

Healthy Ideas and Recipes for One or Two

Good nutrition is one of the most important factors in a healthy lifestyle and disease prevention. Preparing your own meals will help you eat nutritious meals and save money. The key is to develop a list of easy to prepare meals that fit your lifestyle, nutrition needs and that you enjoy.

Stock your kitchen with the right equipment and supplies to meet your needs. If you cook small meals in an oversize pot or pan, the food has a tendency to dry out. Whether a new or downsizing cook, purchase versatile equipment that has multiple uses such as safe for use in the oven and microwave. Look for recipes on-line, visit your library or purchase cookbooks. If you are trying to simplify your cooking, look for recipes with seven or fewer ingredients and don't require special or expensive ingredients.

Some Equipment Options:

Microwave

Slow cooker

Electric frying pan

Rice cooker

Coffee pot or hot pot

Electric wok or wok pan



Do not use metal pans or aluminum foil; cold storage containers such as whipped topping bowls, margarine tubs and cottage cheese cartons; paper goods (towels, papers, and plates unless plain and white); newspapers or brown grocery bags; or thin plastic wrap in a microwave. These products are made of materials that do not heat well and could possibly ignite.

Basic Kitchen Equipment:

- | | |
|---|---|
| <input type="checkbox"/> Microwave-safe plates, cups, bowls | <input type="checkbox"/> Baking sheet |
| <input type="checkbox"/> Forks, knives and spoons | <input type="checkbox"/> Frying pan |
| <input type="checkbox"/> Knives – paring, chef's, serrated | <input type="checkbox"/> Sauce pan |
| <input type="checkbox"/> Cutting board | <input type="checkbox"/> Vegetable peeler |
| <input type="checkbox"/> Can opener | <input type="checkbox"/> Plastic film |
| <input type="checkbox"/> Strainer | <input type="checkbox"/> Foil |
| <input type="checkbox"/> Microwaveable, bakeable pans | <input type="checkbox"/> Storage bags |
| <input type="checkbox"/> Heat resistant spatula | <input type="checkbox"/> Measuring cups |
| <input type="checkbox"/> Mixing spoons | <input type="checkbox"/> Measuring spoons |
| <input type="checkbox"/> Mixing bowls | <input type="checkbox"/> Oven mitts (2) |



Foods to Keep on Hand

- | | |
|---|--|
| <input type="checkbox"/> Rice
<input type="checkbox"/> Pasta
<input type="checkbox"/> Pasta sauce
<input type="checkbox"/> Salsa
<input type="checkbox"/> Canned tomatoes, diced & crushed
<input type="checkbox"/> Vegetables, canned & frozen
<input type="checkbox"/> Red wine vinegar
<input type="checkbox"/> Olive or canola oil
<input type="checkbox"/> Cooking spray
<input type="checkbox"/> Bread | <input type="checkbox"/> Cereal
<input type="checkbox"/> Peanut butter
<input type="checkbox"/> Canned tuna or chicken
<input type="checkbox"/> Sugar
<input type="checkbox"/> Coffee or tea
<input type="checkbox"/> Salt and pepper
<input type="checkbox"/> Garlic powder
<input type="checkbox"/> Chili power
<input type="checkbox"/> Italian seasoning
<input type="checkbox"/> Other favorite spices |
|---|--|

Guide for Cutting Recipes For Half A Recipe

Most recipes can be cut in half or in thirds. For easy references see the tables below. Some ingredients are difficult to divide, such as eggs. If the recipe you want to cut in half calls for a large egg, try using a small egg or just the egg white. In some cases, it may be easier to make the entire recipe and freeze the rest for later.

