

Written by:

Alicia Vogel

222 Lake Drive

Newark, DE 19702

Cooking for One

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Additional Tips on Cooking for One

1. Consider investing in a versatile appliance
2. Split groceries and leftovers with friends
3. Learn how to scale down larger recipes for one (see chart below)
4. Make a list of your favorite single serving "go-to foods"
5. Find ways to make cooking for one fun!

Source:

www.gimmesomeoven.com

At times cooking for just one person can seem daunting! But, your health is important, and cooking for yourself is both empowering and can lead to a healthier lifestyle.

Tips on Cooking for One

1. Make a meal plan.
2. Shop bulk bins and deli counter
3. Don't overbuy produce
4. Fill up your freezer with leftovers
5. Reinvent leftovers

Sources www.gimmesomeoven.com
and www.utahfoodbank.org

<u>Recipe calls for:</u>	<u>Cut in Half</u>	<u>Cut in Thirds</u>
1 cup	1/2 cup	1/3 cup
3/4 cup	6 Tbsp	1/4 cup
2/3 cup	1/3 cup	3 Tbsp, 1 1/2 tsp
1/2 cup	1/4 cup	2 Tbsp, 2 tsp
1/3 cup	2 Tbsp, 2 tsp	1 Tbsp, 1 1/4 tsp
1/4 cup	2 Tbsp	1 Tbsp, 1 tsp
1 Tbsp	1 1/2 tsp	1/4 tsp
1 tsp	1/2 tsp	1/4 tsp
1/2 tsp	1/4 tsp	1/8 tsp
1/4 tsp	1/8 tsp	Dash

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Go-To Single Serving Recipes

Breakfast: omelets (or eggs in general), granola/yogurt/berry parfait, smoothie

Lunch: sandwiches, quesadilla, big green salad

Dinner: protein + vegetable (either stir-fried or roasted in oven, pasta, tacos

Snack: popcorn, cheese & fruit, hummus and vegetables.

Source: www.gimmesomeoven.com

Microwave Blueberry Oat Muffins

Ingredients

- 5 tablespoons regular rolled oats
- 1/8 teaspoon baking powder
- 1/4 teaspoon ground cinnamon
- 1 egg
- 1/4 cup milk or non-dairy milk
- 1 tablespoon blueberries (Fresh or frozen)
- 1 to 2 teaspoons preferred sweetness

Directions

1. In a tall microwave-safe mug, mix together the oats, baking powder, cinnamon, egg, and milk until well combined. Briefly stir in the blueberries.
2. Microwave for 2 minutes on high. It will rise to the top of the mug and sink back a bit once it is removed from the microwave.
3. Try serving with additional berries, yogurt, or peanut butter.

Image and recipe source: www.myrecipes.com

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