

Knowledge @ Noon

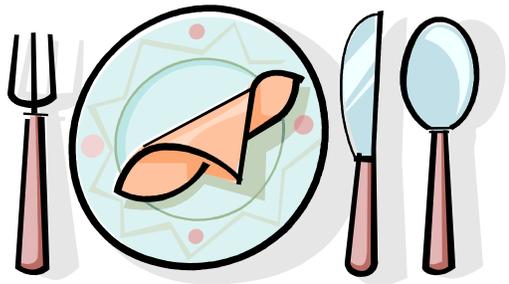
“Cooking for 1 or 2 Matters”



Wednesday, September 20, 2017
12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

Instructors: Franny Eastwood, Extension Agent
Marais des Cygnes Extension District
Master Food Volunteers



Cooking for One or Two



Presented by: Rosie Allen, Gallatin County FCS Agent

Today there are more households of one or two persons than ever before in history. When you are in one of these households, make yourself a promise to put more thought and planning into your meals. It will pay off in better health and added mealtime enjoyment. Meet cooking for one or two as a challenge – it often comes at a time when you need to make some other changes in your food habits, such as quantity and special diet considerations.



Key # 1 ~ Meal Planning

Planning meals in advance is key to preparing appropriate amounts of food. Planning allows for good use of leftovers and unnecessary trips to the grocery store. Try to plan meals on a weekly basis.

- Start with the main dish or entrée
- Add a bread/pasta/starch
- Add a hot or cold vegetable
- Choose a fruit to complement
- Add a glass of skim milk

“My Pyramid” was developed by USDA to outline what to eat each day. It is based on latest research by nutritionists. Go to www.mypyramid.gov for personalized information on recommended activity amounts and daily portions from each food group for you.

Consider a weekly or bi-weekly meal outline. For example:

Sunday – Traditional meal (beef, chicken, fish, pork)

Monday – Salad, soup or sandwiches made with leftovers

Tuesday – Pasta/Meatless meal

Wednesday – Eat out of the freezer night

Thursday – Breakfast for dinner

Friday – Ethnic night (freeze extras)

Saturday – Soup (winter) or Grill (summer)



Tip – once a week, prepare extra portions of at least one main dish and package it into single-serve, airtight freezer bags or containers for quick reheating.



Key #2 ~ Grocery Shopping

Key number two is buying the right groceries. There are many excellent quality convenience foods packaged for one or two persons. Fruits and vegetables naturally come in individual portions. Remember that the butcher is your friend. When he is not busy, you can ask to have larger packages of meat divided for your needs.

Read the nutrition information carefully on frozen meals. Check for fat, calories and sodium content. A good rule of thumb is less than 1000 milligrams of sodium per serving and no more than 3 grams of fat per 100 calories; example 12 gm fat for a 400 calorie meal. Supplementing a frozen dinner or fast food sandwich with vegetables, and 8-ounces of skim milk or yogurt is a good idea.



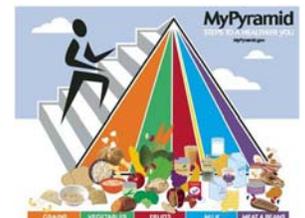
Key #3 ~ Creativity

There are definite advantages to cooking on a small scale. You'll find more freedom to experiment with new flavors, foods and recipes. You

can splurge occasionally on expensive ingredients such as seafood, and

some cuts of meat. You also have the liberty of eating what you want, when you want, without having to consider several other people in the household.

Bon Appetite!



To Halve or Halve Not

Unfortunately, there is no simple rule to let you know which recipes can be cut successfully and which ones cannot. Even the best cooks have to go by good judgment, trial and error. Here are some guidelines to help you adapt a larger recipe to a smaller one.



- Use recipes with easily divisible quantities to make the math simpler.
- Add seasonings a bit at a time. You may need more or less than half.
- Rather than weight, the thickness of meat and a meat thermometer are the best cooking time guides.
- The standard size egg for recipes is the large egg. To halve an egg, break it, mix it together with a fork and use 2 tablespoons. Refrigerate the rest and use in an omelet or scrambled eggs within two days. Egg substitute also works well in recipes, or use only 1 egg white for half of a large egg.
- Use smaller pans when you are preparing smaller recipes. When you cut a recipe for a baked product, choose a pan that the batter will fill 1/2 to 2/3 full; example – a 9x5x3 inch loaf pan is about the same volume as half of a tube pan; a square 8x8x2 inch pan or a round 9x2 inch pan is about half the size of a 9x13x2 inch pan.
- Check doneness of a halved cake, casserole or meat loaf recipe at least 5 to 10 minutes before the recipe's suggested baking time.
- Two web sites that let you adjust their recipes to smaller serving sizes are:
www.mealsforyou.com and
www.allrecipes.com.