Half of a recipe	
When the recipe calls for	Use
1/4 cup	2 tablespoons
1/3 cup	2 tablespoons + 2 teaspoons
1/2 cup	1/4 cup
2/3 cup	1/3 cup
3/4 cup	1/4 cup + 2 tablespoons or 6 tablespoons
1 tablespoon	1-1/2 teaspoons
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon

Third of a recipe	
When the recipe calls for	Use
1/4 cup	1 tablespoon + 1 teaspoon
1/3 cup	1 tablespoon + 2 1/3 teaspoons
1/2 cup	2 tablespoons + 2 teaspoons

Microwaving Vegetables

Vegetables are an important part of a healthy diet. Look for ways to add more vegetables (and fruits) to your meals. Buy fresh and frozen more often but keep canned products on hand to prepare a quick meal. Baked or microwaved white or sweet potatoes can be topped with a variety of foods to make a filling and healthful meal. Choose low fat foods most often.

Canned Vegetables

May be heated in the microwave by emptying the contents into a microwave safe dish. Cover and heat for 2 minutes. Stir and heat 2 to 3 minutes longer. Season to taste.

Frozen Vegetables

May be cooked in a covered, microwave safe dish. Read package for cooking time.

Fresh Vegetables

Carrots: Wash and peel, slice or chop carrots. Place carrots in a microwave safe baking dish. Add 2 Tablespoons water. Cover and cook on HIGH. For 1 cup carrots, cook for 5 to 6 minutes.

Cabbage: Shred cabbage and place in a microwave safe dish, cover and cook on HIGH. For 2 cups of shredded cabbage, cook for 4 minutes.

Broccoli: Wash and cut into spears. Place in microwave safe dish with 1 Tablespoon water. Cover and cook on HIGH for 6 to 9 minutes.

Baked Potatoes: Wash and scrub potatoes. Poke with fork on all sides. Arrange in circle in microwave. Turn and rearrange potatoes half way through cooking time. Let stand for 5 minutes after cooking.



Potatoes	HIGH
1	3 to 5 minutes
2	5 to 7½ minutes
3	7 to 10 minutes
4	10 to 14 minutes



Breakfast Ideas

Microwave Coffee Cup Scramble

2 eggs

2 Tbsp. milk

2 Tbsp. shredded cheddar cheese

Salt and pepper

1. Coat 12 oz. microwave safe coffee mug with cooking spray.
2. Add eggs and milk; beat until blended.
3. Microwave on HIGH 45 seconds; stir. Microwave until eggs are almost set, about 30 to 45 seconds longer.
4. Top with cheese; season with salt and pepper.

Makes 1 serving

Source: <http://www.incredibleegg.org/recipes/recipe/microwave-coffee-cup-scramble>

Microwave Denver Scramble Slider

2 Tbsp. chopped red or green bell peppers	1 Tbsp. water
1 Tbsp. chopped onion	1 slider-size bun or whole wheat English muffin, split, toasted
1 egg	Ketchup (optional)
1 thin slice deli ham, chopped (1 ounce)	

1. Place peppers and onions in 8-oz. ramekin or cup coated with cooking spray. Microwave on HIGH 30 seconds; stir.
2. Add egg, ham and water, beat until egg is blended. Microwave on HIGH 30 seconds; stir.
3. Microwave until egg is almost set, 30 to 45 seconds longer.
4. Season with salt and pepper, if desired. Serve in bun.

Serves 1

Source: <http://www.incredibleegg.org/recipes/recipe/microwave-denver-scramble-slider>

Orange Banana Frosty

1 small frozen banana, cut into chunks	½ cup orange juice
½ cup plain low-fat yogurt	

Put all ingredients in a blender and mix well. Add more liquid if you want the drink thinner.

Blue and Red Berry Smoothie

½ cup oatmeal	½ cup orange juice
5 Tbsp. non-fat vanilla or plain yogurt (or scant ½ cup)	½ cup frozen blueberries
	6 frozen strawberries

Blend until smooth and enjoy with a straw. Serve chilled if desired.

Source: <http://www.american.edu/hr/AhealthyU/Drinks.cfm>

Banana Split Oatmeal

½ cup quick-cooking dry oatmeal	½ banana, sliced
⅛ tsp. salt	½ cup fat-free frozen yogurt
¾ cup very hot water	

In a microwave-safe cereal bowl, mix together the oatmeal and salt. Stir in the water. Microwave on high for 1 minute. Stir. Microwave on high power for another minute. Stir again. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again. Top with banana slices and frozen yogurt.

