

## References

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- Catch the Spoon, <http://www.catchthespoon.com/>
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- <http://www.tasteofhome.com/recipes/meat-loaf-in-a-mug>



# Cooking for ONE Cook Book

**This booklet provides 20 recipes;  
ideas for breakfast, lunch, dinner,  
AND dessert!  
Recipes serve 1-2 people.**

### Quick Guide for Reducing Recipes

#### Making Half a Recipe:

When a Recipe Calls for:	Use:
¼ cup	2 tablespoons
⅓ cup	2 tablespoons + 2 teaspoons
½ cup	¼ cup
⅔ cup	⅓ cup
¾ cup	6 tablespoons
1 tablespoon	1 ½ teaspoons
1 teaspoon	½ teaspoon
½ teaspoon	¼ teaspoon

#### Making One-Third of a Recipe:

When a Recipe Calls for:	Use:
¼ cup	1 tablespoon + 1 teaspoon
⅓ cup	1 tablespoon + 2 ⅓ teaspoons
½ cup	2 tablespoons + 2 teaspoons

**ENJOY!**



**For more information, please contact Stephanie Boulay,  
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## Breakfast Burrito

### Ingredients    SERVES 1

1 large egg  
1 tablespoon low-fat milk  
¼ cup onion, chopped  
¼ cup green pepper, chopped  
1 link chicken sausage, chopped  
1 medium whole corn tortilla  
¼ cup shredded cheese  
Salsa (optional)  
Pepper (to taste)



### Directions:

1. Scramble egg, add milk and pepper to taste. Spray a nonstick skillet with nonstick cooking spray, and place it over low heat.
2. Add chopped onion, green pepper, and sausage. Cook until sausage is done. Remove from heat and set aside.
3. Spray skillet again and add egg. Cook until just about done then add onion, sausage and green pepper mixture.
4. Heat tortilla with cheese in microwave until melted. Put mixture on tortilla and add salsa if desired. Roll up and eat!

## Microwave Chocolate Mug Cake

### Ingredients    SERVES 1

¼ cup all-purpose flour  
¼ cup white sugar  
2 tablespoons cocoa powder  
⅛ teaspoon baking soda  
⅛ teaspoon salt  
3 tablespoons low-fat milk  
2 tablespoons canola oil  
1 tablespoon water  
¼ teaspoon vanilla extract

### Directions:

1. Mix flour, sugar, cocoa powder, baking soda, and salt in a microwave-safe mug; stir in milk, canola oil, water and vanilla extract.
2. Cook in microwave until cake is done in the middle, about 1 minute 45 seconds.



## Mac 'n Cheese for One

### Ingredients      SERVES 1

1 tablespoon butter    ¼ teaspoon Worcestershire  
1 tablespoon flour    ¼ teaspoon mustard  
pinch of pepper       ½ teaspoon chopped onion  
½ cup milk            ¼ cup cooked macaroni  
⅓ cup shredded 2% cheddar cheese

### Directions:

1. In a non-stick pan, melt the butter. Stir in flour and pepper. Whisk in milk until smooth.
2. Cook and stir for two minutes. Reduce heat to low. Add the cheese, Worcestershire sauce, mustard, and onion; stir until cheese is melted.
3. Add macaroni. Transfer to a greased 1-cup baking dish.
4. Bake uncovered at 350 degrees for 15 minutes or until heated through.



## Cinnamon French Toast

### Ingredients      SERVES 2

4 eggs                            ¼ teaspoon ground cinnamon  
1 teaspoon vanilla        2 teaspoons powdered sugar  
¼ cup maple syrup        4 slices whole grain bread

### Directions:

1. In a small bowl, combine the eggs, vanilla and cinnamon. Whisk to mix evenly. Dip the bread into the egg mixture, coating both sides.
2. Place a nonstick frying pan or griddle over medium heat. When a drop of water sizzles as it hits the pan, add the bread. Cook until both sides are golden brown, about 4 to 5 minutes on each side.
3. Once cooked, add 1 teaspoon powdered sugar and 2 tablespoons maple syrup to each. Serve immediately.