Quesadillas

Yield: 8 wedges



4 flour tortillas
6 oz. Cheddar or Monterey Jack Cheese, grated
1 T. olive oil

Sprinkle cheese in center of 2 tortillas. Spread cheese almost to edges. Top each with remaining tortillas. Heat 1 tablespoon oil in a large skillet. Place 1 quesadilla sandwich in skillet and fry until crisp, turn and fry the other side. Drain well on paper towel and place in a warm oven while frying the other quesadilla. Cut into quarters. Serve with salsa and sour cream, if desired.

Per Wedge: 180 calories; 10g fat; 14g carbs; 249mg sodium

Scalloped Potatoes for One

Yield: 1 Serving

1 small potato, peeled and sliced (about 1/2 cup)
1/3 cup milk
1 small garlic clove, minced
1/4 t. Salt, optional
1/8 t. pepper
1/2 t. butter **or** margarine
1 to 2 T. shredded cheddar cheese



In a small saucepan, combine potato slices, milk, garlic, salt if desired and pepper; bring to a boil. Pour into a butter 10-oz. custard cup. Sprinkle with cheese. Bake, uncovered, at 375° for 35 minutes or until potatoes are tender.

Per Serving: 179 calories; 131 mg sodium; 6g fat

Two-Ingredient Toppings for Plain Baked Potatoes



- Butter and Parsley
- Parmesan cheese and fresh ground pepper
- Salsa flavored Cheez Whiz (melted) and diced canned chiles

To Make 1/2 of a Recipe

When the

Recipe says:	Reduce to:
1/4 cup	2 Tablespoons
1/3 cup	2 Tablespoons + 2 teaspoons
3/4 cup	6 Tablespoons
1 cup	1/2 cup
1 Tablespoon	1-1/2 teaspoons
1 teaspoon	1/2 teaspoon
1/4 teaspoon	1/8 teaspoon
1/8 teaspoon	dash

To Make 1/3 of a Recipe

When the

Recipe says:	Reduce to:
1/4 cup	1 Tablespoon + 1 teaspoon
1/3 cup	1 Tablespoon + 2 1/4 teaspoons
1/2 cup	2 Tablespoons + 2 teaspoons
2/3 cup	3 Tablespoons + 1 1/2 teaspoons
3/4 cup	1/4 cup
1 cup	1/3 cup

Source: Lancaster.unl.edu/food

Twice-Baked Potatoes Yield: 2 servings

- 1 medium baking potato (about 8 ounces)
- 3 T. low-fat sour cream
- 1/8 t. garlic powder
- 1/8 t. salt
- 1/8 t. pepper
- 1 T. chopped fresh chives
- 2 T. (1/2 oz.) shredded reduced-fat sharp Cheddar Cheese



Scrub potato; bake at 425° for 1 hour or until tender. Let potato cool to touch. Cut potato in half lengthwise; carefully scoop out pulp, leaving 1/4-inch-thick shells. Set shells aside. Place pulp in a small bowl; mash until smooth. Combine mashed potato, sour cream and next 3 ingredients, beating until smooth. Stir in chives. Spoon potato mixture evenly into potato shells, and sprinkle evenly with cheese. Place potato shells in a small ungreased baking dish. Bake at 425° for 5 minutes or until cheese melts.

Per Serving: 154 calories; 4g fat; 25 carbs; 214mg sodium

Cheesy Potatoes Yield: 2 servings

- 2 medium baking potatoes
- 1 5-ounce package frozen broccoli in cheese sauce



Preheat oven to 400°. Scrub potatoes under faucet, dry, prick several times with a fork and place in oven directly on rack. Bake 30-45 minutes. Potatoes are fully cooked when you can stick a fork in the center and it feels soft. Prepare broccoli in cheese sauce according to package directions. Just before serving, split each potato lengthwise and pour cheese sauce in the center of each. Garnish with chopped parsley, if desired.

Per serving: 170 calories; 2g fat; 34g carbs; 246mg sodium

Kids' Favorite Potatoes Yield: 2 servings



- 2 medium baking potatoes
- 1/4 t. garlic salt
- 1/2 to 1T. Olive oil

Preheat oven to 400°. Scrub potatoes under faucet. Don't peel potatoes, but cut in half lengthwise. Sprinkle each cut half with garlic salt, and fresh ground pepper, if desired. Coat a baking dish with olive oil. Place potatoes cut-side down. Bake for 45 minutes.

