
Preparing a meal for family or guests often brings a sense of accomplishment. But making a dinner you'll be eating alone can seem like a big effort with small reward. Consequently, many of us pay little attention to the food we prepare and how we prepare it. That's too bad, because it doesn't have to be difficult or time-consuming to cook delicious, nutritious meals for one or two. And eating well brings its rewards – enjoyment, good health, and reduced risk of diseases such as cancer and heart disease.

More and more Texas families have only one or two members. Meal planning, food buying and meal preparation pose unique problems for singles and couples. These problems prompt many small families to settle for convenience foods and snacks, leading to monotonous meals and poor nutrition. A little advance planning and new techniques can make meals for one or two more enjoyable and nutritious.

This Click and Learn Course has been created to help you put together interesting, nutritious meals for one or two without a lot of work and fuss. The information provides you with meal ideas, recipes, and tips for preparing meals that are inexpensive, low fat, and rich in nutrients. Every page is packed with information and ideas to improve the quality of your meals.

Simple Strategies for Making It Work

If you're one of the millions of Americans whose busy lifestyle keeps you running, you're probably not interested in making a career out of meal planning and preparation. And you shouldn't have to – if you invest a little time up-front to organize and prepare.

Take a few minutes before you go to buy groceries to decide what you want to eat during the week. Flip through the meal ideas and recipes provided in this packet. Don't feel compelled to write a detailed daily meal plan – keep meal strategies easy and simple. You'll have more success if you allow yourself flexibility.

Be sure to anticipate those inevitable evenings when you'll be too tired or rushed even to microwave fish and vegetables. Plan a few quick-and-easy stand-by meals that you can simply heat up. (Refer to the section on convenience foods in this booklet to help you.) If you're prepared you'll be far less likely to resort to grabbing high-fat foods on the run.

Surveying Your Kitchen

An adequately stocked, well-ordered kitchen will make it simpler to whip up an impromptu supper for guests or to prepare a quick bite before leaving for an important meeting. You don't need a gourmet kitchen to cook and eat well. Just make sure you have the basic cooking utensils:

- Non-stick skillet, for stir-frying or pan broiling with little fat.
- Two heavy-gauge stainless steel sauce pans – a small one for soups and sauces and a medium or large one for cooking pasta or steaming vegetables.
- A paring knife for chopping and dicing small vegetables; a larger knife for cutting meats.
- Wooden spoons and plastic spatula, which won't damage your non-stick skillet.

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- Measuring cups and measuring spoons.

- Microwave cookware
- Colander
- Wire whisk
- Vegetable steamer

There are other kitchen appliances and utensils that are helpful when you are cooking for one or two:

- Mini food chopper
- Small crock pot
- Large size bundt and muffin tins

Your cabinets don't have to be bulging with exotic ingredients, either. Just make sure you have the basics on hand:

- An assortment of herbs and spices such as minced garlic (or garlic powder), minced onion (or onion powder), salt, pepper, oregano, basil, bay leaf, thyme, chili powder, cinnamon, nutmeg, and ginger. Read labels to avoid seasonings with high sodium content. Many combination seasonings, such as lemon pepper, seasoning salt, and salad seasoning, include liberal amounts of salt.
- Olive oil and vegetable oil, for cooking and light salad dressings.
- Low-sodium bouillon.
- Nonfat dry milk, for recipes that call for milk.
- Flour, sugar, baking soda, cornstarch, baking powder.
- Condiments such as vinegar, mustard, catsup, and jellies.
- Pasta to use for quick meals, salads, and in combination with leftovers.
- Quick-cooking brown rice.
- If there's room in your freezer, a small assortment of whole-grain breads (such as sandwich bread, rolls, whole wheat pita bread, and bagels) can be handy. You can pull out individual pieces to thaw slowly or in your microwave at the last minute.

Shopping for One or Two

Grocery shopping has no rigid rules, but you may find it useful to keep in mind two simple concepts: balance and variety.

Balance calls for a diet that includes the right proportions of each type of food.

Recent surveys indicate that in a typical day 45 percent of Americans eat no fruit and drink no fruit juice. At the same time, most Americans consume higher levels of fat than recommended. Eating well means taking a few things out and putting a few things into this typical American diet. Eating well requires *balance*.

