

COOKING FOR 1 OR 2

Janie E Squier
County Extension Agent
Family & Consumer Sciences
Rockwall County

COMIDA MEXICANA

2 servings

6 oz. lean ground beef
1/3 cup onion, chopped
1/3 cup green pepper, chopped
1 small clove garlic, crushed
2 teaspoons chili powder
Salt to taste
1 cup cooked rice
1/3 cup canned tomato sauce
1/4 cup milk
1/3 cup low fat cheddar cheese, chopped

Cook meat, onion, green pepper, garlic and seasonings until meat and vegetables are tender, but not brown. Stir in rice, tomato sauce, and milk, heat thoroughly. Fold in cheese. Garnish with fresh green onions, if desired.

*Nutritional information for 1 serving: 339 Calories; 26 g Protein;
33 g Carbohydrates; 3 g Fiber; 11 g Fat; 60 mg Cholesterol; 807 mg Sodium*

JEWELED PORK CHOPS

2 servings

2 pork chops (1/2 inch thick)
1/2 cup cranberry sauce
1/2 teaspoon grated orange rind
Salt and pepper to taste
1/4 cup crushed pineapple
2 Tablespoons water

Season and flour pork chops; brown. Remove to baking dish coated with cooking spray. Mix other ingredients and pour over pork chops. Cover and bake for one hour at 325° or until fork tender.

*Nutritional information for 1 serving: 243 Calories; 19 g Protein;
30 g Carbohydrates; 1 g Fiber; 5 g Fat; 47 mg Cholesterol; 137 mg Sodium*

EASY BEEF STROGANOFF

2 servings

1/2 pound thin round steak
1 (2 oz.) can drained, sliced mushrooms
1/4 cup onion, chopped
Salt and pepper to taste
2 Tablespoons margarine
1/2 cup beef broth (use a beef bouillon cube and 1/2 cup water)
1/2 cup sour cream
1 teaspoon flour

Cut meat into strips. In skillet, brown meat, mushrooms, and onion in margarine. Season with salt and pepper. Add beef broth. Cover and simmer 1 hour or until tender. Mix flour with sour cream and slowly blend into meat mixture. Heat until warm, but do not boil. Serve over noodles.

*Nutritional information for 1 serving: 379 Calories; 25 g Protein;
5 g Carbohydrates; 1/2 g Fiber; 12 g Fat; 74 mg Cholesterol; 132 mg Sodium*

PARMESAN CHICKEN

1 serving

1 (6 ounce) skinned chicken breast half
1/2 teaspoon olive oil
1 Tablespoon grated Parmesan cheese
1/8 teaspoon dried thyme
1/8 teaspoon dried oregano
1/8 teaspoon salt
Dash of black pepper
Cooking spray
1/4 cup fat free chicken broth

Preheat oven to 400°. Brush chicken with olive oil. Combine cheese and next 4 ingredients. Sprinkle over both sides of chicken breast. Place chicken in baking dish coated with cooking spray and pour broth over chicken. Cover. Bake for 40 minutes.

*Nutritional information for 1 serving: 294 Calories; 46 g Protein;
2 g Carbohydrates; 0 g Fiber; 10 g Fat; 122 mg Cholesterol; 501 mg Sodium*

FOIL DINNERS

STEAMED FISH AND VEGETABLES

1 serving

1 whitefish fillet (4 ounces)
½ cup thinly sliced carrot
½ cup thinly sliced zucchini
2 teaspoons lemon juice
½ teaspoon dried parsley flakes
½ teaspoon lemon pepper seasoning
¼ teaspoon dill weed

Place fish on a 15 inch by 12 inch piece of heavy duty aluminum foil. Add the vegetables and sprinkle with lemon juice, parsley, lemon pepper and dill. Fold foil over and fold in edges twice, forming a pouch. Place on a baking sheet. Bake at 450° for 15 to 20 minutes or until vegetables are tender and fish flakes easily with a fork. Carefully open pouch to allow steam to escape.

