

COOKING FOR ONE OR TWO

Introduction

There's nothing unusual about eating alone. Teenagers do it after sports practice; parents do it when they're kept late at work; single people of all ages may eat solo almost every day. What they eat is often less than ideal because:

- People don't want to go to all the trouble of cooking healthful meals for only one person.
- Cooking small quantities may be difficult, and we don't like to eat leftovers for a week.
- Busy schedules don't leave time for planning, shopping, and cooking,
- Some of us don't know how to plan and cook.
- It's not much fun to eat alone.

Bureau of Census figures indicate that single-person households in this country have increased at almost twice the rate for all households during the past 25 years. Someone now lives alone in more than one in five of all U.S. households.

Food has different meanings to different people:

- It is satisfying hunger.
- It is meeting nutritional requirements.
- It is a reward for a job well done.
- It is a reminder of home when we're away.
- It is a return to security.
- It is a way of escape from stressful daily events.
- It is a way to show others you care.

We eat for many reasons besides the obvious ones satisfying hunger and supplying our body with the nutrients it needs. However, the way in which we choose to meet those basic needs is affected by the other meanings that food has for each of us.

STAYING HEALTHY

Anyone who has lived a long time already knows something about staying healthy. But as your body ages, you have to make more of an effort to eat wisely. This booklet will give you some tips for choosing foods that can help you feel your best each day.

Did you know that...

- People who are less active are more likely to break their bones if they fall.
- Drinking enough liquid can help prevent constipation.
- Canned and other packaged foods may lose important vitamins and minerals in processing.
- Eating a wide variety of foods may help protect you from nutritional deficiencies.
- For good health you should eat at least two servings of fruits and three servings of vegetables every day.

Prevent Bone Loss

As you age, you lose minerals from your bones. If you lose a lot of bone minerals, the disease called osteoporosis may develop. Osteoporosis causes your bones to break easily and take a longer time than usual to heal. The people who are likely to get osteoporosis are older white or Asian women, thin people, and smokers, but it can develop in any man or woman who lives long enough.

You can protect your bones in several ways. Try to exercise every day. Walking is a good form of exercise to keep bones strong. You also need to

get enough vitamin D. Your body can make its own vitamin D if you go out in the sunshine a few times a week. You can also drink milk, which contains vitamin D.

Getting enough calcium is important for strong bones. Keep your calcium intake high by drinking milk and eating yogurt and cheeses. Choose low fat dairy products if you are watching your weight or trying to control your blood cholesterol level. If you don't care to drink a lot of milk, take macaroni and cheese or add cheese to your sandwiches or salads. Dilute canned cream soups with milk instead of water. Eat puddings and custards for dessert.

You can get calcium from green, leafy vegetables, such as broccoli, kale, and turnip and mustard greens as well as dairy products. If you don't eat many foods that have calcium, ask a registered dietitian or a doctor if you should take calcium supplements.

Drink Plenty of Fluids

You need 6 to 8 cups of liquid each day. To meet these daily fluid needs, drink at least two or three glasses of water. The rest can come from other beverages, such as juice, lemonade, milk, coffee, tea, or soup.

Beverages that contain caffeine -- such as regular coffee, tea and colas -- should be taken in moderation. Caffeine causes you to urinate more than usual and may prevent you from meeting your fluid needs. For more information, ask a registered dietitian for The American Dietetic Association's pamphlet, Caffeine.

Here's an idea if you have trouble remembering how much water you've drunk during the day. Fill a jug or jar with 6 cups (48 oz) of water each morning and place it in your refrigerator. Use that water to drink and to make some of the beverages just mentioned. When the water is gone, you'll know you've met your water goal for the day.

Drinking water or liquids at mealtime can make chewing and swallowing easier. You need enough water to help your body get rid of wastes and to prevent constipation. A cup of tea or warm water with lemon taken first thing in the morning may act as a gentle laxative.

Maybe you're having the opposite problem; a poor appetite and weight loss. If you fill up quickly at mealtime, try eating five or six small meals a day. Try to have three different types of food at each meal: a fruit or vegetable, a bread or cereal, and a dairy food or protein (meat, fish, poultry, beans, peanut butter, or eggs).

If necessary, a registered dietitian or your doctor may suggest a canned nutrition supplement drink or vitamin or mineral supplements.

Eat Fresh Fruits and Vegetables

Fruits and vegetables contain some important vitamins -- such as A,C, and folacin -- that are difficult to find in other types of foods. Fresh produce is also an important source of fiber and can be another weapon if you are battling constipation. Unfortunately, many people eat fewer and fewer fresh fruits and vegetables as they grow older.