Yields about 1 serving



No Cook Meals

Tuna Salad w/Sunflower Kernels

1 lb. romaine lettuce, cleaned & torn into bite-sized pieces

2 medium tomatoes sliced or 1 can of diced tomatoes, drained

¼ cup sunflower kernels

⅓ cup reduced fat Italian dressing

1 can (6oz.) white tuna, drained



Combine all ingredients in bowl and serve immediately.

Peanut Butter and Banana Wrap

1 flour tortilla
peanut butter

1 ripe banana, mashed
honey or maple syrup

Spread tortilla with peanut butter, top with mashed banana, drizzle on honey or maple syrup, and roll up.

Oven, Stovetop or Microwave Meals

V8 Vegetable Soup

1 (5.5-oz.) can low-sodium V8 vegetable juice

1 c. frozen vegetables (peas, corn, broccoli, peppers, onion, carrots, garlic, spinach)
Salt and pepper to taste

Add V8 and vegetables to a small pot and cook on medium heat until vegetables are tender (about 10 minutes). Note: If you prefer spicy, use V8 hot and spicy.

Makes one serving.

Per serving: 120 calories, 0 g fat, 25 g carbohydrate, 4 g protein, 4 g fiber, 125 mg sodium

Source: Putting a Healthy Spin on Prepackaged Favorites, NDSU Extension

7 Minute Vegetable Soup

1 cup frozen diced onion

2 tsp. minced garlic or ½ tsp. garlic powder

2 (8 oz.) cans no-salt-added tomato sauce

1 (15 oz.) can Italian recipe stewed tomatoes

2 cups frozen mixed vegetables

1 tsp dried basil

1. Spray a medium sized soup pan or large nonstick skillet with cooking spray and place over medium high heat.
2. Add onion and sauté briefly. Add garlic and sauté until both are golden brown.
3. Add tomato sauce and tomatoes and chop tomatoes coarsely with a spatula. Add vegetables. Season with basil.
4. Heat soup until vegetables are cooked. This can also be made in the microwave. Serve hot with whole grain bread.

Serves 4

Source: www.foodandhealth.com

Corn Soup

1 can cream-style corn
1 Tbsp. margarine

1 cup milk
1 pinch of ground pepper

Cook all ingredients in a saucepan over medium heat for 5-7 minutes, stirring frequently.

Source: <http://health.iupui.edu/docs/SALC%20Cookbook.pdf>

Easy Chili

½ pound ground turkey or beef
1 chopped onion, if desired
2 (15 oz) cans kidney beans, drained and rinsed
¾ cup catsup

4 Tbsp. chili powder
½ cup chopped bell pepper
2 to 3 cups water
½ cup mushrooms, sliced (optional)

Brown meat with the onion, if desired. Drain off the fat. Add the rest of the ingredients and cook 20 minutes, stirring to prevent sticking. Add more water if desired.

Quick Black Bean Chili

1 medium onion, chopped
2 cloves garlic, minced or pressed
2 cups or 1 (15 oz.) can black beans

1 15-oz can diced tomatoes
1 Tbsp. chili powder
½ cup cilantro

Place all ingredients—except cilantro—in a pot, cover, and let simmer for about 20 minutes. Top with cilantro and serve.

Meatloaf in a Mug

¼ lb. lean ground beef (85% lean or leaner)
2 Tbsp. oatmeal
1 Tbsp. catsup

2 tsp. milk
1 tsp. dry onion soup mix

1. Combine all ingredients and stir to mix.
2. Spray microwave-safe mug with cooking spray.
3. Pat beef mixture into mug. Make a small hole in center, all the way to the bottom.
4. Microwave on High (100%) for 3 minutes or until done.

Tips:

Cooking time will increase if more than one meat loaf is placed in the microwave at a time. Leftover dry onion mix can be used as a seasoning for baked or microwaved vegetables.

Serves: 1

Source: Iowa State University Extension



English Muffin Pizzas

1 English muffin (or pita bread), split in half 1 oz. mozzarella cheese, grated
¼ cup pizza sauce or spaghetti sauce

Spread each muffin half with sauce and top with cheese. Bake at 350°F for 5 minutes, or until cheese is melted.

