.

Nor does this one: “Spinach, artichokes, tomatoes, feta and mozzarella cheeses with a greek tzatziki yogurt, cucumber, dill and garlic sauce” on the same stone-fired crust. That’s the company’s Greek Tzatziki Traditional Crust Pizza.

Who cares? Everyday pizzas deliver a load of white flour, saturated fat, and sodium. Kashi’s single-serve vegetarian pizzas think outside the box.

Each pizza packs 16 or 17 grams of protein for only 300 calories and 3½ grams of saturated fat. The crust—it contains Kashi’s “seven whole grains and sesame blend” (with oat, triticale, brown rice, wheat, rye, barley, and buckwheat flours)—is 52 percent whole grain, Kashi told us. No other big brands come close.

The sodium (390 milligrams for the Indian and 480 mg for the Greek) is darned good for pizza. Celeste, Red Baron, and most other single-serves hit around 600 to 1,000 mg.

Toss your Kashi into the microwave for two to three minutes, and your meal is almost ready. Just don’t assume that the toppings take the place of a salad or a side of veggies. (They never do.)

“Positively satisfying,” says the label. And positively delish.

kashi.com—(877) 747-2467

QUICK TIP

There are plenty of reasons—including lowering your risk of colon cancer—to avoid deli meats. But if you eat them, keep in mind that packaged is less likely to be contaminated with Listeria than freshly sliced.

QUESADON’T

“Flour tortillas stuffed with sliced marinated chicken, 3-cheese blend, southwestern spices, applewood smoked bacon & ranch dressing.” Chili’s Bacon Ranch Quesadillas with chicken don’t sound like a big splurge.

It’s chicken, for heaven’s sake. And it’s served with “house-made pico de gallo, sour cream & ancho-chile ranch.” That all sounds pretty harmless.

As harmless as 1,760 calories (close to a day’s worth). As harmless as 44 grams of saturated fat and 3,640 milligrams of sodium (more than a two-day supply of each). And as harmless as a load of white flour. For those numbers, you might as well down two full racks of Chili’s Original BBQ Ribs.

The Bacon Ranch Quesadillas with steak (1,880 calories) are slightly worse. And the Santa Fe Chicken Quesadillas (1,540 calories) are not much better.

Can you see a subtle message here? Say, “Step away from the quesadillas”? Chili’s offers “Lighter Choices” like Mango-Chile Chicken or Tilapia, Margarita Grilled Chicken, Salmon, and Grilled Chicken Salad.

Each is loaded with 1,000 to 2,500 milligrams of sodium, but at least they have less than 650 calories. And all but the salad come with rice and either broccoli or black beans. (Ask to replace the rice with extra veggies.)

Memo to Chili’s: Make most of the menu lighter, and offer a few “Heavier Choices” for the undernourished.

“More LIFE happens here,” says Chili’s menu. Enjoy it while it lasts.

chilis.com—(800) 983-4637