Variety calls for a diet that includes many different kinds of foods.

No single food or food group provides all the essential nutrients. Even the person who darts out the door in the morning with banana in hand, wolfs down an apple at lunch, and nibbles an orange and a few grapes after evening aerobics is short-changing himself.

Good nutrition requires that over a period of time we eat a wide variety of foods from different food groups. Once you implement these simple concepts, the benefits of healthful eating will enrich everything you do. By eating a variety of high fiber, low fat, nutritious foods, you'll feel better, look better, have more energy, and accomplish more.

With the variety of foods found in today's grocery stores — from bulk oatmeal to ready-to-cook chicken cordon bleu — and with many stores open 24 hours a day, it's simpler than ever to shop wisely and easily. Still, shopping for one or two does pose some special challenges:

- How can you purchase small enough quantities, especially when buying fresh foods?
- What do you do when your favorite foods come only in family-size packages?
- When a recipe calls for an exotic ingredient you'll probably never need again, do you buy it or not?

The answers may be easier than you think!

The Fresh Food Challenge

Do you avoid buying fresh vegetables because you think they'll spoil in your refrigerator before you can use them? Before you cross fresh fruits and vegetables off your shopping list, try these suggestions.

- Shop with a friend. Try sharing the head of lettuce or bunch of celery.
- Pop unused portions of red and green peppers into a freezer bag to use in casseroles and other cooked dishes.
- Wash vegetables when ready to use; they will last longer. A head of lettuce, however, may be washed all at once. Store remaining lettuce in a plastic bag. It will keep about four days.
- Buy fruits and vegetables in season - they will be cheaper.
- If you're too busy to peel and chop, buy small portions of fresh chopped vegetables from the grocery store salad bar. Some vitamins may be lost due to the advance slicing, but these are still a nutritious choice.
- Choose fresh vegetables that keep well for a week or more: artichokes, beets, cabbage, carrots, celery, parsnips, potatoes, winter squash, and sweet potatoes.
- Choose fresh fruit varieties that keep well or are easily used: apples, bananas, citrus fruits, grapes, melons, nectarines, peaches, and pears.
- Keep fruit that doesn't need to be refrigerated on the table where you will see it and remember to eat it. Store refrigerated fruit in a bowl rather than in the crisper.
- Fresh produce is great, but don't be afraid to shop for canned or frozen vegetables. They are about equal in nutritional value to fresh vegetables, and they retain flavor and texture microwaved, steamed, or marinated in a low-oil dressing for salads.

To Buy or Not to Buy in Bulk

Prepackaged, individual-serving grocery items tend to be more expensive than larger or bulk quantities. At times you may prefer the convenience of individualized portions, while on other occasions you'll want to save money by buying in bulk.

When time is at a premium and money isn't a big issue, you might opt for a package of two ready-to-cook boned and skinned chicken breasts. When your schedule is less busy and you want to save money, buy a whole chicken. Cut it up and freeze it in meal-size servings, or prepare your favorite chicken dish and freeze it in meal-size portions.

Avoiding waste may be another reason to keep small-quantity items on hand. Individual serving sizes of tuna fish, pudding, vegetables, and fruit make ideal components for hurried lunches.

People who love to cook but have little time during the week sometimes buy in bulk, then prepare casseroles on the weekend to reheat in the oven or microwave on busy week nights. Here are a few additional tips for buying in bulk:

- Buy frozen vegetables in bags, not boxes; you can use as much as you need and easily store the rest.

- Find a supermarket with a bulk food section. There you can buy 3 ounces or 3 pounds of pasta for the same unit price, which is usually less than the price of prepackaged versions.
- Look for foods that store well and can be bought in large quantities, such as cereal, pasta, dried fruit, dried beans and lentils, and whole grains like rice and barley. Other foods, such as bread, grated cheese, and ground or whole-bean coffee may be stored in the freezer for long periods of time. If you plan to keep staples such as whole wheat flour, wheat germ, or nuts for an extended period of time, it is best to refrigerate them.
- Buy meat or poultry on sale and freeze the extra. Remember, you don't have to buy meat as it is packaged. Ask the butcher to give you smaller or leaner cuts.

