

JARRED & CANNED



**37. BEST TOMATOES**  
**RAO'S HOMEMADE ITALIAN PEELED TOMATOES**

Most jarred sauces start with subpar tomatoes and recoup flavor with sugar. Skip 'em. Buy these peeled tomatoes and crush them by hand.



**38. BEST SOUP**  
**DR. McDOUGALL'S RIGHT FOODS ORGANIC MINISTRONE**

Double the serving size; eat with #2 as a meal.



**39. BEST BEANS**  
**EDEN ORGANIC BLACK**

Just 1/2 cup delivers 6 grams of fiber. Add some to #19 and #42 for a Tex-Mex scramble.



**40. BEST SPREAD**  
**SARABETH'S PEACH APRICOT**

Try a spoonful of this sweet-and-tart treat served atop a scoop of vanilla ice cream.



**41. BEST TUNA**  
**WILD PLANET WILD SKIRJACK**

Tuna shouldn't look or taste like cat food—and these large chunks are far from it. One can has 150 calories and 35 grams of protein, so it'll skipjack your muscles.



**42. BEST SALSA**  
**FRESH GOURMET JACK'S SPECIAL HOT SALSA**

This is almost as good as the salsa you'd mix up at home. What's the secret? A healthy dose of cilantro.



**43. BEST PEANUT BUTTER**  
**SANTA CRUZ ORGANIC PEANUT BUTTER CREAMY**

This PB contains two ingredients: organic roasted peanuts and salt.



**44. BEST MUSTARD**  
**GREY POUPON CLASSIC DIJON**

Its bracing vinegar kick brightens up everything it meets. Try it on a #3 burger or a #46 salad.



**45. BEST PICKLES**

**THE REAL DILL CARAWAY GARLIC DILLS**  
Let our tasters' notes sell you: "Crisp! Mustardy!" "Nice crunch and classic taste—the Platonic ideal of a pickle." One spear has a mere 10 calories.

**BEST SALMON**

**46**



**Wild Planet Wild Pacific Sockeye Salmon** This dark-pink swimmer contains more omega-3 fatty acids than other brands do. That's because it's cooked only once before canning. Plus, it's a protein powerhouse—there's a potent 12 grams in a measly 2-ounce serving.



**47. BEST BBQ SAUCE**  
**DINOSAUR BAR-B-QUE SENSUOUS SLATHERING SAUCE**

Each year this stuff beats them all. It's sweet, spicy, smoky, and slightly tart.



**48. BEST MAYONNAISE**  
**SPECTRUM NATURALS CANOLA**

It's more heart-healthy than your standard soy-based mayonnaise.



**49. BEST BROTH**  
**PACIFIC ORGANIC FREE RANGE CHICKEN BROTH**

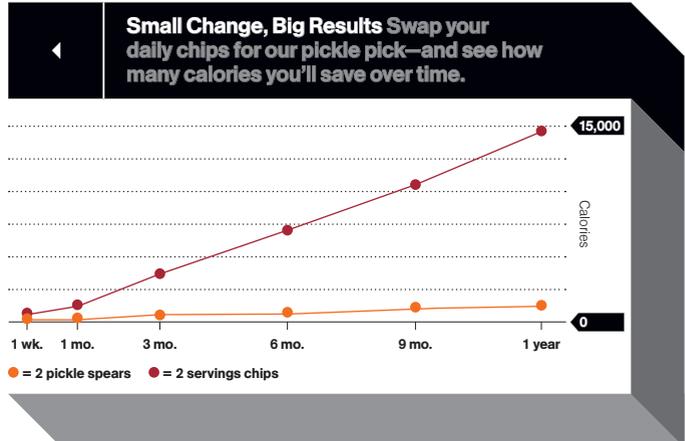
For a simple soup, mix with #1, #67, a swirl of #57, and some #52.

Fruits AND VEGETABLES



**50. BEST POTATO**  
**PURPLE SWEET POTATO**

This spud derives its color from antioxidant anthocyanins. Coat it lightly with oil, wrap in foil, and bake at 325°F until soft, about 90 minutes.



**51. BEST ON-THE-GO FRUIT**  
**PLUMS**

These flavor bombs contain 30 calories and 8 grams of carbs. They're great served really cold.



**52. BEST HERB**  
**THYME**

Add the potent leaves to sautéed green beans or a marinade for steak or poultry. Or add to #62.



**53. BEST TOMATO**  
**SUNSET GROWN KUMATO**

These plum-colored, non-GMO tomatoes are juicy, sweet, and just the right amount of tangy.



**56. BEST GO-TO SNACK**  
**DIVINA DOLMAS**

These rice-stuffed marinated grape leaves carry hits of mint, dill, and onions. Eat them straight from the can—fork optional! They have 40 calories apiece.



**57. BEST HEAT SOURCE**  
**MINA HARISSA SPICY**

Think of harissa as a Middle Eastern sriracha. This brand tempers the heat with red bell peppers. Spoon it on hash browns, chicken, eggs, or that boring old quinoa salad.



**58. BEST SHAKE-ON SEASONING**  
**WASABI FUMI FURIKAKE**

This mix of sesame seeds, horseradish, fish flakes, and nori sounds strange. But sprinkle on #28, and you'll acquire a new culinary compulsion.



**59. BEST INSTA-SAUCE**  
**FRONTERA GREEN CHILE ENCHILADA SAUCE**

Pour the bright, tangy blend of roasted tomatillos and green chiles over rolled chicken or cheese enchiladas, bake, and chow down.

**BEST DARK LEAFY GREEN**

**54**

**Earthbound Farm Organic Deep Green Blends Kale**  
For nutrition, kale is king, as you've probably heard. Dark, leafy greens may lower your risk of diabetes, cardiovascular disease, and certain cancers. Dump a batch of this baby kale into pasta, soups, or salads.



**55. BEST WHAT-THE-HECK-IS-THAT?**  
**FENNEL**

The bulbs and fronds from this plant have a faint licorice tang. Dice it and roast it with potatoes, or add thinly sliced raw fennel to coleslaw.