*Nutritional information for 1 serving: 234 Calories; 25 g Protein;
5 g Carbohydrates; ½ g Fiber; 12 g Fat; 74 mg Cholesterol; 132 mg Sodium*

BARBECUED CHICKEN

2 servings

4 chicken legs
2 small ears corn
Salt and pepper to taste
1 Tablespoon butter, melted
¼ cup barbecue sauce
1 (8 ounce) can pinto beans, rinsed and drained

For each serving: Place 2 chicken legs and 1 ear of corn in center of lightly greased 12 X 18 sheet of aluminum foil. Sprinkle with salt and pepper and drizzle corn with melted butter. Spoon barbecue sauce evenly over chicken; top with beans. Fold foil over and fold in edges twice, forming a pouch. Place packets on baking sheet. Bake at 450° for 40 minutes. Carefully open packets to allow steam to escape. Garnish with grated cheese and chopped green onion.

*Nutritional information for 1 serving: 335 Calories; 25 g Protein;
38 g Carbohydrates; 8 g Fiber; 11 g Fat; 62 mg Cholesterol; 823 mg Sodium*

CHICKEN OLE

2 servings

2 skinned and boned chicken breasts
1 teaspoon vegetable oil
Salt and pepper to taste
½ cup salsa
½ can (15 ounce) black beans, rinsed and drained
1 (8 ounce) can whole kernel corn, drained
½ cup grated Cheddar or Monterey Jack cheese

For each serving: Place 1 chicken breast in center of lightly greased 12 X 18 inch sheet of heavy duty foil. Brush chicken with oil; salt and pepper to taste. Spoon salsa evenly over chicken. Top with black beans and corn. Fold foil over and fold in edges twice, forming a pouch. Place on baking sheet. Bake at 450° for 20 minutes. Carefully open pouch to allow steam to escape. Sprinkle with cheese before serving. Garnish with sliced black olives, sour cream or guacamole.

*Nutritional information for 1 serving: 347 Calories; 29 g Protein;
24 g Carbohydrates; 7 g Fiber; 16 g Fat; 71 mg Cholesterol; 474 mg Sodium*

HAMBURGER FOIL DINNER

1 serving

1 lean beef hamburger patty
1 medium potato, sliced
1 medium carrot, sliced
¼ green pepper, sliced
¼ onion, sliced
Salt and pepper to taste

Place hamburger patty in center of 12 X 18 sheet of aluminum foil. Place sliced vegetables on top of patty. Salt and pepper to taste. Fold foil over and fold in edges twice, forming a pouch. Place on a baking sheet. Bake at 450° for 30 minutes. Carefully open pouch to allow steam to escape.

*Nutritional information for 1 serving: 283 Calories; 25 g Protein;
19 g Carbohydrates; 3 g Fiber; 12 g Fat; 74 mg Cholesterol; 245 mg Sodium*

NOTE: Ingredients for foil dinners can be changed to suit individual tastes. Change up the vegetables, seasonings, spices and sauces. Enjoy quick, easy and healthy meals with very little cleanup!

EASY BAKED CHICKEN & POTATO DINNER

2 servings

2 boneless, skinless chicken breast halves
2 Tablespoons Dijon mustard
½ cup biscuit mix
¾ pound small red potatoes, cut into fourths
1 small red or green bell pepper, cut into ½ inch pieces
1 small onion, cut into 8 wedges
Cooking spray
2 Tablespoons grated Parmesan cheese
½ teaspoon paprika

Heat oven to 400°. Spray 13X9 baking pan with cooking spray. Brush chicken with 1 Tablespoon mustard and coat with biscuit mix. Place 1 chicken breast half in each corner of pan. Place potatoes, bell pepper and onion in center of pan; brush vegetables with remaining mustard. Spray chicken and vegetables with cooking spray; sprinkle evenly with Parmesan cheese and paprika. Bake 35 to 40 minutes, stirring after 20 minutes, until vegetables are tender and chicken is done.

*Nutritional information for 1 serving: 425 Calories; 34 g Protein;
61 g Carbohydrates; 5 g Fiber; 7 g Fat; 75 mg Cholesterol; 780 mg Sodium*

BROCCOLI FRITTATA

2 servings

2½ Tablespoon onion, finely chopped
2 teaspoons margarine
1 (10 oz.) pkg. frozen chopped broccoli, cooked and drained
½ small clove garlic, crushed
1 cup cooked rice
2½ teaspoons grated Parmesan cheese
2 eggs, slightly beaten
¼ cup milk
½ teaspoon salt
Dash pepper
⅓ cup skim Mozzarella cheese, shredded

Saute onion in margarine until tender, but not brown. Add broccoli, garlic, rice and Parmesan cheese, mix well. Combine eggs, milk and seasonings. Stir into rice mixture. Turn into a shallow 1 quart casserole pan that has been coated with cooking spray. Top with cheese. Bake at 350° for 20 to 25 minutes or until set.

