

organic style™

how healthy
is your city?

we rate **125**

PLUS: How to live
healthier in **your** town

simple meals

10 delicious harvest dishes



Taste Test: Frozen Pizza High in calcium and protein, frozen pizza is one of the smarter fast-food options for last-minute meals. Our panel of food experts (which included chefs, foodies, and our pickiest friends) tasted 17 organic, natural, and healthy varieties. These are our top five favorites. —MONICA FORRESTALL

<p>1. AMERICAN FLATBREAD Organic Tomato Sauce and Three Cheese Pizza 15 ounces, \$10</p>	<p>2. BOCA Rising Crust Supreme Pizza 13 ounces, \$5</p>	<p>3. AMY'S Soy Cheese Pizza 13 ounces, \$5</p>	<p>4. STILLWELL'S Stone Fired Uncured Apple Smoked Bacon Pizza 11.5 ounces, \$6</p>	<p>5. VICOLO Corn Meal Crust Roasted Garlic Pizza 14 ounces, \$6</p>
<p>HOW IT TASTES Delicious—wonderfully chewy crust, well-seasoned sauce, and fresh toppings. By far the most expensive, but worth it.</p> <p>WHAT'S IN EACH SLICE 60% organic ingredients, including a crust made of 100% organically grown wheat. 320 calories, 110 from fat. 660 mg sodium</p>	<p>HOW IT TASTES Like a great neighborhood pie. The peppers taste fresh, not frozen. Surprisingly tasty soy protein “pepperoni” and “sausage” make this pie the lowest in calories of the bunch.</p> <p>WHAT'S IN EACH SLICE Natural, not strictly organic, ingredients. 260 calories; 70 from fat. 740 mg sodium</p>	<p>HOW IT TASTES The perfect foundation pie if you like to add your own toppings. (Leftover chicken and broccoli, anyone?) Milk proteins make the soy cheese melt in a gooey, convincing way—the kids will never guess that it’s not real mozzarella.</p> <p>WHAT'S IN EACH SLICE 75% organic ingredients. 290 calories; 100 from fat. 590 mg sodium</p>	<p>HOW IT TASTES This pizza’s thin, delicate, crisp crust is topped with flavorful smoked, nitrate-free bacon, red onions, and imported Emmentaler cheese.</p> <p>WHAT'S IN EACH SLICE 26% organic ingredients. 440 calories; 220 from fat. 430 mg of sodium</p>	<p>HOW IT TASTES Closer to quiche than pizza, this deep-dish pie has a pastry-like crust and is filled with big chunks of roasted garlic and creamy cheese. Highest in sodium, with more than a third of the Recommended Daily Allowance.</p> <p>WHAT'S IN EACH SLICE All-natural ingredients, organic cornmeal. 450 calories; 200 from fat. 890 mg sodium</p>