



Extension Nutrition Programs

FSNEP/EFNEP

Cooking for One or Two

Preparing meals for a family or friends often brings a sense of accomplishment. Eating alone or "Just the two of us" can seem like a big effort for a small reward. Instead of saying, "Why bother?," use some of these ideas to prepare healthy meals that taste great, are quick to fix, and do not produce too many leftovers.

Shopping Ideas

- Buy only what you can use and store safely. Sometimes this will mean the smaller, more expensive container. It's not a deal if you have to throw it away.
- Buy frozen vegetables so you can pour out only what you will eat.
- Larger amounts of meat can be divided into smaller serving sizes and frozen for later use.
- Try dry spice/seasoning packets. Use 1/2 packet.
- Use non-fat dry milk for cooking or baking.
- Buy fresh fruit at different stages of ripeness and eat as it ripens. Purchase juice in individual cans or use 1/2 of a 12-oz. can and freeze the rest.

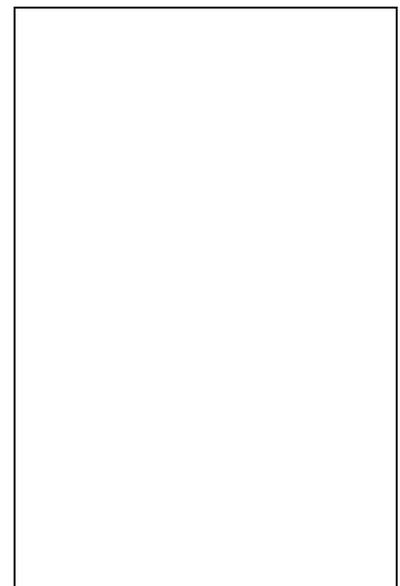
Cooking Ideas

Simple meals are quicker and easier.

- Cook a pot of stew/soup/ chili and freeze in smaller portions.
- Prepare a family-sized recipe and freeze half for another meal.
- Try a new recipe sized for one or two.
- Use "Planned Overs" for foods such as ham. Eat the ham for dinner, in an omelet for breakfast, and in a sandwich for lunch. Ham still leftover? Make Scalloped Potatoes and Ham later in the week.
- Share the cooking with your child or spouse-children can set the table, wash, peel, or cut

fruits, vegetables, bread. One person can prepare the main dish and the other the sides-salads, fruits or bread.

- Look for and use cookbooks that have recipes designed for one or two.



Meatballs

1 pound ground beef
½ cup bread crumbs
2 tablespoon chopped onion
1/3 cup milk
¼ teaspoon salt

Mix meatball ingredients thoroughly. Shape into 24 balls. Brown meatballs on all sides in hot frying pan or microwave. Drain. Wrap and freeze 12 meatballs. Use in the recipes below.

Meatballs in Red Sauce

12 meat balls
1 can tomato paste
1 tablespoon chopped onion
2 teaspoons vinegar
½ teaspoon sugar
¼ teaspoon oregano
Dash pepper
2 Tablespoons water

Mix ingredients for sauce. Pour over meatballs in fry pan. Bring to a boil. Reduce heat, cover and simmer 10 minutes. Serve it over rice or noodles.

Meatball Stroganoff

¼ cup chopped onion
1 Tablespoon oil or margarine
1 Tablespoon flour
¾ cup beef broth
12 meatballs (use frozen from recipe above)
¼ cup sour cream or yogurt
Cooked noodles or rice

In a small saucepan, cook onion in oil until tender. Stir in flour. Add broth. Add meatballs, cover, cook over low heat 6-8 minutes (10-12 minutes if meatballs are frozen), stir occasionally. Stir in sour cream. Serve over noodles. Makes 2 servings.

Microwave Potatoes

2 potatoes, peeled and sliced thinly
¼ cup sliced onions
¼ teaspoon salt
1/8 teaspoon pepper
¼ teaspoon garlic powder
¼ cup shredded cheese

Coat a 9-inch microwave safe plate with nonstick cooking spray. Arrange potato and onion slices on plate; sprinkle with seasonings. Cover and microwave on high for 6-8 minutes. Sprinkle with cheese and cook for 2 minutes or until potatoes are tender. Makes 2 servings. (Cooking time varies with each microwave.)
Variation: Add diced ham or cooked sausage.

Tuna Pitas

1 can water packed tuna
1/3 cup chopped green onions
1/3 cup salsa or taco sauce

Toppings:

Shredded lettuce
Garbanzo beans
Black olives
Shredded cheese
Mix together tuna, onions and salsa. Serve on Pita bread, English muffins or taco shells.
Top with desired toppings. For improved flavor, mix ahead and refrigerate for 30 minutes.

Apple Crisp

2-3 large cooking apples
¼ cup orange juice
3 Tablespoons sugar
¼ teaspoons cinnamon

Topping:

¼ cup flour
¼ cup oatmeal
¼ cup margarine

Core and slice apples and arrange in an 8 x 8 inch pan sprayed with nonstick cooking spray. Combine juice, sugar, and cinnamon and pour over apples. Combine flour, oatmeal, and sugar. Cut in margarine until mixture is crumbly. Sprinkle over apples. Bake at 350° for 45 minutes or until golden brown. Makes 3-4 servings.

Tip: One half cup flour can be used in place of flour and oatmeal.

2/02

Information adapted from *Cooking for One or Two*, Utah State University Extension and *Cooking for One or Two*, University of Illinois Extension.

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