*Nutritional information for 1 serving: 570 Calories; 25 g Protein; 86 g
Carbohydrates; 6 g Fiber; 14 g Fat; 226 mg Cholesterol; 869 mg Sodium*

YAMS IN A CUP

2 servings

2 medium oranges
1 (9 oz.) can yams or sweet potatoes
¼ teaspoon cinnamon
2 Tablespoons margarine
1 Tablespoon brown sugar
Salt to taste
Miniature marshmallows

Cut tops from oranges about ½ inch above center. From tops, squeeze 2 tablespoons juice and grate ¼ teaspoon peel. Set aside. Cut pulp out from portions bottom of oranges and pull out inner membranes without damaging shell. (Save the pulp for a fruit salad!) Cut a small slice from bottoms of orange shells if needed so they stand upright. Drain yams, place in a small saucepan, and mash lightly. Add cinnamon, orange peel and orange juice. Warm over medium heat until bubbly and heated through. Add butter, brown sugar and salt. Pack mixture into orange shells, mounding over top. Bake 10 minutes at 350°, then press marshmallows on surface and heat until browned.

*Nutritional information for 1 serving: 239 Calories; 3 g Protein;
41 g Carbohydrates; 2 g Fiber; 7 g Fat; 0 mg Cholesterol; 279 mg Sodium*

ZUCCHINI AND TOMATOES

2 servings

1 small zucchini or summer squash, sliced
1 small onion, sliced
1 teaspoon olive oil
1 Tablespoon water
2 small or 1 large tomato, cut into wedges
½ teaspoon garlic powder
⅛ teaspoon pepper

In a small skillet, cook squash and onion in oil over medium heat. Add water as squash and onion start to stick to pan. Add remaining ingredients and cook on low heat for 3 minutes or until zucchini has reached desired tenderness. Stir constantly to prevent sticking.

*Nutritional information for 1 serving: 44 Calories; 2 g Protein;
10 g Carbohydrates; 2 g Fiber; 0 g Fat; 0 mg Cholesterol; 14 mg Sodium*

SPICY BAKED BEANS

2 servings

1 (16 oz.) can barbecue-styled baked beans
1 medium onion, chopped
¼ cup green pepper, chopped
1½ Tablespoons chili sauce
1 Tablespoon prepared mustard
1 Tablespoon brown sugar
5 drops hot pepper sauce

Combine all ingredients in large saucepan and cook over low heat, stirring occasionally until warmed through.

Nutritional information for 1 serving: 252 Calories; 11 g Protein; 48 g Carbohydrates; 9 g Fiber; 2 g Fat; 0 mg Cholesterol; 1590 mg Sodium

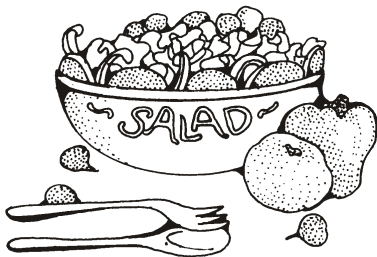
ITALIAN RICE SALAD

2 servings

½ cup cooked rice
½ cup chopped tomato
¼ cup chopped zucchini
1 Tablespoon chopped fresh parsley
1½ teaspoons chopped green onion
2 Tablespoons white wine vinegar
1 Tablespoon chopped ripe olives
½ teaspoon sugar
½ teaspoon oregano
½ teaspoon olive oil
½ teaspoon hot sauce

Combine rice and chopped vegetables in bowl. Mix vinegar with remaining ingredients in a jar; cover tightly, and shake vigorously. Pour dressing over rice mixture and toss gently. Cover and chill at least one hour. Toss gently before serving.