Per serving: 177 calories; 5g fat; 30g carbs; 237mg sodium

Sweet Potato Boats Yield: 2 servings

- 2 sweet potatoes or yams
- 6 miniature marshmallows, or 3 cut-up large marshmallows

Scrub and dry potatoes. Prick potatoes with fork several times. Place potatoes in oven and bake for 1 hour at 375°. After baking, cut cross in potato tops; push down on four cut corners. Insert marshmallows and return to oven for 5 minutes.

Per serving: 92 calories; 0g fat; 22g carbs; 11mg sodium

Two-Ingredient Toppings For Baked Sweet Potatoes or Yams

- 1 T. butter and 1/2 t. orange juice per potato
- 1 T. butter and 1/2 T. brown sugar per potato

Sweet Potato Bake Yield: 2 Servings

- 1 small sweet potato, peeled and cubed
- 1 1/2 T. low-fat milk
- 2 T. brown sugar, divided
- 1 T. unsweetened orange juice
- Dash of salt
- 1/8 t. ground allspice
- 1 egg, separated
- Butter-flavored vegetable cooking spray
- 2 t. chopped pecans



Cook sweet potato in a medium saucepan in boiling water to cover 10 minutes or until tender. Drain. Beat sweet potato at high speed with an electric mixer until smooth. Add milk, 1 tablespoon brown sugar, orange juice, salt, allspice, and egg yolk, beat at high speed until smooth. Beat egg white at high speed with an electric mixer until stiff peaks form; fold egg white into sweet potato mixture. Spoon mixture into 2 (6-ounce) ramekins coated with cooking spray. Sprinkle remaining 1 tablespoon brown sugar and pecans evenly over potato mixture. Bake at 400° for 20 to 25 minutes or until thoroughly heated.

Per serving: 205 calories; 5g fat; 35g carbs; 126 mg sodium



Potato Soup Mix **Yield: 4 cups of Mix**

- 1 3/4 c. instant mashed potatoes
- 1 1/2 c. dried milk
- 2 T. instant chicken bullion
- 2 t. dried minced onion
- 1 t. dried parsley
- 1/4 t. ground pepper
- 1/4 t. dried thyme
- 1/8 t. tumeric
- 1 1/2 t. seasoning salt



Combine all ingredients in a bowl; mix well. Put ingredients in a 1-quart jar. Place 1/2 cup mix in soup bowl; add 1 cup boiling water; stir until smooth.

Source: AAA Recipes

Per 1/2 cup: 98 calories; 0.5g fat; 18 carbs; 392mg sodium

Vegetable Cheese Chowder **Yield: Two 1-1/4 cup servings**

- 1 10-oz. package frozen mixed vegetables
- 1/2 c. boiling water
- 2 T. margarine
- 2 T. flour
- 1/4 t. salt
- Dash of pepper
- 1 c. milk
- 1/2 c. (4 oz.) shredded sharp cheddar cheese

Add vegetables to boiling water. Cover; simmer for 10 minutes. Do not drain. Make a white sauce with margarine, flour, seasonings and milk. Add cheese; stir until melted. Add undrained vegetables. Heat; do not boil.

Per serving: 377 calories; 22g fat; 31g carbs; 730mg sodium

Spinach Pasta **Yield: 2 servings**



- 1 10-ounce package frozen creamed spinach
- 2 T. Parmesan cheese
- 4 oz. hot cooked pasta

Microwave or boil spinach packet according to package directions. Toss with freshly cooked pasta. Top with Parmesan cheese.

Per serving: 228 calories; 10g fat; 25g carbs; 734mg sodium

Fettuccine Alfredo **Yield: 2 servings**

- 4 oz. uncooked fettuccine
- 1/4 c. milk
- 1/4 c. butter **or** margarine
- 1 package (3 oz.) cream cheese, softened & cubed
- 1/3 cup grated Parmesan cheese
- White pepper, optional

Cook pasta according to package directions. In a saucepan, heat milk and butter until butter is melted. Stir in cream cheese and heat until melted. Add Parmesan cheese and pepper if desired; cook and stir until blended and heated through. Drain pasta and transfer to a serving bowl. Pour sauce over fettuccine; toss to coat.

Per serving: 579 calories; 35g fat; 47g carbs; 658mg sodium

Three-Ingredient Creamy Pasta Sauce **Yield: 2-3 servings**



- 1 7-ounce jar roasted red peppers, drained
- 1 10-ounce can chicken broth
- 1 3-ounce package cream cheese
- 4 oz. hot cooked pasta

Mix red peppers and broth in a blender. Pour into a medium saucepan. Heat to simmering over medium-low heat; whisk in cream cheese. Pour over cooked pasta.