The Exotic Ingredient Question

Herbs and spices offer a low-sodium way to season and transform ordinary foods. But what can you do when a recipe calls for herbs and spices you don't ordinarily keep on your shelves?

If you have the money, the kitchen space, and the desire for a taste treat, go ahead and buy a small amount. In fact, always buy spices in small quantities. They lose their potency over time. Purchasing herbs and spices in bulk means you can buy as little or as much as you want.

If you don't want to buy the spice, try a substitution. In addition, keep in mind three basic principles when using herbs and spices:

- Until you feel more comfortable choosing compatible flavorings, select only one or two herbs per dish.
- Add garlic or onion (fresh or powdered) if you so desire.
- Allow about ¼ teaspoon herbs per serving as a starter until you get a feel for the amount that suits your taste.

Main Dishes

Main dishes take a large share of the food dollar, so plan their purchase and use wisely. Instead of cooking a whole roast or steak, divide each into serving-size portions and freeze individually. Then prepare each section in a different manner for variety. With ground beef, divide a pound of the meat into 2 half pound packs or 4 quarter pound packs. Wrap well in foil, label and date, then freeze.

Poultry offers tremendous versatility. The best buy in chicken is generally whole fryers. If you do not know how to cut up a chicken, it is worth the time and money saved to learn. Package the cut pieces in serving-size portions, label and freeze. Another option is to purchase the packages of chicken breasts and then wrap one or two breasts in foil. Label, date and place in the freezer.

The turkey parts available in most markets are well suited to small families. Stewed or baked, these meats make excellent salads, sandwiches, and casseroles.

The Frozen Microwave Dinner Debate

Frozen microwave dinners make for quick and easy meals. But be sure to read nutrition information carefully. Some dinners, though relatively low in calories, may get a high percentage of those calories from fat. Remember, the average intake of total dietary fat should be no more than 30 percent of the total calories. This does not mean you can never eat foods containing higher percentages of fat, but over a period of time low fat foods should balance out the higher fat dishes.

Check the label for the dinner's sodium content. Although sodium is essential to healthy bodies, too much may lead to high blood pressure in some people. The 2005 Dietary Guidelines recommend that people who have not been told by their physician to follow a more restricted low-sodium diet should limit sodium consumption to no more than 2,300 milligrams a day. Salt is one source of sodium. Many processed foods and beverages also contain a variety of sodium compounds.

Here is an easy rule of thumb for choosing low fat microwave meals. Select commercial frozen dinners or entrees that meet the following criteria: no more than 10 to 15 grams of fat, and 1000 or less milligrams of sodium per serving. Select commercial frozen side dishes with 5 or less grams fat and 400 or less milligrams sodium per serving. The frozen entree alone does not provide a balanced meal. Round it out with steamed or raw vegetables or a salad, whole grain bread, and fruit for dessert.

Leftovers

Leaving leftover foods in the refrigerator until they are no longer edible is a needless waste of money and food. Prepare smaller portions if you or your family prefer not to eat reheated foods. Even with the best of planning, however, foods will be left over from time to time. With "Create-A-Casserole," leftovers can become planned-overs. Check the Cooking for 1 or 2 Recipes booklet for the Create-A-Casserole plan!

Vegetables

Vegetable dishes provide excellent nutrition and unbeatable flavor for meals. Buy bags of vegetables and use only the amount needed for individual servings.

Steaming is a great way to cook frozen and fresh vegetables. Inexpensive steaming baskets are available at most grocery and department stores. You can cook two vegetables at once in one pan with a steamer and conserve nutrients and calories in the process.

Breakfast in a Hurry

Breakfast helps you perform and feel better in the morning. The first meal of the day does not have to be elaborate or time consuming, but it should be nutritious and give you energy to start the day. Toast and juice with tea or coffee can be prepared in a matter of minutes and are a good start for those who usually do not eat breakfast. Later, try adding a small amount of protein to your morning meal with milk, peanut butter, cheese, eggs or meat. Protein for breakfast helps prevent mid-morning hunger and fatigue. When you purchase bread products, divide up the bagels, English muffins, loaves of bread and fruit muffins. Package in freezer bags and place in the freezer. Here are some favorite quick and easy breakfast ideas:

Cheese toast: Split leftover rolls, biscuits, muffins or cornbread. Top with your favorite cheese and toast until the cheese is melted. Serve hot.

