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Cooking Light

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HEALTHY FALL PLEASURES

ZESTY TORTILLA SOUP, CLASSIC MEAT LOAF, HEARTY RAGU, & MORE P.104

NEW SECRET to FAST FRESH PIZZAS

P.63

HALLOWEEN!

Treats for Grown-Ups P.94
Best Kids' Candy Choices P.42

BEST FOODS IN AMERICA 2ND ANNUAL AWARDS P.129



Tortilla Meatball Soup P.110

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363
GOOD-FOR-YOU RECIPES
and TIPS

WINNERS GROCERY CATEGORY



Canned Salmon

The Marine Stewardship Council (MSC) lists wild-caught Alaskan salmon as a "best choice" for sustainability. Both our picks earn the MSC's blue check mark.

/ GRAND PRIZE WINNER / **Deming's Red Sockeye Wild Alaska Salmon:** A light, pleasant salinity and buttery texture bring this within hailing distance of fresh. Big, tender chunks of moist fish. (Sold as Double O in the Southeast.)
/ TASTE TEST AWARD / **Wild Planet Wild Alaskan Sockeye:** The firm (but not overly dry) texture is excellent for salads—the fish flakes nicely and holds its shape. No mush here.



Light Ranch Dressing

This all-American staple gives a creamy, herbaceous kick to any veggie that crosses its path.

/ GRAND PRIZE WINNER / **Litehouse Lite Ranch:** A creamy, thick buttermilk consistency balanced by kicky vinegar, peppery tang, and bright notes of onion and herbs.
/ TASTE TEST AWARD / **Hidden Valley Light Ranch:** An excellent version of the full-fat counterpart. This one gives you a fraction of the fat, but the tangy ranch flavor is full-on.

HOW WE TASTE TESTED

To qualify for the grocery category, foods had to be available in major markets nationwide. We eliminated products that contained artificial trans fats, too much salt, too much saturated fat, or artificial sugars. Then we tasted almost 200 finalists "blind": Our tasters did not know which brands they were sampling until after the tasting.

Keep in mind that not all of the products we tested are low-fat: Good nutrition agrees with good eating when high-fat items are chosen for maximum quality and used moderately.