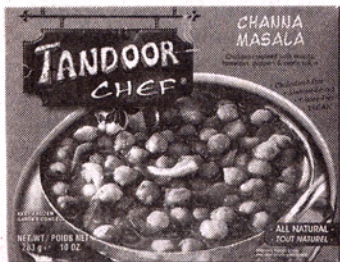


SHELF HELP

Quick review of new products



Tandoor Chef frozen entrees (\$3.39 to \$3.69 at Whole Foods)

A line of frozen Indian food means you can have the fabulous cuisine at your fingertips, with just a few minutes heating time for the dishes to be ready.

The line contains everything from palak paneer to channa masala as well as naan and appetizers such as samosas (vegetable-stuffed pastries). I couldn't try them all, but I liked what I had.

Channa masala features tender, but not mushy, chickpeas in a richly flavored sauce. Beware: The heat builds with every bite. At 180 calories with 7 grams of fat and 5 grams of fiber, it makes a reasonable lunch.

The samosas are filled with potatoes and peas. Their pleasant spiciness also builds with each bite. An accompanying mint chutney adds a cooling note. The pastry the filling is enclosed in gets a little tough, even when cooked in the oven, but it's still delicious.

The line also includes meat-filled dishes such as chicken tikka masala and chicken biryani.

— Robin Davis
Food editor