Per serving: 322 calories; 13g fat; 21g carbs; 800mg sodium

Hasty Herb & Garlic Pasta Sauce **Yield: 2 servings**

- 2 oz. light garlic and herb spreadable Cheese (such as Alouette or Philadelphia two)
- 2 T. Parmesan cheese
- 4 oz. hot cooked pasta

Cook pasta according to package directions; drain. Immediately add 2 ounces or more of garlic and herb spreadable cheese. Top with Parmesan cheese. Serve hot or cold.



Per serving: 280 calories; 18g fat; 19g carbs; 405mg sodium

How much pasta is enough? For 2 servings you need 4 ounces per main dish, 2 ounces per side dish. Approximate weights for spaghetti and other long, skinny pasta can be measured by coin diameters. Grasp spaghetti strands tightly and look at the ends. Diameter of a dime equals 2 ounces; quarter equals 4 ounces.

Make Ahead Beef Mix**Makes 10 cups**

- 4 lb. ground beef
- 4 medium onions, chopped
- 1 c. chopped celery
- 3/4 cup chopped green pepper
- 2 15-ounce cans tomato sauce
- 1 t. garlic powder
- 2 T. Worcestershire sauce
- 1 t. pepper
- 1 t. salt, optional



Brown ground beef with onions, green pepper and celery. Drain excess fat. Add remaining ingredients, simmer 15 minutes. Pack into 1 cup freezer containers, label and freeze for up to 3 months. Thaw in refrigerator overnight to use.

Per cup: 446 calories, 21g fat

BBQ Beef Sandwiches **Yield: 2 or 3 sandwiches**

- 1 c. Make Ahead Beef mix, thawed
- 2 T. barbecue sauce

Heat beef with barbecue sauce. Serve on buns or bread slices.

Per Sandwich with bun: 358 calories; 13.5g fat.

Beef & Bean Skillet Dinner**Yield: 2 servings**

- 1 c. Make Ahead Beef Mix, thawed
- 1 c. cooked beans (pinto, kidney, or pork and beans)
- 1/4 c. ketchup or BBQ sauce **OR** 1/2 t. chili powder

Heat thawed beef mix with beans and sauce or seasonings. Serve hot with cornbread or rolls.

Per serving: 385 calories; 11g fat.

Beef-a-Roni**Yield: 2 servings**

- 1 c. Make Ahead Beef Mix, thawed
- 1/2 c. macaroni, uncooked
- 1 1/2 c. water
- 2 T. ketchup or barbecue sauce, optional

Combine water, macaroni, and beef mix in a medium saucepan. Bring to a boil, cook over medium heat for 20-25 minutes or until macaroni is tender. Stir in ketchup or barbecue sauce, if desired.

Per serving: 333 calories; 11g fat.

Beefy Rice Dinner**Yield: 2 servings**

- 1 c. Make Ahead Beef mix, thawed
- 1 c. cooked rice
- 1 small can whole kernel corn
- 1/4 c. grated cheese

Heat beef mix, rice and corn. Stir in cheese, simmer 5 minutes.

Per serving: 475 calories; 16g fat.

Chili-Macaroni Soup**Yield: 2 servings**

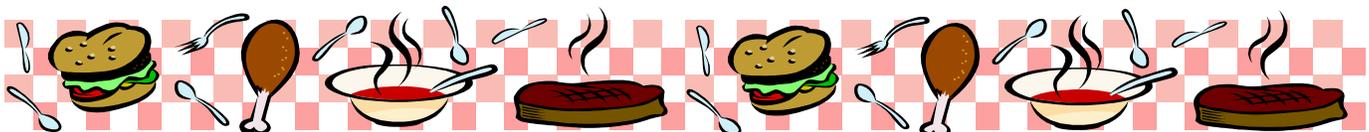
- 1 c. Make Ahead Beef Mix, thawed
- 1/2 c. red kidney beans, drained, cooked
- 1/4 c. macaroni, uncooked
- 1/2 c. water

Add ingredients together and bring to a boil; reduce heat and simmer gently, uncovered, until mixture thickens and macaroni is tender, about 15 minutes.

Per serving: 220 calories; 7g fat; 23g carbs; 340mg sodium

Helpful Hint: Remember Food Safety with Leftovers

- Discard any leftovers that have been at room temperature more than two hours. If it's not possible to arrive home within 2 hours of finishing a meal, leave the leftovers at the restaurant.
- Promptly label and date, and refrigerate or freeze leftovers in clean shallow dishes. Keep refrigerated leftovers, in general, one to four days. Reheat leftovers only one time: toss "leftover" leftovers.



