



Advocacy. Action. Answers on Aging.

Cooking for One or Two

Planning and preparing dinners only for yourself can be a learning experience, especially if used to cooking for a spouse or a large family. You don't have to eat the same thing every night. Dinner can be a nutritious and enjoyable experience; it just requires a little preparation.

Easy Soup



16 oz can whole tomatoes with juice

1 C cooked rice, pasta, or beans

1 C chopped vegetables

Chopped meat or poultry

Favorite herbs

Pepper to taste

Put tomatoes and rice/pasta in pot, bring to a boil. Reduce to a simmer for 30 min. Add rest of ingredients and simmer for 30 more minutes. Enjoy with a whole wheat roll, fruit, and milk.

Planning:

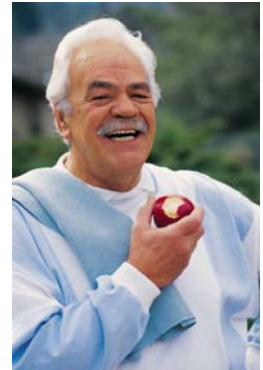
- Look for recipes that make 1 or 2 servings
- Cut you favorite recipes in half
- Find recipes that use only a few ingredients
- Equip yourself with small pots, ovenproof dishes, and mini loaf pans to cook smaller quantities

Energy and Time

Savers:

- Make your meal when you have the most energy; lunch may be your biggest meal of the day
- Chop extra vegetables for another meal
- Use a slow cooker
- Prepare a meal with a friend—it's easier and more enjoyable

- Use frozen vegetables or packaged salads
- Dinner does not have to be a complicated; just have all of the food groups



What to do with those leftovers.

- Make a regular portion, then freeze leftovers in individual servings.
- Exchange frozen meal portions with friends
- Plan for leftovers: Just change how the meal is prepared each night
- For example, cook 2-3 chicken breasts one night and pre-

pare the chicken differently for the 2 following nights



Source:
www.dietitians.ca

**Office on Aging
Information &
Assistance**

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