



COOPERATIVE EXTENSION SERVICE
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 Economist 2011

COOKING FOR ONE

| <i>Menu planning</i> | <i>Grocery Shopping</i> | <i>Dealing with left overs</i> | <i>Freezing for later</i> | <i>Meal Ideas</i> |
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| Make a menu for the week and if possible shop only once a week. Will save time and money. | Shop from the bulk food bins getting as much or little of a food item. | Start with a can of soup and add fresh or left over vegetables or meat | <i>Buy frozen foods in bulk, remove and thaw out only the amount you need</i> | Consider the egg. A fried egg over some sautéed vegetables or bacon and toast |
| Try a Cornish hen or a chicken breast rather than whole chicken | Occasionally buy frozen entrees, but pair them with fresh salad or vegetable | Make an omelet with eggs and left-over meat, cheese and veggies | <i>Break up packages of meat into one-meal portions and freeze</i> | Make ½ dozen twice baked potatoes and freeze the extras for other days |
| Use greens in more than one meal for the week; you can't really buy half a bunch. Cook with greens and use them fresh in salads | Buy fruit by the piece rather than bulk. | Use left-over meat and veggies along with some cheese and salsa to make a burrito | <i>Prepare a standard recipe for a casserole, but make it in two 8x8 pans rather than one 9x13</i> | Make dessert in a ramekin, one piece of fruit with cobbler or crust topping |

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| Cook and bake with smaller pans, bake ware, skillets and slow cookers. Baking and cooking time will be less than full recipes call for. | Consider shopping with a friend. Try sharing a head of cabbage or a melon. | Use Ice Cube Tray for saving extra sauces, egg whites... Freeze in trays then put food cubes in baggies and use later. | <i>Bake in muffin tins for individual portions; meat loaf, cornbread, stuffing, quiche. Eat one and freeze the rest.</i> | <i>Make your pizza with English muffins or pita bread and freeze the extra sauce in 1 cup portions</i> |
| If a recipe calls for 1 egg and you are making ½ the recipe, mix with fork then pour off half the egg. | Don't wash fruit and vegetables until ready to use; they will stay fresher longer | Freeze extra portions of peppers, onions, mushrooms to use later in pastas or stir-fries | <i>It may be easier to make the entire recipe for baked goods and freeze extra.</i> | <i>Cook up double portion of rice or pasta which can be used for a quick meal later in the week.</i> |
| Keep recipes simple using few fresh ingredients. Keep staple foods on hand. | Get a variety of cut-up fruits and vegetables in small amounts from the salad bar at your grocery | Don't be afraid to cut your favorite recipes in half, plan shorter cooking times | <i>Invest in freezer bags, and a Sharpie, label and date all food items before freezing</i> | Grill a single chicken breast, salmon filet, or pork chop. Using marinades and sauces for added flavor. |
| Consider what food you have and need to use before shopping. Watch expiration dates. | Buy a quart of milk, a small loaf of bread and single portion servings. | Reheat frozen dishes and add some fresh food to brighten it up. | <i>Heat and enjoy frozen food within a few months from date food was frozen.</i> | Cook with whole grains and nuts for added nutrition and flavor. |