Italian Spaghetti

Yield: 2 servings

- 1 c. Make Ahead Beef Mix
- 1 c. water
- 2 T. ketchup
- 1 t. parsley, dried
- 1/4 t. oregano
- Dash sweet basil
- Dash garlic powder
- 4 oz. spaghetti, cooked



Heat frozen mix, water, ketchup, parsley, oregano, basil, and garlic powder to boiling in a 1-quart saucepan. Reduce heat; cover and simmer, stirring occasionally, until mix is thawed, 5-8 minutes. Simmer uncovered until desired thickness, about 10 minutes. Serve over cooked spaghetti.

Per serving: 390 calories; 13g fat; 41g carbs; 560mg sodium

Helpful Hint: Using Leftover Meat & Poultry

- Slice leftover chicken or turkey into strips and combine with lettuce and your favorite salad dressing for a main dish meal.
- Use leftover roast for sandwiches or a hearty soup or stew.
- Heat leftover steak with vegetables and serve it in a "wrap" (tortilla).
- Use leftover chili to top baked potatoes.
- Hard cooked eggs can be used for egg salad sandwiches (just add tarter sauce), deviled eggs or sliced in a main dish salad.
- Add barbecue sauce to leftover roast beef to make sloppy joes or leftover pork roast for "barbecue".

Beef and Bean Enchiladas

Yield: 2 servings

- 1 c. Make Ahead Beef mix
- 6 ounces salsa
- 1/2 t. cumin powder
- 1/8 t. garlic powder
- 6 ounces refried beans
- 2 ounces cheddar cheese, low-fat, shredded
- 4 tortillas, 7 inch



Stir salsa, cumin, and garlic powder into the Make Ahead Beef Mix until heated thoroughly. Meanwhile, spread 2-3 tablespoons refried beans over each tortilla. Sprinkle each with cheddar cheese and Monterey jack and put in baking dish. Top with any remaining beef mixture and cheese. Bake, uncovered, at 350° F. for 20 minutes or until heated through.

Per serving: 320 calories; 15g fat; 28g carbs; 740mg sodium

Teriyaki Beef Stir-Fry

Yield: 2 servings

- 1/2 pound beef top round, cut in thin strips
- 1 1/2 T. teriyaki sauce
- 1 T. oil
- 1 t. cornstarch
- 1 red, yellow or green bell pepper, diced 1/2-inch pieces
- 3 green onions, cut in 2-inch pieces

Combine teriyaki sauce and cornstarch. Add beef strips and marinate 30 minutes. Stir-fry bell peppers and green onions in oil about 3 minutes; remove from pan. Stir-fry beef 2-3 minutes. Return vegetables to pan; cook until hot.

Per serving: 306 calories; 16g fat; 592mg sodium

Easy London Broil

Yield: 2 servings

- 1/2 pound top round steak
- 1/4 cup reduced-calorie Italian or French salad dressing

Marinate steak in salad dressing overnight, turning steak occasionally. Broil about 2 inches from heat, allowing about 7 minutes per side. To serve, slice into thin slices cutting across the grain on the diagonal from top to bottom of the steak.

Per serving: 236 calories; 10g fat; 190mg sodium

ABC Stew

Yield: 2 servings

- 1/2 pound ground hamburger
- 1 10-ounce can alphabet soup

In a medium saucepan, brown hamburger, then drain fat. Add alphabet soup; don't add water. Heat until soup is warm.

Per serving: 258 calories; 12g fat; 12g carbs; 1041mg sodium

Helpful Hint: Make the best use of time...

- Focus on one portion of the meal: one-pot meals (i.e. soups, stews, casseroles).
- Eat a heartier breakfast and lunch and a lighter evening meal.
- Keep a shopping list on your refrigerator and write down what you need.
- Keep peanut butter, crackers, yogurt, cereal, milk on hand.



Crockpot Simple Stew **Yield: 4 servings**

- 1 package (24 oz.) frozen stew vegetables
- 1 pound lean stewing beef, cut into 1 1/2 inch cubes
- 1 can (10 3/4 oz.) condensed tomato soup
- 1/2 c. water
- 2 T. dried onion flakes
- 1/4 t. pepper
- 1 bay leaf



Place vegetables in bottom of a crock pot. Add meat. In separate bowl, mix remaining ingredients and pour over meat and vegetables. Cover and cook on low setting for 12 to 14 hours (on high setting for 3 to 4 hours). This stew freezes well.