Peanut butter toast: Spread bread with a small amount of peanut butter. Toast until the peanut butter bubbles on the edges. Serve hot.

Fruit shake: Fill glass two-thirds full with milk. Add a mashed banana, strawberries or your favorite fruit and a tablespoon of honey or sugar. Mix well and drink your breakfast.

On the Go: Pack a carton of yogurt, piece of fruit and granola bar.

Favorite Foldover: Spread a slice of raisin bread with peanut butter. Drink a glass of milk and your bases are covered.

Making Mealtime Special

Sometimes eating alone is a welcome time of privacy and quiet — at other times it can seem lonely. If you would prefer to have mealtime company more often, look around for others in the same situation. Find one or two neighbors, co-workers, or friends, and invite each other for dinner once a week. Sometimes it's more fun cooking for someone else. The added cost balances out when it's your turn to be the "guest," and you get a night off from cooking, too.

For those times when you are happy to eat alone, create a pleasant setting for yourself. Set the table with a pretty tablecloth or place mat. Add a flower, photo of a favorite person or vacation, or other table decoration. Play soft, soothing music. Eat slowly and savor each bite. For breakfast, you might even prepare a lovely tray and treat yourself to breakfast in bed. Pamper yourself as you would a guest. You deserve it!

Meals on the Run

Although you may long for good, home-cooked meals, it sometimes seems so much easier to send out for food or to stop by the drive-through on the way home from work. You can eat without cooking and leave the mess in someone else's kitchen!

Fast-food restaurants offer tempting hamburgers and fries that are hard to resist but laden with fat. Yet times are changing: most fast-food restaurants now offer salads or veggie wraps, and many have added grilled chicken sandwiches to their menus. You may specify what condiments you would like on your sandwich, which gives you the opportunity to avoid high-fat spreads such as mayonnaise and tartar sauce.

The best carry-out foods come from delis and restaurants that prepare sandwiches while you wait. You can order a turkey breast sandwich with light mayonnaise, for example. Add whole wheat bread to the order and you are ready for a tasty, healthy meal.

Tips for Cooking for 1 or 2:

- **Cook once and eat twice.** Make today's meal with tomorrow's in mind. For instance, cook a small roast to eat with vegetables one night, but freeze precut portions of the remainder to use in stews and soups.
- **Buy frozen vegetables in bags.** They're more practical than boxed frozen vegetables, which usually are too much for one or 2 people.
- **Experiment with reducing favorite recipes.** Most soups, stews and casseroles can be reduced to 1 or 2 servings. But be careful with baked goods; some recipes including baking powder or other important ingredients won't work if the quantity is too small.
- **Keep several kinds of pasta on hand.** Pasta is quickly cooked. Add vegetables for a side dish; mix with vegetables and dressing for a salad.
- **Stir-fry pre-chopped vegetables** from the grocery salad bar and serve with rice and beans.
- **Steam pre-chopped vegetables** and season with your favorite spices or low-sodium bouillon.
- **Use your crock pot.** Dump diced chicken, vegetables, and spices into a crock pot in the morning, and come home at night to the warm, homey aroma of a hearty, ready-to-eat stew.
- **Use your imagination to create super-spuds.** Top white or sweet potatoes with nonfat plain or lemon yogurt, nonfat or low fat yogurt cheese, low fat cheese (no more than 5 grams fat per ounce), barbecue sauce, low fat butter substitutes, sauteed onions and vegetables, kidney beans, chili, or vegetable, lentil, or low fat cream soups.
- **Prepare extra when cooking rice, potato, or pasta dishes.** These can be refrigerated or frozen and used later.
- **Use pasta or a quick-cooking rice as the base for a terrific one-dish meal.** While the pasta or rice cooks, quickly chop up a few of your favorite raw vegetables and chunks of cooked chicken or turkey (leftover, or from the deli). Mix everything together and cool; just add your favorite low fat dressing for a great chef's salad. You can substitute canned beans and a bit of low fat cheese for the poultry, if you like. Or stir-fry or steam vegetables and poultry quickly, combine with warm pasta or rice, and top with tomato sauce, Mexican salsa, or a bit of low fat Italian dressing.
- **Add fresh onions, mushrooms, and peppers** to bottled or canned spaghetti sauce.
- **Add a single-serving can of tuna** to the pasta salad at the grocery store deli counter.
- **Top frozen cheese pizza** with lots of tomatoes, peppers, or mushrooms.