Chewing problems are the reason why some people eat fewer fruits and vegetables. If this is your problem too, try some of the softer choices: ripe bananas, baked or steamed winter squash, cooked fresh or frozen peas, sliced fresh peaches, baked sweet or white potatoes, and steamed cauliflower.

Fresh produce can take a big bite out of your pocketbook, so look for fruits and vegetables in season. At certain times of the year, these fresh foods are inexpensive: green and red cabbage, sweet potatoes, tomatoes, green peppers, broccoli, carrots, oranges, grapefruit, apples, onions, and potatoes. Many of these foods store well.

Many frozen and canned fruits and vegetables are also excellent choices. If you are following a special diet, you may want to discuss with a registered

dietitian how to shop for these foods. Many canned and frozen vegetables with sauces contain a lot of salt, or sodium, so plain, frozen vegetables are a better choice if you are on a low-sodium diet. People with diabetes should select fruits canned in juice or water, rather than in syrup, and they should drain off most of the liquid before they eat the fruit.

Maintain a Healthy Weight

Have the pounds crept on over the years? Ask your doctor or Dietitian what a healthy weight would be for you. Look carefully at the food portions you serve yourself. Could some be smaller? Exercise is also important for burning fat and improving your overall health.

One of the best ways to stop an expanding waistline is to cut down on the fat in your diet.

- Choose lean meats and trim off all the fat. Use poultry and fish more often. Try lean ground turkey or lean ground beef in recipes.
- Bake, broil, microwave, or steam foods instead of frying them.
- Take the skin off turkey and chicken.
- Use low fat or nonfat milks or yogurt, and use less butter, margarine, cream, and sour cream.
- Switch to low calorie salad dressings.

If sweets are your downfall, start by keeping fewer temptations around the house. Here are some low fat sweets you can have from time to time:

- Fresh fruit on ice milk, frozen yogurt, or angel food cake.
- Sugar-free pudding made with nonfat milk.
- Fig bars, graham crackers, and gingersnaps, which have less fat than many other types of cookies.

A Few Words about Constipation

Constipation is a stubborn problem for many people as they age. Getting enough exercise, water, and fiber are three ways you can fight constipation, but if these remedies don't work, ask a registered dietitian or your doctor what other steps you can take. Don't take laxatives unless they are prescribed by a doctor.

Your Nutritional Needs

Food provides energy or "fuel," measured in calories, which is released when the body burns carbohydrates, protein and fat. As we get older (from about age 20 on), our bodies require fewer calories. That's why you don't need as much food to maintain your weight in later years as when you were younger.

If you are like most of your peers, you probably are eating less food now than you did in earlier years, especially if you are not very active. It is vital to realize, though, that your nutrient needs are just as great, and in some cases, even greater than when you were younger. This means that the nutrient *quality* of your diet should be better than even before.

The secret to maintaining a high-quality diet is to select a variety of items that are high in nutrients and moderate to low in calories from each food group.

A GUIDE TO THE DAILY FOOD GUIDE

The Food Guide Pyramid categorizes foods into groups according to the nutrients they contain. Using the Pyramid as a guide will help ensure a healthy, well-balanced diet. It's easy to balance your diet when you choose foods from all of the food groups.

In the bread group, bread and cereals provide complex carbohydrates and B vitamins. Many foods in this group (for example, oat bran and whole wheat) are excellent sources of dietary fiber as well.

The vegetable group provides vitamins such as Vitamins A and C, and folate, and minerals, such as iron and magnesium. Naturally low in fat, vegetables contribute fiber to the diet.

The fruit group, like the vegetable group, provides important amounts of vitamins A and C. Foods in this group are low in fat and sodium and are good sources of potassium. Most dieters will tell you that fruits and vegetables are delicious and satisfying snacks that are perfect for taking the edge off your appetite in the intervals between meals.

The milk group includes milk, yogurt, cheeses and ice milk. This group is an important source of calcium, vitamins A and D, riboflavin and protein, as well as other nutrients. Many types of low fat dairy foods are currently available.

The meat group is a rich source of protein and important vitamins and minerals like zinc and iron. It includes beef, pork, veal, lamb, fish, poultry, and eggs. Dry beans and peas are included because they are also important protein sources. Meat, especially beef, is unique because it is one of the richest sources of "heme" iron, which is more readily available to the body than iron from plant sources.

