

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)



43



8



46

DID YOU KNOW...



14 recipes
in this issue have
wine or beer
recommendations

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