



COOPERATIVE EXTENSION SERVICE
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COOKING FOR ONE

<i>Menu planning</i>	Grocery Shopping	Dealing with left overs	<i>Freezing for later</i>	Meal Ideas
<i>Make a menu for the week and if possible shop only once a week. Will save time and money.</i>	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
<i>Try a Cornish hen or a chicken breast rather than whole chicken</i>	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
<i>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</i>	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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<i>Cook and bake with smaller pans, bake ware, skilletts and slow cookers. Baking and cooking time will be less than full recipes call for.</i>	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>	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 1/2 the recipe, mix with fork then pour off half the egg,</i>	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>	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.</i>	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.
<i>Consider what food you have and need to use before shopping. Watch expiration dates.</i>	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.