Include these foods in your diet each day:

Food group	Suggested # of Servings	Serving Size
Vegetables	3-5	1/2 c. cooked or 1 c. raw
Fruits	2-4	3/4 c. juice; 1/2 c. small, diced, or canned fruit; 1 piece of fresh fruit
Breads, cereals, rice and pasta	6-11	1 sl. bread; 1 tortilla; 1/2 c. cooked cereal, rice, or pasta; 1/2-1 c. of cold cereal; 1/2 bun, bagel, or English muffin
Milk, yogurt, and cheese	2-3	1 c. milk or yogurt; 1-1 1/2 oz. cheese
Meats, poultry, fish, dried beans and peas, and eggs	2-3	2-3 oz. meat, poultry, or fish. 1/2 c. of cooked dried beans or peas*; 1 egg* or 2 egg whites*
* These amounts equal 1 ounce of meat.		

PLANNING MEALS FOR ONE OR TWO

Each of us has some sort of eating pattern. It may be nontraditional, but it is a pattern. Whether we eat three meals a day or six mini-meals, we are more likely to provide for our nutritional needs, satisfy our aesthetic and social needs, and stay within our budgets if we plan meals in advance.

It is also a more efficient use of time to plan meals (or anything else that requires some organized effort on our part) in advance. Planning saves trips to the grocery store, money you might spend on impulse purchases, and anxiety over what to cook for dinner.

Planning Meals

1. Plan meals or menus for a week at a time -- plans can always be changed. Keep in mind: nutritional needs; your schedule.
2. Plan ahead for use of whole packages.
Make several main dishes from one cut of meat.

Consider how to make use of leftovers: Intact for another meal, or as an ingredient for another main dish.

Subdivide and save (freeze perishables and repackage non-perishables for later use).

3. Planning meals

Plan in this order: main course, potato, vegetable, salad, bread, and dessert.

Or, plan main courses for the number of days you will eat at home, then be sure to have on hand the same number of servings of vegetables, bread, etc. You can mix and match side dishes as the week progresses.

4. Always have an alternate plan or an emergency shelf to pick up the slack if you forget to plan, or if things suddenly change.

5. Prevent boring meals

Buy a cookbook. When you're bored, pick out something new.

Invite a friend to dinner.

Have a potluck dinner.

Try a new produce item.

Set the table.

Start a recipe file and/or menu file.

Try an ethnic food once a week.

Buy a deli main dish.

Try blender meals based on milk with fruit, ice cream, or chocolate, etc. added.

MEALS IN A MINUTE

Even though it's important to eat fresh foods, fresh, frozen, canned, and dried foods can be used together to make easy and nutritious meals. Instant hot cereals that are made by adding hot water are healthful, as are many ready-to-eat cold cereals. Frozen meals that include a vegetable can be teamed with a salad and a glass of low fat milk for a hearty meal with little effort. For maximum nutrition on frozen meals, look for ones with meat, poultry, or fish (preferably not fried); a starch and a vegetable. If you're trying to lose weight, choose from one of the many low-calorie frozen meals available.

Most frozen meals and just about all canned ones (stews, soups, and chili) are high in sodium. Ask your doctor or a registered dietitian whether you need to limit your sodium intake and how much you are allowed per day.

Do you find you're bored with the same old foods and can't find anything to appeal to you? Try some new seasonings. Again, if your sodium intake has to be low, experiment with some of the seasonings with *salt-free* labels. They are usually sold in the same area of the store as the spices and herbs.

While you're in that area of the store, consider other ways to jazz up your meals.

- Basil, oregano, and Italian seasoning add exotic flavor to vegetables, pasta and poultry.
- Carrots, winter squash, and creamed spinach taste better with a dash of nutmeg.
- Dill weed or dill seed make an excellent seasoning for potato soup, cooked cabbage, or coleslaw.
- Simmer a bay leaf with your soups and stews for a subtle boost in flavor and aroma.
- Sage is an excellent accent for roasted poultry, poultry stews, and stuffing.
- Add a pinch of thyme to peas, lima beans, and other legumes.

For an easy dish, place small, scrubbed red or white potatoes in a large baking dish. Drizzle each portion with 1 or 2 teaspoons of olive oil, sprinkle with 1/2 teaspoon of crushed rosemary, and bake at 400°F for about 40 minutes until tender. At the same time, you can bake a chicken breast or two smaller pieces of chicken in another dish. Complete the meal with some canned apricot halves and some low fat milk, and you have a satisfying meal that took only a few minutes of preparation time.