Optional ingredients: pepperoni, mushrooms, sliced carrots, broccoli, etc. May take longer to bake.

Variations: Use cleaned portabella mushroom caps instead of English muffin.



Elegant Pork Chops

2 pork loin chops 1 can (7½ oz.) semi-condensed
¼ tsp. onion powder cream of mushroom soup
½ tsp. salt (optional) ¼ teaspoon ground ginger
2 Tbsp. dry white wine 6 tablespoons instant rice
Dash pepper

Brown pork chops. Combine remaining ingredients; divide evenly between two foil sheets. Place pork chops on rice. Fold foil loosely around bundle but making sure bundles won't leak. Place in supporting pan. Bake in 350°F oven for 40 minutes. Open foil, bake 5 minutes.

Makes 2 servings

Source: University of Kentucky Extension <http://www2.ca.uky.edu/HES/fcs/factshts/FN-SSB.016.PDF>

Oriental Beef and Vegetables

½ pound round steak 1 Tbsp. vinegar
1 Tbsp. oil (sesame oil will give this dish
more oriental flavor) 1 Tbsp. soy sauce
4 carrots 1 Tbsp. sugar
2 medium zucchini 1 Tbsp. sesame seeds, if desired

1. Cut steak into bite-sized strips. In a fry-pan, cook steak in oil until browned. Cut carrots and zucchini diagonally. Add to fry-pan and cook until crisp-tender.
2. Mix in vinegar, soy sauce, and sugar together. Pour on sesame seeds, if desired. Serve immediately.

Serves 2

Oriental Chicken Stir-fry

½ lb. boneless, skinless chicken breast
1½ teaspoons vegetable oil
8 oz. frozen mixed vegetables (broccoli, carrots, and water chestnuts)
1 Tbsp. reduced-sodium soy sauce
⅛ tsp. pepper
1 Tbsp. diced pimento (optional)
1½ tsp. cornstarch
½ cup low-sodium chicken broth

1. Cut chicken into ¾-inch strips and set aside.
2. Heat oil in a large non-stick skillet or wok on medium heat. Add chicken and stir-fry (continuously stir) over high heat until it loses its pink color.
3. Add mixed vegetables, soy sauce, pepper, and pimento.
4. In a separate bowl, combine cornstarch and chicken broth; stir well. Add broth mixture to chicken and vegetables, stirring until thickened. Reduce heat to low; cover pan and simmer 5 minutes. (Can refrigerate leftovers for up to two days)

Serve with rice if desired. Serves 3

Source: Recipes for One or Two, Penn State Extension, May, 2000

Chicken Divan

¾ cup water
1 tsp. zesty salt-free seasoning
1½ cups frozen broccoli pieces
1 cup instant rice
2 Tbsp. light mayonnaise
2 Tbsp. plain nonfat yogurt
¾ cup shredded yellow cheese made from 2% milk
6 - 9 oz. canned chicken, drained or frozen pre-cooked chicken

Electric Skillet or Stovetop:

1. In 10" non-stick skillet, heat water until it boils. Add seasoning and broccoli.
2. Cover and cook 1-2 minutes or until water comes to a boil again. Break up any large pieces of broccoli. Add instant rice and stir well. Cover and remove pan from heat and let stand 3 minutes.
3. In small bowl, mix mayonnaise and yogurt and stir well. Add mayonnaise mixture to rice and stir. Add half of cheese and all of the drained chicken. Stir. Top with remaining cheese.
4. Heat on medium for 2-3 minutes until mixture is hot and bubbly and cheese is melted.

