



## *Cooking for One or Two*

Cooking for one or two does not have to be hard. One of the keys to success is planning. Here are some tips.



### *Plan ahead*

☕ Once a week prepare extra portions of at least one main dish. Soups, stews and casseroles are easy to package into single-serve bags or containers for quick reheating.

☕ Make frequent, quick shopping trips; it is easier on you and you will have a fresh food supply. Keep small amounts of fresh or frozen vegetables on hand. Stock your pantry with nutritious non-perishables such as cereal, tuna, soup and pasta.

☕ Don't get bogged down preparing complicated dinners. Instead, eat a hearty breakfast and lunch (when you may find yourself eating out with others anyway), then sit down to a lighter, simple-to-make evening meal.

### *Menus for One*

Dinner need not be fancy to be nourishing.

☕ Stop at a salad bar or a grocery store. Fill a take-out container with a variety of fresh vegetables and a source of protein, such as eggs, beans, tofu, cheese or sliced turkey.

☕ Make yourself a sandwich, pour a glass of milk and slice some fresh fruit for a well-balanced dinner.

☕ Pair a hearty soup, such as bean or beef barley, with a salad and roll.

☕ Whip up an omelet with chopped vegetables and low-fat cheese. Complete the meal with a slice of whole wheat bread and fruit.


☕ A low-fat cereal topped with fruit and milk makes the basis of a good meal. Add one or two pieces of toast with peanut butter to complete the meal.


☕ Supplement a slice of take-out pizza with a tossed salad (made quickly and easily with a bag of prepackaged salad greens) or a heaping serving of steamed vegetables.


☕ Supplement a 300-calories frozen dinner with frozen vegetables, a whole grain roll and 8 ounces of low-fat milk or yogurt.


# Using Leftovers


Just about anything left over can go into a stir-fry, casserole, soup or salad.


 Cook a bunch of broccoli, a head of cauliflower or large amount of other vegetables. Eat one serving hot; marinate some in fat free or low fat salad dressing and add to a salad; use the rest in an omelet, pasta dish, soup or casserole.


 Chill leftover pasta for pasta salad, soups or casseroles.

 Make individual sized pizza crusts using tortillas, English muffins or pita breads.

 Add leftover canned, frozen or fresh fruit to cereal or pancakes.

 Mix fruit with yogurt or cottage cheese.

 Add leftover fruit to muffins or quick breads.


 Serve spaghetti sauce over noodles one day, then add kidney beans, chopped vegetables and chili seasoning for another meal.



Prepared by: Barbara Farnar,  
Extension Educator  
Nutrition and Wellness  
Matteson Center

# Whole Wheat Banana Bread

This mini loaf can be cut into 5 or 6 small slices just right for 3 or 4 servings.

  
1/3 cup flour  
1/4 cup whole wheat flour  
1/2 teaspoon baking powder  
1/4 teaspoon baking soda  
1/8 teaspoon salt  
1/2 cup mashed ripe banana (1 banana)  
1/4 cup packed brown sugar  
2 tablespoons vegetable oil  
3/4 teaspoon vanilla  
1 egg white  
1/4 cup chopped walnuts or pecans (optional)

Mix flours, baking powder, baking soda, and salt in a bowl. In a small bowl combine banana, brown sugar, oil, vanilla and egg white, whisk to blend well. Add banana mixture to flour mixture all at once, and stir just until blended. Stir in nuts if using. Pour batter into lightly greased small loaf pan (5" x 3"). Bake at 350°F for 25 to 30 minutes.

Nutrition Information per serving (without nuts):  
210 Calories, 7 g fat, 0 mg cholesterol, 220 mg sodium,  
33g carbohydrate, 2 g fiber.