- **Spicing Up Convenience Foods** - Convenience foods are the salvation of many singles who eat on the run. But they often lack the nutritional quality, texture, and distinctive flavor of home-cooked foods. And let the buyer beware: convenience foods can be high in fat and sodium. It is possible, however, for the label-reading shopper to select convenience foods that fit into a balanced diet. And you can boost nutrition and enhance the flavor of these foods by adding your favorite spices, vegetables, fish, or poultry.
- **Mix sliced yellow squash or green peas** with packaged rice mixes.
- **For a hot, hearty Mexican goulash** mix chili beans, tomato soup, chopped carrots, peppers, and onions, and your favorite seasonings with a Spanish rice mix. Add up to ¼ cup grated low fat cheese per serving.
- **Add grated low fat cheese** to quick-cooking grits.
- **To bottled Mexican salsa** add fresh onions, peppers, tomatoes, and a small amount of cooked sliced chicken or turkey.
- **Add lemon juice and your favorite salsa** to frozen corn.
- **Add fresh fruit** to plain low fat yogurt.
- **Add fresh onions, peppers, beans, and tomato sauce** to quick-cooking rice.
- **Add Parmesan cheese** to pasta or noodles and serve.
- **To spice up canned tomato soup** add diced onion, celery, carrots, a touch of garlic powder, and a hint of lemon juice.
- **For a microwave "baked" potato** add broccoli florets, mushrooms, and a bit of grated cheese.
- **Try a breakfast of high-fiber frozen waffles.** They're more expensive than making your own, but a single box can provide a number of tasty breakfasts. Top them with fresh or frozen fruit, hot applesauce, part-skim ricotta or cottage cheese with jam or jelly, or fruited low fat yogurt.
- **Serve fresh fruit and vegetables as side dishes** with microwave frozen dinners. Some fruits, such as apples and pears, can be "baked" in the microwave. When microwaving a fruit whole, be sure to poke holes in it with a knife to allow steam to escape.
- **Add raisins or other dried, chopped fruit** to rice or couscous.
- **Dinner Clubs** - Have standing invitations for dinner with different friends and family several nights a week.
- **Eat near a window** with a view that you enjoy.
- **When making an oven meal**, bake potatoes or muffins at the same time for later use.
- **Use your microwave.** It can help reduce kitchen mess and cooking time. Microwave meals can be prepared with less fat, too, by adding bouillon, wine, or broths. Your microwave is also your friend when it comes to thawing the meals you've frozen.

Stocking Up

You'll find cooking and menu planning easier when your kitchen is stocked with plenty of basic items. Keep these staples on hand, and then shop for fresh ingredients as you need them. Use the chart below as a guide for what to keep on hand.

Keep in the Pantry

Baking Supplies

Baking powder
Baking soda
Brown sugar
Cocoa, unsweetened

Cornstarch
Flour
Sugar

Condiments and Sauces

Barbecue Sauce
Fruit spreads
Honey
Ketchup
Mustard
Pasta sauce
Salsa or picante sauce
Soy sauce
Vinegar
Worcestershire sauce

Dairy Products

Evaporated skimmed milk
Nonfat dry milk powder

Pasta/Grains, Legumes

Angel hair (cappellini)
Beans, dried
Bulgar
Couscous
Jumbo shells
Lasagna
Macaroni
Noodles
Rice, white and brown
Rice mixes
Spaghetti

Herbs/Spices/Flavorings

Almond Extract
Basil
Chili powder
Cinnamon
Cumin
Dill
Garlic powder
Ginger
Herb-and-spice blend
Lemon pepper
Marjoram
Oregano
Paprika
Parsley
Pepper
Rosemary
Tarragon
Vanilla extract