Microwave:

1. Add water, broccoli and seasoning to 2 quart microwave safe bowl. Heat 2 minutes.
2. Add rice to the broccoli and stir. Let stand 5 minutes. Add mayonnaise and yogurt. Stir.
3. Add ½ of the cheese and all of the canned chicken. Stir, top with the remaining cheese.
4. Heat 2-3 minutes, until the mixture is hot and bubbly and the cheese is melted

Makes 3 servings, 1½ cup each

Source: University of Georgia Extension http://www.fcs.uga.edu/docs/Chicken_Divan.pdf



Bean Enchiladas

15 oz. can of low-sodium pinto or black beans 4 6-inch flour tortillas
1½ tsp. chili powder Salsa (optional)
½ cup low-fat shredded cheese, such as
Monterey Jack

1. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.
2. Wrap tortillas in a damp paper towel. Microwave on HIGH for 45 seconds, or until tortillas are soft and warm. Divide bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture. Roll tortillas to enclose mixture.
3. Spray a 9 x 9" baking dish with nonstick cooking spray. Place enchiladas, seam side down, into baking dish. Cover with foil and bake at 350°F for 20 minutes or until heated through.
4. Serve warm with salsa.

Yield: 4 enchiladas

Courtesy of the *Loving Your Family, Feeding Their Future Healthy Family Guidebook*

Baked Chicken

2 boneless, skinless chicken breasts 1 onion sliced
¼ tsp. salt ½ green pepper, cut in strips
4 small potatoes, quartered 2 pinches dried basil
12 oz. bag of frozen corn

Preheat oven to 350°F. Grease bottom of baking dish or use non-stick spray. Sprinkle salt lightly over chicken and place in baking dish. Place quartered potatoes over the chicken. Add corn, followed by onion and green pepper. Sprinkle with basil. Cover dish. Bake for about 1 hour.

Serves 2.

Adapted from Cooking For 1 or 2, University of Illinois Extension

Crust-less Spinach Pie

2 tablespoons butter ½ tsp. baking powder
2 eggs (large) 4 ounces mozzarella Cheese
½ cup flour 2 cups spinach (chopped, fresh)
½ cup milk (1%)
2 garlic cloves (minced, or ½ tsp. garlic powder)

1. Preheat oven to 350 °F. Melt butter or margarine in an 8 inch baking pan.
2. Beat eggs well. Add flour, milk, garlic and baking powder. Pour into baking pan. Stir in cheese and spinach.
3. Bake for 30-35 minutes or until firm and the cheese is slightly golden brown.

Serves 2-3

Source: USDA SNAP-Ed Connection/Washington State University, Farmers Market Nutrition Program

Microwave Potatoes

2 potatoes, peeled and sliced thinly	1/8 tsp. pepper
1/4 cup sliced onions	1/4 tsp. garlic powder
1/4 tsp. salt	1/4 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.

Source: Cooking for One or Two, Montana State University Extension

Easy Lentils and Rice

1 cup lentils	1 tsp. garlic powder
1 cup brown rice	1 tsp. oregano
1 cup water	black pepper to taste
1 cup low-sodium chicken broth	

Place all ingredients in **rice cooker** and cook until done, 30 to 45 minutes. Serve with a large tossed salad. This dish goes well with baked fish or as an entrée by itself.

Serves: 4 Serving Size: 3/4 cup

Source: <https://www.foodandhealth.com/recipes.php/recipe/946/easy-lentils-and-rice/>

Slow Cooker Meals

Only fill the slow cooker 1/2 to 2/3 full. Food will not cook properly if the appliance is filled to the brim. If the food and liquid level is lower, the foods will cook too quickly. Follow the layering instructions in the recipe. Vegetables do not cook as quickly as meat, so place in the bottom.

Slow Cooker Pot Roast for 2

8 oz. beef chuck roast	1/2 medium onion, sliced into rings
3 small or medium red potatoes, cubed	1/2 packet dry onion soup mix
15 baby carrots, sliced	

1. Place cut potatoes & carrots in the bottom of a 1 1/2 or 2-quart Crock Pot. Place roast on top of veggies. Separate onion into rings and lay rings on top of roast, trying to cover as much surface area as possible.
2. Empty half of the contents of an envelope of onion soup into a bowl, then add water slowly and stir until you have created a paste, about the consistency of a cream soup. Spread the paste over the roast and onions.
3. Cover and cook on low for about 8 hours.