Another way to save time, especially if you're cooking just for one or two, is to prepare ahead for later in the week or to freeze leftovers. For instance, make low fat meatballs with lean ground turkey or beef, brown them, drain the grease, and combine with a tomato sauce. Serve over pasta one day, over rice the next, and freeze for later. Freeze homemade soups, stews, lasagna, and other casserole dishes in small containers so you can thaw enough for one or two meals at a time. Label and date your packages in the freezer to keep track of what you have. For handy salads, wash, tear, and dry salad greens, and store them in a plastic container in the refrigerator. This salad mix keeps for three or four days. When you want a salad, put a handful of greens in a bowl add your favorite touches, such as sliced tomatoes, carrots or canned kidney beans.

SHOPPING, STORING, FREEZING, AND LEFTOVERS

Food, Shopping for One

If you live alone, you probably have problems when shopping for food. You try to buy economically. You also want a variety of convenient foods that are easy to prepare, but you find these are usually higher priced. If you see a bargain and buy more of the product than you think you can use for one or two meals, you risk wasting food or having the same monotonous meal day after day.

Here are some helpful hints on shopping:

1. Keep a running list of things you need to buy and staples you're out of.
2. Shop during the week or during the day when stores are less crowded.
3. Take your list (and coupons) with you.

4. Comparison shop.

Try different stores until you find one that has the items you like at the best price.

Compare brands (name brands, store brands, generic brands).

Compare container size:

-- the larger sizes don't save you money if you throw some out

-- smaller sizes allow for more variety

Consider whether you can or want to repackage large quantities into more useful amounts.

5. Consider substituting money for skill and time.

Buy powdered gravy mix.

Buy cake mixes.

Buy frozen pies or desserts.

Buy a gourmet entree.

Buy instant (oatmeal, rice, soup).

6. Read labels

Know what is in the product.

Know how many servings the container holds.

Compare cost per serving for various types of products so you can make an informed choice regarding what you're paying for.

7. Buy the quality that is appropriate for your intended use: Food grades reflect quality, not nutritional content. Fresh vs. frozen vs. canned. Generally, fresh is more expensive than canned. Seasonal foods such as green peppers, broccoli, and strawberries will vary depending on the time of year. You don't necessarily need to buy perfect fresh peaches to make peach cobbler, but fresh broccoli (rather than frozen) may be required for a fresh vegetable salad.

8. Ask to have large food packages split. For example, the butcher often can split up a family pack of pork chops; or eggs can be purchased by

the half dozen. The price may be slightly higher, but you are less likely to throw out spoiled food.

Shopping Ideas

1. Try dry spice or seasoning packets (chili, taco). Use one half package.
2. Individually wrapped cheese slices keep better.
3. Small bottles of several kinds of salad dressing give more variety.
4. Buy prepared sauces (sweet and sour, tartar).
5. Buy fruit juice in individual cans or small frozen concentrate (6 ounce) cans.
6. Recipes mean large eggs, so buy only large eggs.
7. Buy frozen vegetables -- cook one serving at a time.
8. Buy fresh fruit by the piece rather than by the bag.
9. Don't buy specialty ingredients if plain will do.
10. Skim milk doesn't keep well. If you want very low fat milk, use nonfat dry milk (or mix it with whole milk).
11. Buy lean ground meat (15% fat). It keeps longer in the freezer.
12. Buy spice mixes (Italian seasoning, pumpkin spice, lemon pepper). Then you don't have to have 5 or 6 spices for one job.
13. Buy variety packs of lunch meat, dry cereal, chips and yogurt.
14. Individual serving sizes allow take-along items for lunches and snacks.
15. Shop in the same store because it's easier to locate things.
16. Never shop when you're hungry!
17. Do your primary shopping once a week. The fewer times you go to the store, the less you will be tempted to buy the extras.
18. Be wary of sale items. If you buy a 20 pound turkey because it's \$.39 per pound, you may be eating for 3 months!
19. Try commercially prepared eggnog or chocolate milk as a source of calcium.
20. Fruits and vegetables often are delivered on Tuesday to be in stock for the Wednesday food ads. Plan your shopping to coincide with advertised specials and the freshest produce.

Store Food Properly

Proper storage of food makes the difference in whether you'll be able to use it or lose it. Many grocery items just aren't available in single-serving sizes, so if you can't use the whole thing at once, you will be forced to repackage it and store it. Don't buy more than you can store and use in a reasonable length of time.

Twenty five pounds of rice is not really a bargain if you throw out twenty pounds of it!