Miscellaneous

Bouillon granules
Broth, canned - chicken, beef, vegetable
Chicken, canned, packed in broth
Peanut butter
Tuna, canned, packed in water

Fruits and Vegetables

Dried fruit
Canned fruit packaged in juice
Canned vegetables

Salad Dressings/Oils

Nonfat mayonnaise
Nonfat salad dressings
Vegetable cooking spray
Olive Oil
Vegetable Oil

Keep in the Refrigerator

Low-fat cream cheese
Cheese, Cheddar and other semi-firm cheeses
Parmesan cheese
Ricotta or cottage cheese
Eggs
Egg substitute
Bottled minced garlic
Bottled minced ginger
Bottled lemon juice
Light margarine
Low-fat milk
Low-fat sour cream
Low-fat yogurt

Keep in the Freezer

Fruit juice concentrates
Low-fat ice cream
Low-fat frozen yogurt
Onion, chopped
Pepper, green, chopped
Vegetables, loose-pack

Buying the Right Size

The best way to avoid leftovers is to not buy too much food in the first place. Supermarkets and food product manufacturers have responded to the growing number of small households by offering products packaged in smaller, more convenient sizes. Even fresh foods, which you can buy in amounts you need, are available at supermarkets and salad bars, bakeries and delicatessens.

Don't know whether a can of your favorite vegetable comes in a smaller, more convenient size the size you usually buy? Then check the cart below to save yourself time, money and leftovers. The items listed are the smallest packages or cans of the types of ingredients available. If your supermarket does not offer a product in the size you prefer, check with your store manager and request it.

Beverages

Fruit juices, boxed (4.23 ounces)
Fruit juices, canned (6 ounces)
Sparkling apple juice (10 ounces)
Sparkling cider (6.3 ounces)
Liqueur (50 milliliters)
Wine (6 ounces)
Soft drinks (1 liter or 20 ounces)

Canned Fish

Salmon (3.25 ounces)
Tuna in water (3 ounces)

Canned Vegetables (no salt-added)

Whole-kernel corn (8.75 ounces)
Green beans (8 ounces)
Sweet peas (8.5 ounces)

Canned Fruit

Applesauce, unsweetened (3.9 ounces)
Apricot halves in juice (8.25 ounces)
Fruit cocktail in juice (4.5 ounces)
Diced peaches in juice (4.5 ounces)
Diced pears in juice (4.5 ounces)
Pineapple tidbits in juice (4.5 ounces)

Cereals, Crackers, and Cookies

Animal crackers (2 ounces)

Bagel chips, fat-free (5 ounces)
 Bread sticks, fat-free (4.5 ounces)
 Cookies, reduced fat (5.5 ounces)
 Crackers, saltine (4 ounces)
 Crackers, whole grain, fat-free (6.5 ounces)
 Graham crackers (5.25 ounces)
 Graham snacks, cinnamon (5 ounces)
 Vanilla wafers (3.5 ounces)

Dairy Products

Cottage cheese, nonfat (8 ounces)
 1% low-fat cottage cheese (8 ounces)
 Cream Cheese, nonfat (8 ounces)
 Egg substitute (4 ounces)
 Fruit-flavored nonfat yogurt (4.4 ounces)
 Skim milk (½ pint)
 Evaporated skimmed milk (5 ounces)
 Nonfat sour cream alternative (8 ounces)

Desserts

Frozen yogurt, low-fat and nonfat (1 pint)
 Gelatin dessert (4 ounces)
 Pudding low-fat (4 ounces)

Meats

Reduced-fat baked ham (5 ounces)
 Low-fat luncheon meats (8 ounces)
 Turkey breast, roasted (5 ounces)

Produce

Broccoli florets (8 ounces)
 Broccoli coleslaw (8 ounces)
 Cauliflower florets (12 ounces)
 Shredded red cabbage (8 ounces)
 Peeled or shredded carrots (8 ounces)
 Celery slices (12 ounces)
 Coleslaw (8 ounces)
 Gourmet salad (6, 8, or 10 ounces)
 Italian salad (10 ounces)

Snacks

Cereal bars, reduced fat (1.3 ounces)
 Corn chips, low-fat (4 ounces)
 Granola bars, fat-free (6 ounces)
 Tortilla chips, no-oil, baked (7 ounces)

