

# Healthy Eating Alone

Food tastes better when there's someone sitting across the table. A good part of the pleasure of eating comes from enjoying other's company during a meal.

People living alone often neglect to eat nutritious meals because there is less incentive to cook. Those who eat alone often select diets that are below par in recommended nutrients, grazing through the day or indulge at one meal and skipping others because they have no one to eat with.

To make the most of eating alone, try the following ideas.

- **The eyes have it:** add pizzazz to dining by dressing up the table with a placemat, flowers, candles and other special touches to remind you that eating can be a pleasant, leisurely experience. Eat colorful meals. A plate containing several colors looks more appetizing. Sliced red tomatoes, green peas and orange carrot sticks with browned meat makes a more appealing meal than white or brown foods.
- **Texture tips:** eat crispy or shredded low-sugar cereals in yogurt for breakfast. Include different textures within the same meal—soft, chewy, crisp and firm. Adapt the textures to chewing ability. Even those who need a softer diet can try soft vegetables or fruits.
- **Enjoy companionship:** those who live alone can invite a friend over for dinner, eat out once a week with friends, plan lunches with others or visit a senior center at lunchtime. Prepare a new recipe each week and invite friends over for a tasting party or potluck meal. When dining out alone, choose restaurants that serve family style with large groups of customers seated at the same table. You may end up with good company.
- **Convenience counts:** buy prepackaged mixed salad greens and salad bar vegetables, especially green peppers, spinach, broccoli, carrots and tomatoes. Salads made with these are great sources of vitamins A and C. Add salad bar vegetables to stir-fry meals. Combine a prepackaged frozen entree with fresh or frozen vegetables and fresh fruits. Watch the entree label for sodium and fat content. When you cook, make a large batch of food and freeze left over's in small portions for later.
- **Breakfast bonus:** even if you're in a hurry or don't feel hungry, take time for breakfast. Spread a thin layer of peanut butter on whole wheat toast and add sliced fruit. Eat near a window and watch the sunrise or birds in the trees. Use your best dishes and feel special

## Creamy Cauliflower Salad

2 cups chopped cauliflower

1/4 cup shredded cheddar cheese

2 bacon strips, cooked and crumbled

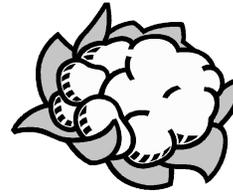
1/2 cup mayonnaise

1 T. sugar

1 T. white vinegar

1/8 t. salt

Dash pepper



In a serving bowl, combine the cauliflower, celery, cheese and bacon. In a small bowl, combine the remaining ingredients; pour over cauliflower mixture and stir until coated. Cover and refrigerate for 2 hours serving. Yield: 2 servings

This material was funded by USDA's Food Stamp Program.

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>.

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**Sources: [Cookingfor2.com](http://Cookingfor2.com)**

**<https://extension.usu.edu/htm/publications/index.cfm>**

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## FSNE - FOOD \$ENSE NUTRITION EDUCATION PROGRAM

# Cooking and Shopping for One or Two

**Taking  
the BITE out of eating  
alone!!!**



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## Shopping For One or Two

### SOONER OR LATER, EVERYONE FACES THE CHALLENGE OF EATING ALONE.

Whether you despise or delight in a solitary meal in a restaurant or at home; whether you're fond of fast food or fine dining (or something in between!) or whether you're married or divorced, single or solo, bachelor or bachelorette, widow or widower; business/pleasure traveler.

So, pull up a chair the company's fine. With a little planning and these hints in mind you can become a savvy small quantity shopper! Remember to:

1. Decide what meals you would like to have and put on your menu.
2. Organize your shopping list. Use your store ad to save even more money.
3. Look for bargains and clip coupons.
4. Don't shop when you are hungry, tired, depressed, or stressed.
5. Watch the register as you check out to make sure you are charged the correct price.
6. Check out the frozen foods—take out what you need when you get home and freeze the rest.
7. Check the “best before” date to make sure the food won't spoil before you can eat it.
8. Bulk bins let you buy exactly what you want. Make sure to check the price.

**Cook ahead and freeze what you can!**

## Chicken Tortilla Soup



### Ingredients:

1/4 cup finely chopped onions  
1/2 clove garlic, finely chopped  
3 teaspoons vegetable oil  
2 cups chicken broth  
2 tablespoons chopped red bell peppers  
1 1/2 teaspoons chili pepper flakes  
3/8 teaspoon basil leaves, dried  
1/4 teaspoon salt  
1/8 teaspoon pepper  
7 1/2 ounces tomato puree  
1/4 cup vegetable oil  
5 corn tortillas, cut into 1/2" strips  
1 cup cooked chicken breast, cut up or shredded

### GARNISHES

1/2 avocado, sliced  
Monterey Jack cheese

Cook and stir onions and garlic in 2 T oil Medium sauce pan until onion is tender. Stir in broth, bell pepper, ground red chilies, basil, salt and pepper, and tomato puree. Heat to boiling; reduce heat. Simmer uncovered for 30 minutes. Heat 1/2 cup oil in 10-inch skillet until hot. Cook tortilla strips in oil until light golden brown, 30 to 60 seconds; drain. Divide tortilla strips and chicken into 2 bowls; Pour broth over chicken. Top with cheese and avocado slices

Serves 2

## Strawberry Cream Crepes

1 1/3 cups sliced fresh strawberries  
2 teaspoons sugar  
4 2/3 ounces (or about 1/2 cup and 4 tsp) sweetened condensed milk  
1 1/3 tablespoons lemon juice  
2 2/3 tablespoons heavy cream, whipped  
4 dessert crepes  
4 strawberries, whole, for garnish

### Preparations:

Sprinkle sliced strawberries with sugar; set aside. Beat milk with lemon juice until thick. Fold in strawberries and whipped cream. Divide among crepes; fold. Garnish with additional whipped cream and a strawberry centered on the cream.

Makes 2 Servings.

