

Cooking for Two, or Just for You!

It can be tough to get motivated to cook when you are preparing for just one, or even two. Here are some helpful tips to get the most for your time and money.

- 1. Planning before the store:** Plan what you will buy ahead of time, make a list, and stick to it. By reviewing supermarket flyers, you are able to plan to buy sale items and utilize them in meals for the week. Also plan to use one item for multiple recipes, for example; a small roast chicken on Sunday could be used for a sandwich on Monday and fajitas on Tuesday.
- 2. Shopping at the store:** Shop during off hours to avoid the crowds. This will help prevent distractions or becoming overwhelmed. Eat before you go, as shopping on an empty stomach may encourage you to add unnecessary items into your cart.
- 3. Buying in Bulk:** If you have storage space and do not feel you will waste any food, go for bulk items! If you do not have the ability to store and use extra items, buy smaller portions. Buy only one pork chop, or a single cut of meat. Consider individually packaged servings if you frequently have leftovers that go to waste.
- 4. Going for Frozen or Canned items:** Frozen vegetables and fruits are packaged at their peak freshness and will last in your freezer for about 8 months. Buying frozen vegetables for soups or casseroles will help you to use only what you will need. Canned vegetables and fruits can help free up space in your refrigerator and are helpful to have around in an emergency.
- 5. Saving on Grains:** Cook a big batch of grains, like brown rice or quinoa, and freeze individual servings. Extra bread and English Muffins can also be frozen; wrap them tightly, or seal bag well to prevent freezer-burn. If you do not have storage space, shop in the “bulk bin” section of your grocery store to buy exactly what you need.
- 6. Reducing your favorite recipes:** Help motivate yourself to cook more often by reducing your favorite recipes to meet the needs of one or two. See table on reverse for measurements.

Turkey or Chicken Soup

(Makes 2 servings)

Source: UNL Extension Program: <http://food.unl.edu/documents/Cookingfor1or2.pdf>

1 c chopped, cooked turkey or chicken	dash of pepper
¼ c chopped onion	¼ tsp dried thyme
¼ c chopped celery	2 c low-sodium chicken broth
2 thinly chopped carrots	1 c cooked pasta (such as bowtie, macaroni, etc.)
	OR 1 c cooked rice

Directions: Add all ingredients, except pasta or rice to pan. Bring to a boil, reduce heat to a simmer and cook covered until vegetables are tender crisp, about 10 to 15 minutes. Add cooked pasta or cooked rice and cook a few more minutes until pasta or rice is heated.

Nutrition Facts per serving: Calories 233, Fat 3 gm, Saturated Fat 1 gm, Sodium 140 mg, Carbohydrate 23 gm, Fiber 3 gm, Protein 28gm

**Note: Prepare an extra chicken breast one night and use it in the soup the next night.*

Mini-Crustless Veggie Quiche

(Makes 12 muffin cups, or 6 servings)

2 Tbsp chopped fresh basil (or 2 tsp dried)	1 c cherry tomatoes, halved (or use diced canned)
½ c grated Parmesan cheese	½ tsp salt and ½ tsp pepper
6 large eggs	¾ c shredded mozzarella, cheddar, or other hard cheese
½ c low-fat milk	<i>Optional: 1 small onion, chopped</i>
1 c frozen green vegetable, thawed (suggested: spinach, broccoli florets, or asparagus), partially thawed	

Directions: Place oven rack in upper third of oven and preheat to 350°F. Coat a 12-cup muffin pan with cooking spray, or coat with oil*. If using, sauté onions for 5 minutes or until soft. Scatter onion, tomato halves, cheeses, and chopped green veggie into bottom of each cup. In a pitcher or bowl with spout, beat the eggs with salt, pepper, and basil. Whisk in milk until smooth. Fill each muffin cup with egg mixture. Top each cup with a pinch of Parmesan cheese. Bake until quiches are puffed and browned on top, about 30 minutes, rotating pan from front to back about halfway through. Immediately run a small sharp knife around outside of each quiche, then invert onto a wire rack to cool. Turn each quiche right side up. Serve warm or at room temperature.

Nutrition Facts per serving: Calories 160, Fat 9 gm, Saturated Fat 4 gm, Sodium 470 mg, Carbohydrate 5 gm, Fiber 1 gm, Protein 14 gm

**Note: Stick muffin tin in freezer after quiches have cooled to room temperature. Once they are frozen all the way through, pop them in to a dated, labeled plastic bag and pop them in the microwave for 30 seconds for a quick breakfast or snack.*

Making Half of a Recipe

<u>Recipe calls for:</u>	<u>Use:</u>
¼ cup.....	2 Tbsp
⅓ cup.....	2 Tbsp + 2 tsp
½ cup.....	¼ cup
⅔ cup.....	⅓ cup
¾ cup.....	6 Tbsp
1 Tbsp.....	1 ½ tsp
1 tsp.....	½ tsp