

2009 annual recipe index

Each recipe is followed by a code identifying the issue and the page on which it can be found. For example: A/M09 refers to the April/May 2009 issue.

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- **HEALTHY** Main dishes with 350 calories or less and 5 grams saturated fat or less.
- **QUICK** Recipes that take 30 minutes or less.
- **FOR 2** Recipes that serve two.
- **MEMBER TESTED** Recipes tested by each issue's Member Taste Panel.

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