## Strawberry and Yogurt Parfait



### Ingredients      SERVES 1

1 cup sliced strawberries    ¾ cup plain Greek yogurt  
1 teaspoon sugar            ¼ cup granola

### Directions:

1. Combine strawberries and sugar. Let sit for 5 minutes.
2. Layer yogurt and strawberries. Top with granola.

## Blueberry Banana Oatmeal in a Mug

### Ingredients      SERVES 1

- ½ cup old-fashioned rolled oats
- 1 egg
- ½ cup 1% milk
- ⅓ medium banana, mashed
- ¼ teaspoon cinnamon
- 2 teaspoons maple syrup
- ⅓ cup blueberries
- 1 tablespoon peanutbutter

### Directions:

1. Spray large microwave-safe mug with cooking spray. Combine all ingredients.
2. Microwave on high for 2-3 minutes.



## Loaded Sweet Potato



### Ingredients      SERVES 2

- 2 med. sweet potatoes
- ½ tablespoon cumin
- ½ tablespoon pepper
- ¼ teaspoon garlic salt
- ¾ cup black beans (rinsed)
- ¼ cup salsa
- ½ cup cheddar cheese
- 2 tablespoons plain yogurt

### Directions:

1. Microwave each potato for 6-10 minutes (center should be soft). Cut a large X on top of potato and make an opening.
2. Sprinkle cumin, pepper and garlic salt on each potato then top with salsa, black beans and cheese.
3. Microwave uncovered, for about 2 minutes. Top with yogurt.

## Quick Chicken Chili

### Ingredients      SERVES 2

- 1 teaspoon olive oil
- 4 oz canned chicken
- ½ cup black beans
- 1 teaspoon chili seasoning
- 2 tablespoons red or green bell pepper, chopped
- 1 tablespoon green chilies
- 4 oz low sodium chicken stock

### Directions:

1. Add all ingredients to a nonstick pan and bring to a boil.
2. Reduce heat to low and simmer 20 minutes.

## Not Your Average Grilled Cheese

### Ingredients

SERVES 1

- 2 slices oatmeal bread
- 1 teaspoon butter or margarine
- 2 slices of low sodium deli ham
- 1 teaspoon apricot preserves
- 1 slice Muenster cheese

### Directions:

1. Spread one bread slice with half of the preserves. Layer with ham and cheese. Spread remaining preserves on the second bread slice and place preserves side down on to the ham and cheese. Butter outsides of sandwich.
2. In a large skillet, toast sandwich over medium heat 2-3 minutes on each side or until golden brown and cheese is melted.



## Lazy Lasagna



### Ingredients

SERVES 2

- 1 cup low sodium spaghetti sauce
- ½ cup low-fat cottage cheese
- ¾ cup shredded 2% mozzarella cheese
- 1 ½ cups cooked wide noodles
- 2 tablespoons grated Parmesan cheese

### Directions:

1. Warm the spaghetti sauce in a non-stick pan.
2. Stir in cottage cheese and mozzarella cheese. Fold in noodles.
3. Pour in to two greased 2-cup casseroles. Sprinkle with Parmesan cheese.
4. Bake uncovered, at 375 degrees for 20 minutes.

## Quick Ravioli

### Ingredients

SERVES 1

- 9 ounces packaged spinach ravioli
- 2 cups low sodium pasta sauce, hot
- ¼ cup dried parsley
- ¼ teaspoon ground black pepper
- ¼ cup grated Parmesan cheese



### Directions:

1. Cook ravioli in a large pan of boiling water 6-7 minutes, or until just cooked through.
2. Drain well and toss with remaining ingredients.



## Meatloaf in a Mug

### Ingredients

SERVES 1

- 2 tablespoons 1% milk
- 1 tablespoon ketchup
- 2 tablespoons quick cooking oats
- 1 teaspoon low sodium onion soup mix
- ¼ pound lean ground beef

### Directions:

1. In a small bowl, combine the milk, ketchup, oats and soup mix. Crumble beef over mixture and mix well. Pat into a microwave-safe mug coated with cooking spray.
2. Cover and microwave on high for 3 minutes or until meat is no longer pink and a thermometer reads 160 degrees; drain.
3. Let stand for 3 minutes. Serve with additional ketchup if desired. (This recipe was done on a 1,100-watt microwave.)