Number of Servings: 2

Source: Sparkpeople.com

Slow Cooker No Hassle Beef Stew

3 carrots, sliced	1½ lbs. stew beef, cut into 1 inch pieces
2 celery stalks, sliced	1 packet dry onion soup mix
1 green bell pepper, sliced	1 (14.5 oz.) can whole or diced tomatoes
1 onion, sliced	

1. Place vegetables in bottom of slow cooker. Place beef cubes over vegetables.
2. Sprinkle onion soup mix over meat and vegetables. Pour tomatoes over everything in slow cooker. Cover and cook on LOW 7 to 9 hours.

Slow Cooker Chicken in a Pot

1 to 2 carrots, sliced	1 tsp. salt
1 to 2 onions, sliced	½ tsp. pepper
1 to 2 celery stalks, sliced	½ cup water or chicken broth
2½ to 3 lb. whole or cut up chicken	½ to 1 teaspoon basil (optional)

1. Put vegetables in bottom of slow cooker. Add chicken (Chicken can be skinned to reduce fat). Top with salt, pepper and liquid. Sprinkle basil over top.
2. Cover and cook on LOW 8 to 10 hours (or HIGH 3½ to 5 hours using 1 cup water).
3. Remove chicken and vegetables with spatula. Serve.

Slow Cooker “Roast” Chicken

2 teaspoon salt	1 teaspoon white pepper
2 teaspoon paprika	½ teaspoon garlic powder
1 teaspoon cayenne pepper	½ teaspoon black pepper
1 teaspoon onion powder	1 large roasting chicken
1 teaspoon thyme	1 cup chopped onion (optional)

1. In a small bowl, combine the spices. Remove any giblets from chicken. Rub spice mixture on the chicken. Place in resealable plastic bag and refrigerate for several hours or overnight.
2. When ready to cook, put chopped onion in bottom of crock pot. Add chicken. No liquid is needed, the chicken will make its own juices.
3. Cook on LOW 4-8 hours.

Source: <http://www.food.com/recipe/crock-pot-whole-chicken-33671>

Cooking Spaghetti Squash in a Slow Cooker

1. Using a fork or knife, poke holes in the squash
2. Put the squash in slow cooker and then pour about 2 cups of water in the slow cooker.
3. Cover and cook on HIGH for 3 to 4 hours or LOW for about 6 to 8 hours.
4. Remove from slow cooker. Cut the squash in half and scoop out the seeds. Use a fork to scoop out the spaghetti like strands of squash.

Chili Verde

2¼ tsp. olive oil	¼ cup green salsa
2 Tbsp. onion, chopped	1 Tbsp. diced jalapeno peppers
1 clove garlic, minced	½ cup diced canned tomatillos
¾ lb boneless pork shoulder, cubed	

1. Heat the oil in a large skillet, pot or Dutch oven over medium heat.
2. Add the onion and garlic, then cook and stir until fragrant. Add the cubed pork, and cook turning occasionally until browned on many sides, about 4-6 minutes.
3. Transfer the pork, onions, and garlic to a slow cooker, and stir in the green salsa, jalapeno peppers, and tomatoes.
4. Cover, and cook on High for 3 hours. Reduce the setting to Low, and cook for 4 to 5 more hours.

Serves 2

<http://www.nancyskitchen.com>

Slow Cooker Creamy Chicken and Carrots

2 boneless skinless chicken breast halves (6 oz. each)	1 can (10¾ ounces) condensed cream of mushroom soup, undiluted
½ pound fresh baby carrots, cut in half lengthwise	1 can (4 ounces) mushroom stems and pieces, drained
	Hot cooked rice, optional

1. Place chicken in 1½ or 2-qt. slow cooker. Top with carrots, soup and mushrooms. Cover and cook on LOW for 4-5 hours or until chicken is tender. Serve over rice if desired. Serves 2.

Nutrition Facts: 1 serving (prepared with reduced-sodium soup and 1 cup sliced fresh mushrooms; without rice) 320 calories, 8 g fat, 106 mg cholesterol, 713 mg sodium

Source: Taste of Home <http://www.tasteofhome.com/Recipes/Creamy-Chicken-and-Carrots/Print>