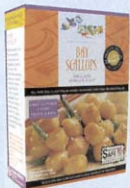


Frozen to the Rescue

Food Wise

It's 9 p.m. and you realize that you haven't eaten dinner yet. You can order pizza, pick at the kids' leftovers or cook—ugh. Don't despair. We've found some healthy and delicious foods that you can store in the freezer for just this type of occasion.



EcoFish Bay Scallops with Japanese Glaze

Eco-harvested scallops are paired with a delicate marinade of soy sauce, ginger and sesame. Sautés in minutes—just add brown rice and steamed veggies for a complete meal. (2 servings included, each is 140 calories; www.ecofish.com)

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