Plastic bags with "zipper locks" can be used for almost anything.

Small plastic containers should be see-through so you don't forget what you have.

Repackaging:

- * Meat -- individual patties, legs, thighs, fish fillets can be repackaged and then frozen. Wrap individual servings in heavy-duty aluminum foil and freeze; then thaw when ready to use and cook in the same foil (saves on cleanup).
- * Half packages of muffin, brownie, or cake mixes can be saved in a plastic food bag or plastic container.
- * Cheese: refrigerate or freeze.
- * Buy egg substitutes and freeze them (fresh whole eggs don't freeze well).
- * Use small plastic containers with permanent labels for things you frequently repackage (canned spaghetti sauce).

Preparing food for another meal:

- * Casseroles -- subdivide before baking and put into small cassoulettes.
- * Make homemade TV dinners in microwavable plastic trays that go from freezer to microwave.

- * Soups and chili: Freeze in a plastic bowl. When frozen, remove from bowl and place in a plastic food bag (easier to stack).

Most foods, even those we think of as shelf-stable, keep longer in the refrigerator. If it takes you long time to use up 1 pound of coffee, 5 pounds of flour, or a box of raisins, refrigerate them.

Food safety:

- * Keep hot foods hot (above 140°F) and cold foods cold (below 40°F).
- * Never leave refrigerated foods out of the refrigerator for more than 2 hours.
- * Use refrigerated cooked meat, gravy, fish, poultry, etc. within 4 days of cooking.
- * If you defrost frozen food in the microwave, it should be cooked immediately.
- * Thaw meat in the refrigerator, not on the counter.
- * Store cooked meat and combination dishes in the freezer no longer than 3 months.

Freezing Food

Freezing is a good way to preserve surplus ingredients for later use. You can also freeze some of what you prepare today to use for another meal so you won't have to eat the same leftovers 5 days in a row.

Foods that cannot be used rapidly enough to prevent spoilage or deterioration can be frozen. These include:

- * Egg whites (freeze individually in ice cube trays)
- * Flour, biscuit or muffin mixes (partial packages)
- * Meat (repackage into one-meal portions before freezing)
- * Partial cans of frozen fruit juice concentrate
- * Dairy products (grated cheese, buttermilk, fluid milk)
- * Bread, buns, bagels
- * Fresh melon and strawberries
- * Partial cans of soup, spaghetti sauce (in labeled containers)

Cooked foods can be frozen in single-serving portions for later reheating in the microwave. For example:

- * Casseroles
- * Soups and chili
- * Muffins, cakes, and cookies
- * Pastry shells
- * Pies
- * Cooked meat (beef, turkey, chicken, pork)
- * Spaghetti sauce
- * Pancakes, waffles, (wrap individually)
- * Cooked vegetables
- * Bread or roll dough (keep only 2 weeks)

To preserve the quality of frozen foods, follow these suggestions for preparation.

1. Cool cooked foods quickly. Subdivide food into smaller portions so it will lose heat rapidly. Package food for freezing as soon as you can handle it.

2. Package carefully. Use small see-through plastic freezer containers, good quality plastic freezer wrap or bags. Be careful of glass jars -- expansion of water in foods can cause them to crack.
3. Maintain frozen food at the proper temperature (0°F in the home freezer).
4. Don't store too long -- use 6 weeks as a rule of thumb. Many foods can be frozen longer than that, but if you don't mark the containers, you'll probably forget what is in the package in 6 weeks!
5. Prepare frozen food carefully for serving. Do not thaw more than several hours in advance of meal. If you have a microwave, defrost and reheat right before serving. Otherwise, thaw food in the refrigerator.

Leftovers

Very little needs to be said about leftovers. Either you like them or you don't. If you like them save them. There are many how-to hints in the newspapers, as well as numerous books on the subject. If you don't like them, dispose of them in a way that doesn't insult your sense of economics or your general philosophy about wastefulness.

- Throw them in the garbage immediately after meal.
- Save them in the refrigerator until they turn green, *then* throw them in the garbage.
- Take them to work or school for quick lunches.
- Repackage and freeze immediately.

Cutting Down Recipes

Remember, before you do anything to or with a recipe, *read the recipe first*. Some recipes that make enough to serve four, six or eight can be cut down, others cannot.

Recipes are difficult to cut down if:

1. They contain a portion-controlled commodity (i.e., an egg) which is difficult to divide into smaller units.
2. They contain very little cooking liquid. Reducing the amount may result in liquid evaporation before cooking is complete.
3. They contain many ingredients in small amounts.
4. They are baked products and there is no baking container that is small enough to give the same amount of surface area proportional to volume as the original recipe.