Cooking The Right Amount

Food	Amount for 2 Servings
Meat	
Beef, pork, lamb, or veal, boneless	8 ounces
Beefsteak with bone	10 ounces
Game	8 ounces
Ground meat	8 ounces
Lamb or veal chops with bone	10 ounces
Pork chops with bone	12 ounces
Poultry	
Chicken or turkey breast, boneless	8 ounces
Chicken breast or thigh with bone	12 ounces
Chicken legs	4 medium
Chicken or turkey, diced, cooked	1 cup
Cornish hen	1 pound
Fish or Seafood	
Fish fillets or steaks	8 ounces
Fresh lump crabmeat	8 ounces
Fresh scallops or oysters	8 ounces
Salmon, tuna, or crab, canned	8 ounces
Shelled shrimp or crayfish	8 ounces



Grains and Rice (uncooked)

Bulgar	1/3 cup
Couscous	1/3 cup
Oats	1/2 cup
Polenta	1/3 cup
Rice, brown, long-grain, wild	1/3 cup
Rice, quick-cooking	1/2 cup

Pasta Pointers

When a recipe calls for cooked pasta, it is up to the cook to decide what kind or shape of pasta to use. Remember, you can interchange dry pastas of similar sizes and shapes when you measure them by weight instead of by the cup. The following chart will help you know how much dry or cooked pasta is just right for two. If you enjoy fresh pasta, 3 ounces of fresh uncooked refrigerated pasta serves two.

Pasta	Amount for 2 Servings	
	Dry	Cooked
Fettuccini	4 ounces	2 cups
Linguine	4 ounces	2 cups
Spaghetti	4 ounces	2 cups
Vermicelli	4 ounces	2 cups
Corkscrew macaroni	4 ounces	2 cups
Elbow macaroni	4 ounces	2 cups
Shell macaroni	4 ounces	2 cups
Rigatoni	4 ounces	2 cups

Yes, it is true that preparing a meal for family or guests often brings a sense of accomplishment; and making a dinner you'll be eating alone can seem like a big effort with small reward. Consequently, many of us pay little attention to the food we prepare and how we prepare it. That's too bad, because it doesn't have to be difficult or time-consuming to cook delicious, nutritious meals for one or two. And eating well brings its rewards – enjoyment, good health, and reduced risk of diseases such as cancer and heart disease.

Recommended cookbooks:

Light Cooking for Two, Oxmoor House, Inc. (Southern Living)
Healthy Cooking for Two (or Just You), Frances Rice, RD
The Long Life Cookbook, Delectable Recipes for Two, Anne Casale
Small Batch Baking, Debbie Maugans Nakos
Betty Crocker's Cooking for Two

**Participant
Satisfaction Survey**

Cooking for 1 or 2

Please complete this short evaluation form after completing the Cooking for 1 or 2 Click and Learn Course. Return to the Rockwall County Extension Office by:

- email – ednichols@ag.tamu.edu
- FAX – 972-204-7669
- Mail – Emily Nichols 1350 East Washington, Rockwall, Texas 75087

In December, the participants who submit a completed satisfaction survey will be eligible for a drawing for a free cookbook of their choice (valued at \$25.00).

Overall, how satisfied are you with the online method of receiving information?

- ☐ Not at all ☐ Slightly ☐ Somewhat ☐ Mostly ☐ Completely

How satisfied are you with the content of the Cooking for 1 or 2 Click and Learn Course?

1. Accuracy of information

- ☐ Not at all ☐ Slightly ☐ Somewhat ☐ Mostly ☐ Completely

3. Helpfulness of the information for you and your family

- ☐ Not at all ☐ Slightly ☐ Somewhat ☐ Mostly ☐ Completely

4. Length of the information given in the Click and Learn Course

- ☐ Not at all ☐ Slightly ☐ Somewhat ☐ Mostly ☐ Completely

5. Quality of course materials

- ☐ Not at all ☐ Slightly ☐ Somewhat ☐ Mostly ☐ Completely

What additional information in this subject area would be helpful to you?

Name and Address or Phone Number (so we can contact you after the drawing for prizes):