

# RECIPE INDEX

▼ **HEALTHY** MAIN DISHES WITH 350 CALORIES OR LESS, 5 GRAMS SATURATED FAT OR LESS ▼ **QUICK** 30 MINUTES OR LESS

▼ **FOR TWO** RECIPES THAT SERVE TWO ▼ **MEMBER TESTED** RECIPES TESTED BY THIS ISSUE'S MEMBER RECIPE TEST PANEL (SEE PG. 1)



44



45



34

**DID YOU KNOW...**



15 recipes  
in this issue have  
wine or beer  
recommendations

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