



Cooking for One or Two: Easy Meals to Make

Can't think of anything to eat? The following easy meals use ingredients you probably have on hand. When looking for quick ideas, don't limit your choices by thinking that certain foods can be enjoyed only at certain mealtimes. For example, breakfast foods work for lunch or supper, too.

Breakfast

- ☼ Scrambled eggs, toast, orange juice.
- ☼ Pancakes, applesauce, milk.
- ☼ Pancakes/waffles, yogurt, fruit.
- ☼ Pancakes, sausages, fruit salad.
- ☼ Cereal, milk, fruit.
- ☼ French toast, fruit salad, milk.
- ☼ Yogurt, cantaloupe slice, muffin.
- ☼ Fruit milkshake, muffin.
- ☼ Bananas and milk in bowl, bran muffin.
- ☼ Cheese omelette, whole wheat toast, tossed salad.



Lunch

- ☼ Peanut butter and banana sandwich, milk.
- ☼ Beans on toast, tomato slices, milk.
- ☼ Macaroni and cheese dinner (add tuna and frozen or leftover peas).
- ☼ Tuna melt: mix tuna, celery, mayonnaise and shredded cheese, spread on buns and melt in oven.
- ☼ Corn chowder soup (can of creamed corn, milk, diced potato), liverwurst on crackers.
- ☼ Vegetable soup, cheese and crackers, pudding.
- ☼ Chicken or turkey slices, tomato slices and lettuce on whole wheat bread, milk.
- ☼ Cottage cheese, fruit salad, bran muffin.
- ☼ Broiled open face cheese and tomato sandwich, baked apple.
- ☼ Salad with chopped egg, cold meat or grated cheese, bun, yogurt.
- ☼ Egg salad sandwich, carrot sticks, milk.

Supper

- ⊗ Hamburger casserole (hamburger, stewed tomatoes, onion, rice).
- ⊗ One-pot casserole. Put these together, and bake:
 - One part meat or poultry;
 - Two parts vegetables (e.g. peas, carrots, tomatoes or celery);
 - Two parts rice, macaroni or noodles;
 - Sauce to moisten (e.g. white or cheese sauce, canned cream soup, tomato sauce).
- ⊗ Cod or other fish baked with mushroom soup, potato, peas.
- ⊗ Beef stew (stewing beef, broth, potatoes, carrots), bun, milk.
- ⊗ Tuna casserole (tuna, mushroom soup, frozen peas) on toast, rice.
- ⊗ Meatballs, potatoes, peas, milk.
- ⊗ Perogies, sausage, cabbage, milk.
- ⊗ Spaghetti noodles, tomato or meat sauce, green salad, milk.
- ⊗ Meat loaf baked in muffin tins (ground beef, chopped onion, spices) baked potato, mixed vegetables, pudding.
- ⊗ Chicken or tuna divan (cooked chicken, broccoli, mushroom soup), milk.
- ⊗ Salmon chowder (salmon, creamed corn and evaporated milk), bun.
- ⊗ Meatless chili (kidney beans, tomato sauce, chili powder) on rice, banana.
- ⊗ Chili, whole-wheat bun, carrot sticks, yogurt.
- ⊗ Beef liver and onions, boiled potatoes, carrot sticks, pudding.
- ⊗ Stir-fries (any fresh or frozen vegetables with small pieces of chicken, beef, pork or peanuts, soy sauce) on rice or noodles, milk.

Simply Soup

This soup is so easy to make you almost don't need a recipe. Look in your pantry and refrigerator and see what you have. Create your own favourite!

- ⊗ 16 ounce can of whole tomatoes with juice;
- ⊗ $\frac{3}{4}$ to 1 cup of cooked rice, pasta, beans, peas or lentils (use leftovers);
- ⊗ 1 cup of chopped fresh, canned, frozen or leftover vegetables, e.g. cabbage, spinach, peas, carrots, corn, onions, potatoes, squash;
- ⊗ Leftover meat or poultry (optional);
- ⊗ Favourite herbs, such as parsley, garlic, oregano, basil;
- ⊗ Black pepper to taste.

Put tomatoes and cooked rice/pasta or beans in a large pot. Bring the soup to a boil and then reduce to a simmer. Break up tomatoes, add the other ingredients and simmer 30 minutes. Add watery vegetables such as spinach or zucchini last, since they cook very quickly. Enjoy with whole wheat bread or bun, milk, fruit.

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