Per serving: 371 calories; 16g fat; 813mg sodium

Crock Pot Chicken and Rice Casserole **Yield: 2 servings**

- 1 can (10 3/4 oz.) low-sodium condensed cream of Celery soup
- 1 can (2 oz.) sliced mushrooms, undrained
- 1/2 cup raw long-grain converted rice
- 2 chicken breasts, halved, skinned and boned
- 1 T. dry onion soup mix

Combine soup, mushrooms and rice in greased crock pot. Stir well. Lay chicken breasts on top of mixture and sprinkle with onion soup mix. Cover and cook on low setting for 7 to 9 hours.

Per serving: 447 calories; 10g fat; 1435mg sodium

Crockpot Pork Chops And Creamy Rice **Yield: 2 servings**

- 2 boneless loin pork chops
- 1 10 oz. can chicken-rice soup



Spray medium skillet with a non-stick vegetable spray. If desired, season pork chops with salt and pepper. Brown pork chops on both sides over medium high heat; remove chops and place in a crock pot. Pour chicken-rice soup over the pork chops and cook on low 6 to 8 hours.

Per serving: 186 calories; 7g fat; 3g carbs; 432mg sodium

Easy Chicken Dinner **Yield: 2 servings**

- 2 chicken breast halves, skin removed
- 1 cup vegetable juice
- 1 1/2 t. chili powder
- 1/4 t. garlic powder
- 1 c. corn, frozen, unthawed
- 1 medium onion, sliced
- 1 16 oz. can whole tomatoes, undrained (or two large fresh tomatoes, quartered)

Place all ingredients in baking dish. Bake, covered, at 375° for 45—50 minutes, or until done (juices from chicken are clear when it is pierced deeply by fork).

Per serving: 279 calories; 3g fat; 910mg sodium

Chicken in Cola for 2 **Yield: 2 servings**

- 1 c. tomato ketchup
- 1 c. cola, diet
- 1 c. cut up chicken or your favorite Pieces, skin removed
- Sat and Pepper to taste



Season chicken to taste and place in skillet. Combine tomato ketchup with cola and pour over chicken. Bring mixture to a boil. Simmer until chicken is done (internal temperature is 180° on a meat thermometer) The remaining liquid makes good gravy for mashed potatoes.

Per serving: 240 calories; 5g fat; 33g carbs; 78mg sodium

Classic Chicken & Broccoli **Yield: 2 servings**

Cook a 10 oz. package of frozen broccoli. Drain and place broccoli in a lightly buttered pie plate. Sprinkle with 1/2 cup shredded cheese. In sauce pan, melt 1 teaspoon margarine. Stir in 1 tablespoon flour and blend well. Stir in:

- 3/4 c. chicken broth
- 1/4 c milk
- Pepper to taste

Cook and stir until thickened. Place chicken pieces, skin side down, on top of broccoli. Pour sauce over chicken. Bake at 350° for 30 minutes. Turn chicken over and sprinkle lightly with parmesan cheese if desired. Bake another 30 minutes. A fruit salad with some hot muffins would round out this menu. If you're feeding a hungry crowd, a baked potato could also be added.

Per serving: 498 calories; 19.5g fat; 4.5g fiber; 1219mg sodium

Chicken Surprise Packet **Yield: 1 serving**

1/2 chicken breast, without skin
2 oz. fresh mushrooms
1/2 c. sliced carrots or baby carrots
1/2 onion, quartered
1/4 red and green bell pepper, sliced
1/2 cup potatoes, diced with skin, optional
1/4 tsp. thyme
1/8 tsp. salt
Dash black pepper or lemon pepper to taste

Pound chicken breast to 1/2-inch thickness and place on a piece of heavy-duty foil (12-inches x 12-inches). Alternate mushrooms, carrots, onions, pepper, and potatoes over the chicken. Sprinkle with seasonings as desired. Fold foil around chicken and vegetables and seal tightly. Place on a grill with very low heat for 30 minutes or place on a baking sheet and cook in an oven at 375° for 30 minutes or until juices run clear.

Per serving: 210 calories; 3g fat; 17g carbs; 390mg sodium

Sausage & Vegetable Skillet **Yield: 2 servings**

1/2 pound fresh Italian sausage, **OR** Kelbasa cut into 1/2-inch slices
1 T. canola **or** vegetable oil
1 c. cubed yellow summer squash (3/4-inch pieces)
1/2 c. chopped green onions
2 garlic cloves, minced
1-1/2 c. chopped fresh tomatoes
2 t. Worcestershire sauce
1/8 t. cayenne pepper



In a medium skillet, cook sausage in oil over medium heat until no longer pink; drain. Add the squash, onions and garlic; cook for 2 minutes. Stir in the tomatoes, Worcestershire sauce and cayenne pepper; heat through.