## Hamburger Veg. Casserole

### Ingredients

SERVES 2

- ½ pound lean ground beef
- 2 potatoes, diced (can use small canned potatoes)
- 2 carrots, diced
- ¼ cup onions, diced
- ½ can low sodium tomato or cream of mushroom soup

### Directions:

1. Brown ground beef and drain grease.
2. Mix hamburger, vegetables and soup in casserole dish.
3. Bake at 350° for 30-40 minutes or until done.

## Sloppy Joes

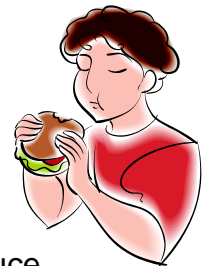
### Ingredients

SERVES 2

- 3 ounces ground beef
- 1 ½ teaspoons brown sugar
- ¼ cup chili sauce
- 1 hamburger roll, split

### Directions:

1. Cook beef 5-8 minutes over medium heat and break up meat.
2. Stir in chili sauce and brown sugar. Season with salt and pepper to taste. Cook 2 minutes.
3. Spoon on hamburger rolls.



## Crustless Spinach Pie

### Ingredients

SERVES 2

- 2 tablespoons margarine
- 2 eggs (large)
- ½ cup flour
- ½ cup 1% milk
- ½ teaspoon garlic powder
- ½ teaspoon baking powder
- ½ cup shredded mozzarella cheese
- 2 cups fresh spinach (or 1 package of frozen, thawed)



### Directions:

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

## Chicken Italian

### Ingredients

SERVES 1

- 1 chicken breast
- ¼ pound spaghetti noodles
- 1 cup fresh broccoli or 8 oz. package frozen broccoli
- ¼ cup low fat Italian salad dressing

### Directions:

1. Cook pasta and broccoli in boiling water. Dice chicken and fry in pan. When pasta and broccoli are done, drain water and add chicken and salad dressing.

## BLTT

### Ingredients

SERVES 1

- 1 can tuna, drained
- 1 tablespoon mayo
- 2 slices bacon
- 1 lettuce leaf
- 1 slice provolone cheese
- ½ tomato
- 2 slices whole grain bread

### Directions:

1. Cook bacon in a microwave on a paper towel-lined microwave safe plate until crispy, about 4 minutes.
2. Combine tuna and mayo until mixed well. Place the mixture on bread then layer with bacon, lettuce and tomato.



## Quesadilla

### Ingredients      SERVES 1

- ½ can 15.5 ounce low-sodium black beans (drained and rinsed)
- ½ cup shredded Mozzarella cheese
- ¼ cup onion, chopped
- ¼ cup tomatoes, chopped
- ¼ cup raw baby spinach
- 1 eight inch whole wheat tortilla
- Garlic powder (to taste)



### Directions:

1. Heat large skillet over medium heat. Spray pan with non-stick cooking spray.
2. Add onions to the hot pan and cook until soft. Then add tomatoes and spinach (cook until spinach has wilted). Put mixture aside.
3. Place tortilla in the hot pan. Then add the black beans, cheese, onion mixture and garlic powder. Fold the tortilla in half. Cook, carefully flipping once, until tortilla is golden brown and crisp and cheese filling melts, about 5 minutes.

## Herb Rubbed Pork Chops



### Ingredients      SERVES 2

- 1 boneless pork loin
- ½ teaspoon thyme
- ½ teaspoon ginger
- ½ teaspoon lemon juice
- ½ teaspoon dried basil

### Directions:

1. Trim fat from pork; brush both sides with lemon juice. In a small bowl, stir together 3 remaining spices. Rub mixture into both sides of pork.
2. Broil for 4 minutes. Turn and broil from 4-6 minutes until pork is slightly pink and juices run clear.

## Easy Black Bean Soup



### Ingredients      SERVES 1

- ¾ cup canned black beans, drained and rinsed
- ¾ cup crushed tomatoes
- 1 teaspoon olive oil
- 1 jalapeno pepper (optional)
- 1 small onion, chopped
- 1 ounce of shredded carrots

### Directions:

1. Heat oil in small skillet over medium heat. Add onion, jalapeno pepper and shredded carrot. Sauté until onions are tender.
2. Pour beans and crushed tomato into saucepan, simmer on low. Add onion mixture, cook for 10 minutes.