Nutritional information for 1 serving: 201 Calories; 4 g Protein; 42 g Carbohydrates; 2 g Fiber; 2 g Fat; 0 mg Cholesterol; 75 mg Sodium



JALAPENO POTATO SALAD

2 servings

2 medium red potatoes
1 Tablespoon finely chopped radish
1 Tablespoon finely chopped green onion
1 Tablespoon minced fresh cilantro
2 teaspoons finely chopped green pepper
1 teaspoon minced jalapeno pepper
2 Tablespoons low fat sour cream
1 Tablespoon reduced fat mayonnaise
1 teaspoon Dijon mustard
¼ teaspoon pepper
⅛ teaspoon salt
⅛ teaspoon dried dill weed

Cook potatoes in water to cover for 20 to 30 minutes or until tender; drain and cool slightly. Dice potatoes and place in medium bowl. Combine with chopped vegetables. Mix sour cream, mayonnaise, mustard, and seasonings. Spoon dressing over potato salad and toss gently. Cover and chill.

Nutritional information for 1 serving: 207 Calories; 5 g Protein; 37 g Carbohydrates; 4 g Fiber; 5 g Fat; 9 mg Cholesterol; 193 mg Sodium

HUSH PUPPY MUFFINS

6 miniature muffins - 3 servings

¼ cup yellow cornmeal
2 Tablespoons all purpose flour
½ teaspoon baking powder
⅛ teaspoon salt
Dash ground red pepper
2 Tablespoons finely chopped onion
2 Tablespoons skim milk
1 teaspoon vegetable oil
1 egg white, lightly beaten

Combine first 5 ingredients in a medium bowl; making a well in center of mixture. Combine onion, milk, oil and egg white; add to dry ingredients, stirring just until dry ingredients are moistened. Spoon batter into 6 miniature muffin pan cups that have been coated with cooking spray, filling each ¾ full. Bake at 425° for 17 minutes or until golden brown. Remove from pan immediately.

Nutritional information for 1 serving: 82 Calories; 3 g Protein; 13 g Carbohydrates; 1 g Fiber; 2 g Fat; 0 mg Cholesterol; 161 mg Sodium

BISCUITS FOR TWO

Makes 4 biscuits

½ cup flour
1½ Tablespoons shortening
1 teaspoon baking powder
2 to 4 Tablespoons milk
Pinch of salt

Sift dry ingredients, cut in shortening until the mixture resembles coarse crumbs. Add milk until the mixture pulls away from the sides of the bowl. Turn out on lightly floured surface and knead for ten seconds. Pat out and cut with a biscuit cutter. Bake at 400° on ungreased cookie sheet until browned, about 12 minutes.

*Nutritional information for 1 serving: 105 Calories; 2 g Protein;
13 g Carbohydrates; 0 g Fiber; 5 g Fat; 1 mg Cholesterol; 169 mg Sodium*

OLD FASHIONED CORNBREAD

2 servings

⅓ cup buttermilk
2 teaspoons molasses
1 egg white
½ cup cornmeal
1 Tablespoon sugar
¼ teaspoon cream of tartar
⅛ teaspoon soda
¼ teaspoon salt
3 teaspoons butter, melted

Baked in a jumbo muffin pan (¾ cup capacity). Preheat oven to 450°. Blend the buttermilk, molasses and egg white in a small bowl with a whisk. Place the dry ingredients in a medium bowl and mix well. Add the buttermilk mixture and whisk just until the batter is blended. Place 1½ teaspoons of the melted butter in each of the 2 muffin cups. Spoon the batter into the cups, dividing it evenly between them. Fill the empty muffin cups with water to prevent them from scorching. Bake until the cornbread is crusty around the edges and springy to the touch, 9 to 10 minutes. Cool on a wire rack for 5 minutes. Carefully pour the water out of the empty muffin cups. Turn the cornbread muffins out of the cups and serve warm.