Per serving: 309 calories; 18g fat; 16g carbs; 776mg sodium

Chicken & Dumplings **Yield: 2 servings**

2 10-inch flour tortillas cut into 1-inch strips
3 c. low sodium chicken broth or bouillon
1/2 c. cooked chicken or turkey

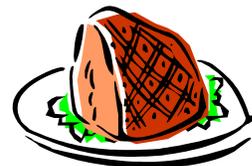
Heat broth or bouillon and chicken until boiling. Drop in tortilla strips, separating them so they do not stick together. Cover and simmer until dumplings are tender (5-10 minutes).

Per serving: Calories 250; 7g fat; 30g carbs; 541mg sodium

Ham Loaf **Yield: 2 servings**

1 egg
1/4 c. milk
3 T. crushed saltines
1/4 pound ground fully cooked ham
1/4 pound ground pork

GLAZE
2 T. brown sugar
2 T. water
1 T. white vinegar
3/4 t. prepared mustard



HORSERADISH SAUCE
1/4 c mayonnaise
3/4 t. prepared horseradish
3 T. whipped topping

In a bowl, combine the egg, milk and cracker crumbs. Crumble meat over mixture and mix well. Pat into a greased 5 3/4-inch x 3-inch x 2-inch loaf pan or shape into loaf and place in a shallow baking pan. In a small saucepan, bring glaze ingredients to a boil; pour over loaf. Bake at 350° for 35-40 minutes or until a meat thermometer reads 160°, basting occasionally. Meanwhile, for sauce, place mayonnaise and horseradish in a bowl. Fold in whipped topping. Serve with ham loaf.

Per serving: 373 calories; 16g fat; 24g carbs; 819mg sodium

Parmesan Sage Pork Chops **Yield: 2 servings**

2 T. all-purpose flour
1/4 t. salt
Dash pepper
3/4 c. soft bread crumbs
1/2 c. grated Parmesan cheese
1-1/2 t. rubbed sage
1/2 t. grated lemon peel
1 egg, lightly beaten
2 bone-in pork loin chops (about 6 oz. each)
1 T. olive **or** vegetable oil
1 T. butter **or** margarine

In a shallow dish, combine the flour, salt and pepper. In another shallow dish, combine the bread crumbs, parmesan cheese, sage and lemon peel. Place egg in shallow bowl. Coat pork chops with flour mixture, dip in egg, then coat with bread crumb mixture. Let stand for 5 minutes. In a skillet, brown chops in oil and butter for 2 minutes on each side. Transfer to a greased 11 x 7 x 2-inch baking dish. Bake, uncovered at 425° for 10-15 minutes or until juices run clear and a meat thermometer reads 160°.

Per serving: 483 calories; 28g fat; 15g carbs; 816mg sodium

Honey Mustard Chops **Yield: 2 servings**

- 1/2 pound boneless pork loin chops
- 2 t. honey
- 2 t. Dijon mustard
- 3 T. orange juice

Mix honey, mustard and orange juice in a covered baking dish. Marinate chops in mixture in refrigerator for 1 to 24 hours. Bake covered at 350° for 30 minutes or until done.

Per serving: 336 calories; 16g fat; 148mg sodium

Golden Pork Chops
OR Chicken **Yield: 2 servings**

- 2 boneless loin pork chops or 2 chicken breasts
- 1 10-oz. can golden mushroom soup (cream of mushroom soup may be substituted)
- 1 T. flour, optional

Spray medium skillet with non-stick vegetable spray. If using, dust chops or chicken with flour, and season with salt and pepper. Brown pork chops or chicken on both sides over medium high heat; remove chops and set aside. Remove oil, if any. In same skillet, combine soup and 1/2 cup water. Return chops or chicken to skillet. Reduce heat; cover and simmer 45 minutes, stirring occasionally.



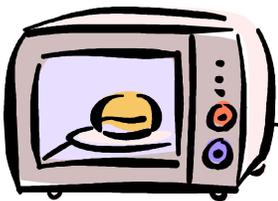
Variation: Chops or chicken can be browned then transferred with soup mixture to oven. Bake at 350° for 45 minutes to one hour.

