

THE WELL-INTENTIONED EATER: SOUTH OF THE BORDER

by Lisa Singer on July 2, 2014

One inquisitive omnivore's journey towards healthier and more compassionate eating...

(MEATLESS/VEGETARIAN/VEGAN) This week I decided to give the frozen food section another try. I was watching the Today Show feature a segment on SELF Magazine's 2014 Healthy Food Awards. The winners were judged based on their amount of calories, sugar, saturated fat, and fiber. They also had to pass muster with the magazine's taste testers.

Evol's Veggie Fajita Burritos jumped out at me. Not only did the taste testers love them, Al Roker raved about them as well. And if they're good enough for Al, then they're good enough for me.

The burrito comes with its own packet of guacamole that easily defrosts in a cup of hot water. It's vegan, 70 percent organic and, according to SELF's dietician, has a lot less sodium than the fast-food variety. But how does the microwavable burrito taste?

Not bad. It had a bit of a spicy jalapeño-kick to it that I'm not a big fan of, but for those who like a little heat you'll probably enjoy it. The Evol Veggie Fajita Burrito has a great texture, is packed with red and green bell peppers, corn, onions, tomatoes, black beans, brown rice, and comes all wrapped-up in a whole wheat tortilla. Serve it with a side of rice, and you'll have a nice little dinner or lunch.



Read the entire article here (click on the link below):

<http://www.globalanimal.org/2014/07/02/the-well-intentioned-eater-south-of-the-border-vegan-style/>