

SENIOR NUTRITION NEWS

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Cooking for 1 or 2

Going from preparing food for a family to cooking for one or two can be a challenge. Cooking full recipes and freezing some for later can help make the task of cooking easier. This will save you future time, money, and clean up. Some food group related tips for Cooking for 1 or 2 include:



Grains

- Cook whole grains such as brown rice or barley and freeze it in individual portions using a muffin pan. The frozen portions can then be stored in resealable bags for later.
- Larger packages of whole wheat bagels, English muffins, and loaves of bread can be too much for one person. Wrap them tightly in plastic wrap and store them in the freezer to prevent freezer burn.
- Visit bulk bins to buy the amount of a grain that you need with no waste. In addition to grains, you can do this with dried herbs and spices, nuts, seeds and dried beans.

Veggies and Fruits

- Frozen produce is just as nutritious as fresh produce. Choose frozen produce without added sauces and sugar. It is convenient — already chopped up and ready to add to smoothies, soups, and stir-fries, and there is no rush to use it before it spoils.
- Buy the amount of fresh produce you can eat before it goes bad. If you can only eat two bananas before they go bad then just buy two of them.
- Plan ahead. Eat the most perishable fresh produce like berries and spinach first. Save heartier produce that will keep longer like cabbage, carrots and potatoes for meals later in the week.

Protein: Meat, Poultry, Eggs, & Beans

- Eggs are an excellent source of protein. You can hard-boil a few on the weekend to have as an easy breakfast, snack, or in a quick salad during the week.
- Buy a whole package of meat or poultry and put individual portions into resealable freezer bags labeled with the date and contents to use later.
- Canned or cooked dried beans are super affordable, versatile and may be frozen for later use. Thaw them in the refrigerator or microwave.

Fastest-Ever Blueberry Muffin

Cooking spray
4 tablespoons whole wheat flour
1/2 teaspoon cinnamon
1 tablespoon honey

2 tablespoons blueberries, fresh or frozen
1/2 teaspoon baking powder
1 egg



1. Wash hands with soap and water.
2. Spray microwave-safe cup or bowl with cooking spray.
3. In a separate bowl, mix dry ingredients together thoroughly. Then add egg and honey. Fold in blueberries.
4. Microwave for 60-90 seconds (depending on strength of microwave), or until fully cooked.
5. Enjoy!

Bagel Gone Bananas

2 tablespoons natural nut butter, such as almond, cashew or peanut
1 teaspoon honey
1 whole-wheat bagel, split and toasted
1 small banana, sliced



Stir together nut butter and honey in a small bowl. Divide the mixture between bagel halves and top with banana slices.

Sources: Cooking Tips for One or Two (eatright.org); <https://www.powerup4kids.org/upload/docs/PowerUp/Recipes%20May%20202013/Breakfast/Bagels%20and%20Bananas%20.pdf> retrieved 08/21/24

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

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