It is easy to cut a muffin recipe in half: the muffins will be the same size, but there will be fewer of them. It is harder to cut a banana bread recipe in half. It gives you half as much batter, but the problem is to find a smaller size pan that will give you the same surface-to-volume proportion as the original recipe.

In reduced recipes, seasonings and cooking times cannot always be accurately determined. Adjustments may be necessary during the preparation process. Be conservative on spices, you can always add more. Cut down cooking times, but check frequently for doneness.

Make notations on the recipes of changes you had to make.

Useful Techniques for Small Quantities

1. Broiling is quick and easy. Use it for meat, fish, and poultry.
2. Stir-frying is last minute and fast. You can cut up the food the night before; and it's a good way to use up leftovers.
3. Reheat heat-sealed bags of food in boiling water.
4. Barbecuing on a small outdoor grill is both relaxing and a change of pace. It provides an ideal social setting involving a meal.
5. Waffles and sandwiches in a waffle maker are hot, hearty, and fast on a cold evening, especially when you can't fight off the hungries long enough to prepare a more complicated meal.
6. Saving leftovers or repackaging meat in aluminum foil in single servings and then heating them up in the foil saves preparation and clean up time.

ALTERNATIVES TO EATING ALONE

Eating alone is one of the biggest deterrents from cooking and eating well, from both a nutritional and a food-quality standpoint. Planning some social eating into your schedule may be the best motivation to plan and eat well. Making meals more special by increasing the social aspects provides motivation to plan interesting, attractive, and nutritious menus. Try these suggestions:

1. Have a standing dinner date at our place with a friend or neighbor.
2. Eat lunch in a cafeteria at work or at school. If this serves as the big meal of your day, it will lighten your food-related work at home.

3. Organize social activities around regular meals
 - ~ Lunch with a friend
 - ~ Brown-bag seminars
 - ~ Potluck supper clubs
 - ~ Church dinners
 - ~ International or gourmet food clubs

4. Volunteer to help others who eat alone and who may need some help, such as the Meals-On-Wheels program for the elderly, a single parent in your neighborhood or church, or a handicapped person who cannot do all the chores required in food shopping and preparation.

References

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"Nutrition and Your Health; Dietary Guidelines for Americans," U. S. Department of Agriculture, U.S. Department of Health and Human Services, 1990.

"Thrifty Meals for Two; Making Food Dollars Count," U.S. Department of Agriculture, U.S. Department of Health and Human Services, 1990.

"The Food Pyramid," U.S. Department of Agriculture.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Chilled Orange Juice Fresh Fruit in Season Hot or Cold Cereal English Muffin 2% Milk	Chilled Orange Juice Fresh Fruit in Season Hot or Cold Cereal Waffle with Syrup 2% Milk	Chilled Orange Juice Fresh Fruit in Season Hot or Cold Cereal Donut 2% Milk	Chilled Orange Juice Fresh Fruit in Season Hot or Cold Cereal Scrambled Egg Whole Wheat Toast 2% Milk	Chilled Orange Juice Fresh Fruit in Season Hot or Cold Cereal Bran Muffin 2% Milk	Chilled Orange Juice Fresh Fruit in Season Hot or Cold Cereal Pancakes with Syrup Bacon 2% Milk	Chilled Orange Juice Fresh Fruit in Season Hot or Cold Cereal Omelet Bagel 2% Milk
L U N C H	Baked Ham Slice Sweet Potatoes Peas and Mushrooms Dinner Roll Ice Cream Sundae 2% Milk	Beef and Peppers* Oven Roasted Potatoes Baked Squash Whole Wheat Bread Pineapple Chunks 2% Milk	Chicken Fried Rice* Oriental Vegetables Garlic Bread Frosted Cupcake 2% Milk	Braised Beef and Noodles* Savory Carrots Dinner Roll Chocolate Pudding 2% Milk	Herb Rubbed Pork Chop* Mashed Potatoes Cabbage Rye Bread Applesauce 2% Milk	Sweet and Sour Meatballs* Baked Potato Diced Beets Whole Wheat Bread Sherbet 2% Milk	Roast Turkey Breast* Bread Stuffing Gravy Dilled Green Beans Dinner Roll Cranberries Pumpkin Pie 2% Milk
D I N N E R	Chicken Italian with Noodles* Broccoli Marinated Tomato Salad Fresh Fruit 2% Milk	Hamburger Veg. Casserole* Whole Kernel Corn Tossed Salad with Dressing Chocolate Chip Cookies 2% Milk	Minestrone Soup with Crackers Turkey Club Sandwich Chilled Peaches 2% Milk	French Toast with Syrup Sausage Links Cottage Cheese and Fruit Salad	Grilled Hamburger on a Bun with Lettuce and Tomato Potato Wedges Coleslaw Rice Krispie Bar 2% Milk	Egg Potato Skillet* Ham Slice Blueberry Muffin Fresh Fruit Cup 2% Milk	Tomato Soup with Crackers Grilled Cheese Sandwich Creamy Cucumber Salad Chilled Pears 2% Milk

