

# Cooking Light

ONLINE IMPRESSIONS: 20,558

DATE: MARCH 28, 2011

## Top 10 Healthy Convenience Foods

Here are our top ten healthy convenience food products that make dinner a little quicker and no less tasty.



### 5. Canned Broth

For soups, stews, sauces, and more, a quality canned broth can save a cook countless time in the kitchen. Sodium is a clear concern with canned broth, as well as taste, so we put low-sodium stocks and broths through our Taste Test panel to find the best. Our all around favorite chicken broth is **Swanson's Less-Sodium, Fat-Free Chicken Broth**. It's inexpensive, easy to find, and is a stand-by in our test kitchens. The pick for best vegetable broth was also by **Swanson's**, with their **Certified Organic Vegetarian Vegetable Broth**.

**Test kitchen tip:** Simmer canned stock or broth with a bay leaf, whole spices, or dried crushed herbs that fit your recipe's flavor profile to boost taste.