



COLD *Comfort*

Frozen snacks, sandwiches, and sides for the health-conscious and time-stressed.



Yoplait Smoothie

Just add juice or milk to these mixes, which include frozen berries and sweetened yogurt, to whip up a quick breakfast in your own blender.

(\$3.50; supermarkets)



Evol Mini Burritos

Snack-size burritos (each is around four inches long and 180 calories) are stuffed with Mexican-inspired, good-for-you ingredients, like free-range chicken, humanely raised Niman Ranch beef, and sautéed vegetables.

(\$2; supermarkets)



Sukhi's NaanWiches

An Indian-inspired sandwich features takeout favorites like chicken curry wrapped in flatbread.

(\$3; sukhis.com for stores)



Seapoint Farms Edamame

Lightly salted soybeans are a good source of protein and fiber, and single-serving bags are easy to pack for work or school.

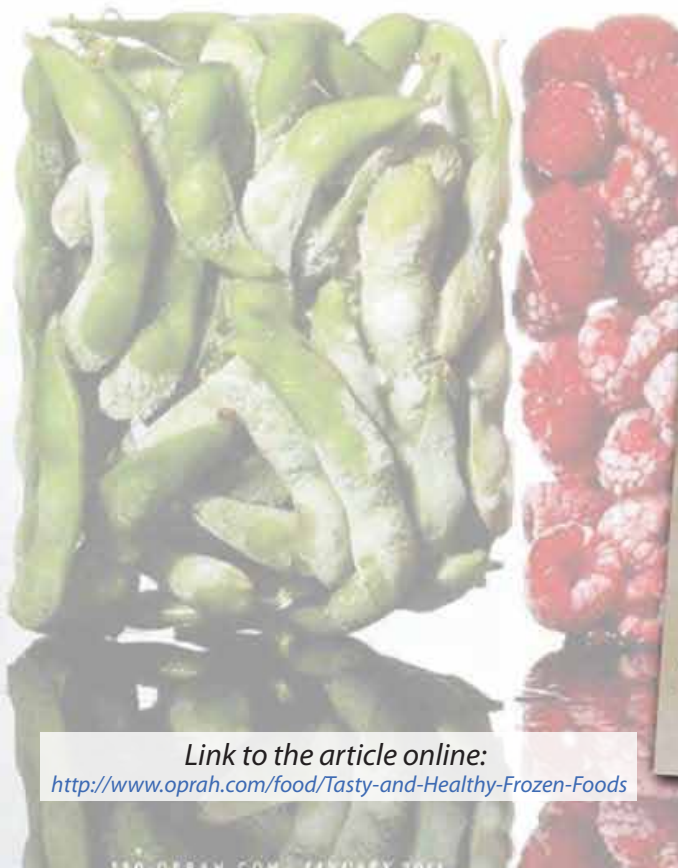
(\$4 for six; supermarkets)



Village Harvest Pourable Whole Grains

These bags of ready-to-microwave side dishes like brown rice, quinoa, and blends such as Spicy Thai cook up in less than a minute.

(From \$5; Whole Foods)



Link to the article online:

<http://www.oprah.com/food/Tasty-and-Healthy-Frozen-Foods>