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## ***COOKING FOR ONE***

<i><b>Menu planning</b></i>	<i><b>Grocery Shopping</b></i>	<i><b>Dealing with left overs</b></i>	<i><b>Freezing for later</b></i>	<i><b>Meal Ideas</b></i>
<b>Make a menu for the week and if possible shop only once a week. Will save time and money.</b>	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>	<b>Consider the egg. A fried egg over some sautéed vegetables or bacon and toast</b>
<b>Try a Cornish hen or a chicken breast rather than whole chicken</b>	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>	<b>Make ½ dozen twice baked potatoes and freeze the extras for other days</b>
<b>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</b>	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>	<b>Make dessert in a ramekin, one piece of fruit with cobbler or crust topping</b>

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<b>Cook and bake with smaller pans, bake ware, skillets and slow cookers. Baking and cooking time will be less than full recipes call for.</b>	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>	<b><i>Make your pizza with English muffins or pita bread and freeze the extra sauce in 1 cup portions</i></b>
<b>If a recipe calls for 1 egg and you are making ½ the recipe, mix with fork then pour off half the egg.</b>	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>	<b><i>Cook up double portion of rice or pasta which can be used for a quick meal later in the week.</i></b>
<b>Keep recipes simple using few fresh ingredients. Keep staple foods on hand.</b>	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>	<b>Grill a single chicken breast, salmon filet, or pork chop. Using marinades and sauces for added flavor.</b>
<b>Consider what food you have and need to use before shopping. Watch expiration dates.</b>	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>	<b>Cook with whole grains and nuts for added nutrition and flavor.</b>