* Recipes Included (8)

EGG/POTATO SKILLET

2 Servings

1 or 2 boiled potatoes with skins, diced
2 eggs scrambled with 1 tbsp. milk or water
2 tsp. diced onions
2 oz. low fat cheese
2 tbsp. oil

1. Fry potatoes and onions in hot oil.
2. When potatoes are brown, add egg mixture and cheese.
3. Season to taste.

Nutritional Analysis (per serving)

Calories	344
Protein	13.5GM
Carbohydrate	23.6GM
Cholesterol	248MG
Sodium	295MG

HAMBURGER VEG. CASSEROLE 2 servings

1/2 pound lean ground beef

2 potatoes, diced

2 carrots, diced

1/4 cup onions, diced

1/2 can tomato or cream of mushroom 1/3 less salt soup

1. Brown ground beef and drain grease.
2. Mix hamburger, vegetables, and soup in casserole dish.
3. Bake at 350°F for 30-40 minutes or until done.

NOTE: May leave skins on potatoes for extra fiber.

Nutritional Analysis (per serving)

Calories	372
Protein	24.9GM
Carbohydrate	34.1GM
Cholesterol	70MG
Sodium	91MG

CHICKEN FRIED RICE

1 serving

1 chicken breast, cubed

1 tbsp. salad oil

1/2 c. celery, onion, carrots, peas, any combination of these or any other vegetable you have on hand.

1 c. cooked rice

2 tsp. low salt soy sauce

1 whole egg or 2 egg whites

1. Best to cook rice the day before and refrigerate.
2. Sauté chicken with vegetables.
3. Scramble egg with vegetables.
4. Add soy sauce and rice.
5. Stir and cook rice until hot.

Nutritional Analysis (per serving)

Calories	373
Protein	13.6GM
Carbohydrate	54.2GM
Cholesterol	247MG
Sodium	446MG

CHICKEN ITALIAN

1 serving

1 each chicken breast

1/4 pound fettucini or spaghetti noodles

1 c. fresh broccoli or 8 oz. package frozen broccoli

1/4 c. low fat Italian salad dressing

Start cooking pasta and broccoli in boiling water. Slice or dice chicken and fry in non-stick pan. When pasta and broccoli are done, drain water and add chicken and Italian dressing. Serve hot or cold.

Nutritional Analysis (per serving)

Calories	314
Protein	11.3GM
Carbohydrate	54.2GM
Cholesterol	N/A
Sodium	34MG

SWEET AND SOUR MEATBALLS 2 servings

Meatball Mixture

8 oz. ground beef
1/4 c. bread crumbs
1 tbsp. onion, finely chopped
2 tbsp. + 2 tsp. reconstituted instant nonfat dry milk
1/8 tsp. salt

Sauce Mixture

3/4 water	1-1/2 tsp. Worcestershire sauce
1/8 tsp. garlic powder	1/2 c/ green pepper, diced
1/8 tsp. salt	1 tbsp. cornstarch
dash pepper	1 tbsp. water
1 tsp. sugar	2 tbsp. raisins
1 tbsp. vinegar	1-1/2 c. rice, cooked, unsalted

1. Mix meatball ingredients thoroughly.
2. Divide into 12 portions. Shape into balls.
3. Brown meatballs on all sides in hot fry pan. Drain.
4. Add 3/4 c. water and seasonings. Bring to a boil. Reduce heat, cover and simmer 10 minutes.
5. Add green pepper and continue cooking for 1 minute.
6. Mix cornstarch and 1 tbsp. water until smooth. Stir into meatball mixture. Stir in raisins. Cook, uncovered until liquid is clear and thickened, about 2 minutes. Stir occasionally to prevent sticking.
8. Serve over rice.

