COOKING FOR 1 OR 2

Judi O’Bryan, Laurel County Extension Agent for Family & Consumer Sciences
More households of 1 or 2 persons than ever before in history.
Cooking for 1 or 2

- Can be CHALLENGING
- Can be CREATIVE and REWARDING
- Can bring BETTER HEALTH
- More mealtime ENJOYMENT
- Can come at a time when you need to make DIETARY and QUANTITY changes
Planning Meals In Advance

- Key to preparing appropriate amounts of food
- Allows for good use of leftovers
- Unnecessary trips to the grocery store
- Take advantage of “family packs” or “two-for-one” specials
MyPlate

- Help the consumer choose a more healthful diet
- Eat a variety of foods
- Limit fat and sugar intake
- Half your plate should be fruits and vegetables
- Half Your Grains should be whole
- Dairy products should be low-fat
- Protein food choices should be varied
- All food groups should be included in the daily diet to ensure good health
Your Daily Food Plan

- [www.supertracker.usda.gov](http://www.supertracker.usda.gov)
Buy the Right Groceries

◦ Convenience foods packaged for one or two
◦ Fruits and vegetables come in individual portions
◦ Have larger packages of meat divided into smaller packages
◦ Frozen meals
  ◦ Less than 1000 mg. of sodium per serving
  ◦ No more than 3 grams of fat per 100 calories
  ◦ Supplement with a vegetable or fruit
Tips for Freezing

- Store frozen foods in their original container
- Use appropriate freezer-safe materials when packaging home-prepared foods
- Label each package with food, date and amount
- Rotate foods, keeping the oldest to the front to be used first
Use ice cube trays to freeze extra sauce, stock or egg whites.
# Freezer Storage

<table>
<thead>
<tr>
<th>Food</th>
<th>Storage Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground Beef</td>
<td>3-4 months</td>
</tr>
<tr>
<td>Meat Loaf (cooked or uncooked)</td>
<td>1 month</td>
</tr>
<tr>
<td>Cooked Beef</td>
<td>2 months</td>
</tr>
<tr>
<td>Steaks, Roasts (most cuts)</td>
<td>9 months</td>
</tr>
<tr>
<td>Ground Pork</td>
<td>2 months</td>
</tr>
<tr>
<td>Pork Sausage</td>
<td>2 months</td>
</tr>
<tr>
<td>Pork Cuts (most)</td>
<td>4-5 months</td>
</tr>
<tr>
<td>Lamb/Veal Cuts</td>
<td>6-9 months</td>
</tr>
<tr>
<td>Chicken, Turkey Parts</td>
<td>9 months</td>
</tr>
<tr>
<td>Cooked Poultry</td>
<td>1 month</td>
</tr>
<tr>
<td>Cooked Poultry in Broth or Gravy</td>
<td>6 months</td>
</tr>
</tbody>
</table>
Tips for Easy Cooking

- Double Batch Cooking
- Wrap individual servings of meat
- Make a complete meal for one in a dish with compartments
- Wrap foods in oven cooking bags to freeze
- Allow 1/2 to 1/3 more cooking time for frozen foods
- Prepared casseroles frozen in aluminum foil need to have cooking time increased by 1/2
- Lightly grease aluminum foil to freeze fish – bake 1/2 to 1/3 longer
Once a week, prepare extra portions of at least one main dish and package it into single-serve, air-tight freezer bags or containers for quick reheating.
To Halve or Halve Not
There’s no Simple Rule. We have to use Good Judgement and Trial and Error.
Guidelines to Cutting a Recipe

- Use recipes with easily divisible quantities
- Add seasonings a bit at a time
- The thickness of meat and a meat thermometer are the best guides
- Use smaller pans (1/2 to 2/3 full)
- Large pots and skillets do not work well with small amounts of food because the liquids evaporate quickly and food burns more easily
- Check doneness 5 to 10 minutes before the recipes suggested baking time
To Halve an Egg (Large)

- Break it and mix it together with a fork – Use 2 Tablespoons
- Use Egg Substitute
- Use only 1 egg white
www.mealsforyou.com
www.allrecipes.com
To Make 1/2 of a Recipe

<table>
<thead>
<tr>
<th>Recipes Says:</th>
<th>Reduce to:</th>
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<tbody>
<tr>
<td>1/4 cup</td>
<td>2 Tablespoons</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>2 Tablespoons + 2 teaspoons</td>
</tr>
<tr>
<td>3/4 cup</td>
<td>6 Tablespoons</td>
</tr>
<tr>
<td>1 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>1 Tablespoon</td>
<td>1 1/2 teaspoons</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>1/8 teaspoon</td>
</tr>
<tr>
<td>1/8 teaspoon</td>
<td>dash</td>
</tr>
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To Make 1/3 of a Recipe

<table>
<thead>
<tr>
<th>Recipes Says:</th>
<th>Reduce to:</th>
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</thead>
<tbody>
<tr>
<td>1/4 cup</td>
<td>1 Tablespoon + 1 teaspoon</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>1 Tablespoon + 2 ¼ teaspoons</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>2 Tablespoons + 2 teaspoons</td>
</tr>
<tr>
<td>2/3 cup</td>
<td>3 Tablespoons + 1 ½ teaspoons</td>
</tr>
<tr>
<td>3/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>1 cup</td>
<td>1/3 cup</td>
</tr>
</tbody>
</table>
Planned Overs

- Decrease food waste
- Cook once and eat twice
- Make your own freezer meals
- Label and store properly
- Refrigerated planned overs last about one week
- Frozen meals last up to 3 months
Tips for Storing & Using Planned Overs

- Use extra vegetables in stews, soups and other dishes
- Unused canned tomatoes can be refrigerated up to 3 days in plastic containers or frozen for months. Use in pasta sauce, soups or stews
- Wrap unused onions in plastic wrap and store in refrigerator up to 3 days or chop and freeze
- Put half of a fresh loaf of bread in the freezer to use later
- Place wax paper between tortillas and freeze
- Use extra meats in tacos, soup, stir-frys or salads
- Before freezing raw hamburger, chicken or other meat, separate individual portions into freezer safe bags
Individual Frittata

- 1 pound frozen hash brown potatoes, thawed
- 4 large eggs, beaten
- 1 Tablespoon low fat milk
- Dash of pepper
- 2 oz. cooked lean ham, finely chopped
- 1/4 cup finely chopped bell pepper, mushrooms, or other vegetable
- 2 Tablespoons onion, finely chopped
- 1/2 cup low fat shredded cheddar cheese
Individual Frittata

- Coat 8 muffin tins with nonstick cooking spray
- Spread potatoes around bottom and press up sides of each muffin hole leaving a cavity for the eggs; place in 350 degree oven and cook 10 minutes
- Beat eggs, milk, and pepper together. Add ham, vegetables, and cheese. Mix
- Remove potatoes from oven and press potatoes down firmly.
- Pour about 1/4 cup of egg mixture into each cavity.
- Return to oven and cook until potatoes are golden, and egg mixture is set; about 15 minutes
- Remove from oven and let sit 5 minutes before serving
- Freeze extras, and then pop one in the oven or microwave for a quick meal.