*Nutritional information for 1 serving: 237 Calories; 6 g Protein;
37 g Carbohydrates; 2 g Fiber; 8 g Fat; 3 mg Cholesterol; 511 mg Sodium*

GLAZED ORANGE BREAD

Makes 1 - 6 inch loaf

¾ cup all purpose flour
½ teaspoon baking powder
⅛ teaspoon baking soda
Dash of salt
¼ cup sugar
3 Tablespoons unsweetened orange juice
2 Tablespoons skim milk
1 teaspoon vegetable oil
1 egg white, lightly beaten
2 Tablespoons sifted powdered sugar
½ teaspoon unsweetened orange juice

Combine dry ingredients in a medium bowl; make a well in center of mixture. Combine 3 tablespoons orange juice with milk, oil and egg white. Add to dry ingredients, stirring just until dry ingredients are moistened. Spoon batter into a 6X3X2 inch loaf pan coated with cooking spray. Bake at 350° for 40 to 45 minutes or until a wooden toothpick inserted in center comes out clean. Let cool in pan 10 minutes; remove from pan, and place on wire rack. Combine powdered sugar and ½ teaspoon orange juice, stirring well. Drizzle glaze over warm bread.

*Nutritional information for 1 serving: 114 Calories; 3 g Protein;
24 g Carbohydrates; 0 g Fiber; 1 g Fat; 0 mg Cholesterol; 105 mg Sodium*

BAKED CUSTARD

2 servings

1 egg
1 cup milk
3 Tablespoons sugar
¾ teaspoon vanilla extract
⅛ teaspoon salt
⅛ teaspoon ground nutmeg

In a bowl, lightly beat the egg. Add milk, sugar, vanilla and salt. Pour into 2 ungreased 6 ounce custard cups. Sprinkle with nutmeg. Set in a pan containing ½ to 1 inch of hot water. Bake at 350° for 35 minutes or until set.

*Nutritional information for 1 serving: 160 Calories; 8 g Protein;
20 g Carbohydrates; 0 g Fiber; 5 g Fat; 116 mg Cholesterol; 185 mg Sodium*

BLUEBERRY PEACH CRISP

2 servings

¼ cup crunchy nugget type cereal (Grapenuts)
¼ cup uncooked oatmeal (not instant)
3 Tablespoons brown sugar, packed
1 Tablespoon margarine or butter, melted
1½ Tablespoons orange juice
1½ teaspoons lemon juice
1 cup peaches, peeled and sliced
1 cup blueberries

In bowl, combine cereal, oatmeal and brown sugar. Stir in melted margarine; set aside. Arrange fruit in a small baking dish or loaf pan (about 4 X 7 inches). Combine orange and lemon juices; pour over fruit. Top with cereal-oat mixture. Bake at 375° for about 25 minutes, or until peaches are tender but not mushy, and top is lightly browned.

*Nutritional information for 1 serving: 300 Calories; 5 g Protein;
59 g Carbohydrates; 5 g Fiber; 7 g Fat; 0 mg Cholesterol; 164 mg Sodium*

APPLESAUCE CAKE

8 servings

1¾ cups flour
1 teaspoon baking soda
½ teaspoon salt
1½ teaspoons cinnamon
1 teaspoon allspice
1 teaspoon nutmeg
¼ teaspoon cloves
½ cup shortening
1 cup sugar
1 egg, beaten
1 cup unsweetened applesauce

Sift flour, soda, salt, and spices together. Cream shortening with sugar until fluffy. Add egg and beat thoroughly. Add sifted dry ingredients and applesauce alternately in small amounts, beating well after each addition. Pour into greased 8X8 inch pan and bake in a 350° oven for 45 to 60 minutes. (Can add 1 cup raisins and ½ cup chopped nuts.)

*Nutritional information for 1 serving: 335 Calories; 4 g Protein;
50 g Carbohydrates; 2 g Fiber; 14 g Fat; 26 mg Cholesterol; 313 mg Sodium*

CREATE A CASSEROLE

Meat or fish: ¾ to 1 cup of cooked or canned meat — either ½ pound ground beef or 1 small can tuna or salmon.

Cooked or canned vegetables: ¾ cup cooked vegetables or an 8-ounce can; or ½ of a 10½ -ounce frozen package, cooked and drained. Save the remaining amount for soups or stews. Use green beans, peas, carrots, broccoli, lima beans or corn.

Starchy food: ¾ to 1 cup of noodles, macaroni, rice, potatoes, spaghetti or corn.

Sauce: ½ cup medium white sauce or ½ can condensed soup (tomato, mushroom, celery or cream of chicken).

Crunchy topping: Cracker crumbs, dry cereal, potato sticks, fried onion rings (canned), bread crumbs or crushed stuffing mix. Sprinkle on top.