Nutritional Analysis (per serving)

Meatballs

Calories	270
Protein	23.2GM
Carbohydrate	10.4GM
Cholesterol	70.5MG
Sodium	211MG

Sauce

Calories	103
Protein	2.0GM
Carbohydrate	23.6GM
Cholesterol	N/A
Sodium	91MG

BRAISED BEEF WITH NOODLES 2 servings

1 c. Beef cubes
1-1/2 c. water
1/4 tsp. salt
dash pepper
1 bay leaf
1 small onion, coarsely chopped
2/3 c. celery, diced
1 tbsp. flour
1 tbsp. water
1-1/2 c. noodles, cooked, unsalted

1. Brown beef cubes in saucepan until well browned.
2. Add water (1-1/2c.), salt, pepper, and bay leaf. Cover and cook over low heat until beef is almost tender -- about 1 hour.
3. Add onion and celery. Continue cooking until meat and vegetables are tender -- about 20 minutes.
4. Remove bay leaf.
5. Mix flour and water until smooth. Stir into beef mixture. Cook, stirring constantly, until thickened -- about 2 minutes.
6. Serve over noodles.

Nutritional Analysis (per serving)

Calories	231
Protein	29GM
Carbohydrate	10.9GM
Cholesterol	43.5MG
Sodium	228MG

BEEF AND PEPPERS

2 servings

1 c. Beef cubes

1 c. tomatoes

1/8 tsp. garlic powder

dash pepper

1 small onion, sliced

1/2 medium green pepper, cut in 1" pieces

1. Brown beef cubes in saucepan until well browned.
2. Break up large pieces of tomatoes. Stir in garlic powder and pepper, pour over beef. Cover and cook until meat is almost tender -- about 1 hour.
3. Add onion and green pepper. Cover and continue cooking until vegetables and beef are tender -- about 30 minutes.

Nutritional Analysis (per serving)

Calories	195
Protein	28.3GM
Carbohydrates	3.9GM
Cholesterol	43.5MG
Sodium	148MG

HERB RUBBED PORK CHOPS

1 serving

1 boneless pork loin chops, cut 3/4 inch thick

1/2 tsp. lemon juice

1/2 tsp. dried thyme or savory, crushed

1/2 tsp. dried marjoram or basil, crushed

1/2 tsp. ground ginger

1. Trim fat from chop. Brush both sides with lemon juice.
2. In a small bowl, stir together thyme or savory, marjoram or basil, and ginger. Rub herb mixture onto both sides of chop.
3. Broil 3 inches from heat for 4 minutes. Turn and broil for 4 to 6 minutes more until pork is slightly pink and juices run clear.

Nutritional Analysis (per serving)

Calories	179
Protein	19.6GM
Carbohydrates	1.9GM
Cholesterol	44MG
Sodium	48MG

SAUTÉED CABBAGE WITH GARLIC 6 servings

3 tbsp. olive oil
1 large onion, coarsely chopped
3 large garlic cloves, thinly sliced
1 small cabbage, coarsely chopped
2 tsp. sugar
1/8 tsp. crushed red pepper
Salt and pepper to taste

1. Heat oil in heavy large skillet over medium heat.
2. Add onion and garlic.
3. Cook until golden brown, stirring occasionally, about 8 minutes
4. Add cabbage, sugar, crushed red pepper, salt and pepper.
5. Cook until cabbage is crisp-tender, stirring frequently, about 7 to 10 minutes.
6. Serve immediately.

GARLIC GINGER CHICKEN WINGS

4 servings

10 chicken wings (about 2 pounds)

1 tbsp. minced fresh ginger

1 tbsp. minced fresh garlic

3 tbsp. soy sauce

1/2 tsp. sesame oil

1/4 tsp. crushed red pepper

1 tsp. brown sugar

1/2 c. chicken broth

1 tbsp. cornstarch dissolved in

2 tbsp. of water

Toasted sesame seeds

1. Cut tips from chicken wings and discard.
2. Cut chicken wings at joint, making two pieces from each wing.
3. Mix ginger, garlic, soy sauce, oil, red pepper, sugar and chicken broth in a glass bowl.
4. Add chicken wings and toss to coat.
5. Marinate for 30 minutes in refrigerator.
6. Heat oven to 375 degrees.
7. Place marinated chicken wings in single layer in nonstick baking pan.
8. Pour remaining marinade over chicken.
9. Bake for 25 to 30 minutes or until done.
10. Remove chicken to plate.
11. Put pan over medium heat; add cornstarch mixture; cook and stir for 2 minutes to thicken, then pour over chicken.
12. Sprinkle with sesame seeds.