For all casseroles, add ½ teaspoon of salt and pepper or enough to suit your taste. For extra seasoning, add one or more of these: ⅛ cup chopped onion, celery or green pepper cooked in oil or margarine for a few minutes.

To mix your creation, add seasoning and sauce to meat. Grease the baking dish. Make layers. Start with the starchy food, then add the vegetables and finally the meat. Top with crunchy topping. Bake uncovered at 350 degrees until bubbly (about 20 minutes). Double the recipe and freeze individual servings for later use.

TAKE A POUND OF GROUND BEEF

Ground Beef Mix to Use Many Ways

1 pound ground chuck	¼ teaspoon oregano
¾ cup oatmeal	1 teaspoon thyme
¼ cup chopped onion	¼ teaspoon pepper
¼ cup chopped celery leaves	¼ teaspoon sage
⅔ cup evaporated milk	1 teaspoon salt

Mix ingredients together. Divide into four parts. One part makes two servings in most recipes. Use one part and freeze the other part for later, or prepare the whole recipe and freeze in portions suitable for serving sizes.

Variation # 1 - Stew

¼ recipe Ground Beef Mix	1 cup tomato juice
¼ teaspoon dry mustard	Dash of basil
¼ teaspoon chili powder	2 medium potatoes, quartered
3 tablespoons flour	4 sticks celery, cut in 1 inch lengths
1 tablespoon cooking oil	4 carrots, cut in half lengthwise

Combine mustard and chili powder with meatloaf mixture. Mix well and form into small balls. Roll balls in flour and brown in hot oil. Remove balls from frying pan. Add remaining flour to the fat in the frying pan. Mix. Add tomato juice and basil, continuing to stir. Cook two minutes. Add meat balls. Arrange vegetables around balls. Cover. Cook on low heat about 30 minutes or until vegetables are tender but crisp. Add a little water or tomato juice if necessary.

Variation #2 - Italian Meat Balls

¼ recipe Ground Beef Mix	¼ teaspoon lemon juice
¼ teaspoon parsley flakes	¼ cup flour
Dash of paprika	2 tablespoons cooking oil
Dash of garlic salt	½ cup tomato pulp and juice

Preheat oven to 350°F. Combine first 5 ingredients. Mix thoroughly. Shape mixture into balls. Roll balls in flour. Heat fat. Brown balls in fat. Place in casserole dish. Pour tomato pulp and juice over meat balls. Cover and bake at 350°F for one hour.

Variation #3 - Mini Meat Loaves

¼ recipe Ground Beef Mix
2 teaspoons Worcestershire sauce
½ cup ketchup
1 tablespoon brown sugar

Preheat oven to 350°F. Add Worcestershire sauce to Ground Beef Mix. Blend well. Fill ½ measuring cup with meat mixture. Unmold on baking pan. Combine ketchup and brown sugar. Pour over meat. Bake at 350°F for 20 minutes.

Variation #4 - Encore Meat Balls

1 recipe Ground Beef Mix
Dash of allspice
3 tablespoons cooking oil
¼ cup of flour

Mix allspice into ground beef mix. Shape mixture into balls. Roll balls in flour. Heat oil and brown meat balls. Count out the meat balls necessary for one meal. Put the rest on a cookie sheet to freeze. Later, pack them in a heavy plastic bag or freezing carton.

Add balls to one of the following sauces and simmer 10-15 minutes, stirring occasionally.

Sauces to Use with Encore Meat Balls

Sauerbraten Sauce

1 cup beef bouillon or stock
2 tablespoons red wine vinegar
1 cup Basic Cream Sauce
1 tablespoon brown sugar
¼ teaspoon dry ginger

Combine all ingredients. Stir until smooth. Heat. Cook about 3 minutes. Add meat balls and simmer until heated through, stirring occasionally.

Cheese Mustard Sauce

In a small, prepare 1-¼ oz. package of cheese sauce mix according to directions. Stir in 1 tablespoon prepared mustard. Add meatballs and heat thoroughly, stirring occasionally.

Barbecue Sauce

½ cup ketchup
1 tablespoon Worcestershire sauce
1 cup tomato juice
⅓ cup vinegar
1 teaspoon chili powder
1 tablespoon brown sugar

Heat all ingredients together. Add meat balls. Simmer until thoroughly heated, stirring occasionally.