Per serving: 378 calories; 15g fat; 11g carbs; 1151mg sodium

Microwave
Sweet and Sour Pork **Yield: 2 servings**

- 6 oz. pork tenderloin, cut into 1/2- inch pieces
- 2 t. margarine **or** butter
- 1 can (8-1/4 oz.) pineapple chunks in syrup, drained, (reserve 1/2 cup syrup)
- 2 t. cornstarch

- 1/4 c. ketchup
- 2 t. sugar
- 1/8 t. red pepper sauce
- 1/2 medium green pepper, cut into 1/8-inch strips
- 6 cherry tomatoes, cut into halves
- 1-1/2 cups hot cooked rice



Mix pork and margarine in 1-qt. casserole. Cover tightly and microwave on medium (50%), stirring every 2 minutes, until pork is no longer pink. (4-6 minutes). Add enough water to reserved pineapple syrup to measure 2/3 cup, stir in cornstarch. Stir syrup mixture, ketchup, sugar, soy sauce and pepper sauce into pork mixture. Cover tightly and microwave stirring every 2 minutes until mixture thickens and boils and pork is tender (4-8 minutes). Cut pineapple chunks into halves. Stir pineapple, green pepper, and tomatoes into pork mixture. Cover and microwave until hot, 1-3 minutes. Serve over hot rice.

Per serving: 379 calories; 9g fat; 52g carbs; 401mg sodium

Southern Skillet
BBQ Pork **Yield: 2 servings**

- 2 boneless pork chops, 3/8-inch thick
- 2 T. bottled barbecue sauce
- 2 T. bottled reduced-fat Italian dressing
- 1/2 t. chili powder



Stir together Italian dressing, barbecue sauce and chili powder. Pour over pork chops in shallow dish or plastic bag. Marinate from 30 minutes to overnight in the refrigerator. Heat nonstick skillet over medium-high heat; drain pork chops and place in skillet. Brown chops on both sides; add remaining marinade. Cover pan and simmer over medium heat for 4-5 minutes. (NOTE: It's OK to add the remaining marinade as it's simmered 4-5 minutes over medium heat).

Per serving: 194 calories; 8g fat; 312mg sodium

Peppered Pork Chops **Yield: 2 servings**

- 2 boneless pork loin chops, about 3/4-inch thick
- 1 t. coarsely ground black pepper
- 1 t. vegetable oil
- 1/4 t. dried thyme
- 1 t. Worcestershire sauce

Coat chops with pepper and thyme. Heat oil in large heavy skillet over medium-high heat. Add chops, cook to brown one side (2-3 minutes); turn to brown other side. Remove chops from pan, keep warm. Add Worcestershire sauce to pan, stirring constantly to remove any pan juices and brown bits on bottom of skillet. Pour accumulated juices over chops and serve.

Per serving: 160 calories; 7g fat; 70mg sodium

Fish OR Chicken in Sauce

Yield: 2 servings

1/2 pound fish fillets **OR** chicken pieces
1/2 cup of one of the following: Any salsa, Lea & Perrins White Wine Worcestershire Sauce, Teriyaki sauce or French dressing; bottled barbecue sauce (for chicken only)



Oven method: Preheat oven to 450°. Bake fish uncovered, for 4-7 minutes per 1/2 inch thickness. Bake chicken for 20 minutes covered. Drain liquid. Pour sauce over top. Return to oven for 2 to 5 minutes.

Microwave method: Place fish in microwave-safe dish and cover with glass lid. Cook on high for 4-6 minutes. Rotate 1/4 turn halfway through cooking. Drain liquid. Spoon sauce over top. Cook for 1-2 additional minutes.

Zesty Lemon Fish

Yield: 2 servings

1/2 pound fish fillets, whitefish (cod, halibut)
2 T. lemon juice
1/2 small onion
1/2 t. canola oil
3/4 t. lemon pepper, optional
1/2 t. dried parsley
Dash paprika, optional

Separate fish into two serving size pieces, placing on an ungreased baking dish. Top with onion slices. Drizzle lemon juice and oil evenly over fish. Sprinkle lemon pepper and parsley and dust with paprika if desired. Cover and let stand for 5 minutes. Bake at 350° for 20 minutes or until fish flakes easily with a fork. May cook, covered, in microwave for 7-8 minutes or until fish flakes easily.

Per serving: 360 calories; 16g fat; 10g carbs; 360mg sodium

Pesto Salmon

Yield: 2 servings

3/4 pound salmon steaks or filets
1/2 cup pesto



Preheat oven to 350°. Spray baking dish with non-stick vegetable spray. Place 2 pieces of salmon in center of dish and cover each piece with half the pesto. Bake for 20 minutes or until done.

Per serving: 585 calories; 40g fat; 4g carbs; 560mg sodium

Salmon Loaf

Yield: 2 servings

1 egg, lightly beaten
1 c. cubed day-old bread (1/2-inch cubes) crusts removed
1 can (7 1/2 oz.) salmon, drained, bones and skin removed
2 T. milk
1 T. butter **OR** margarine, melted
2-1/4 t. minced fresh parsley
1/2 t. lemon juice



In a large bowl, combine all the ingredients. Press into a greased 5 3/4 x 3 x 2-inch loaf pan. Bake, uncovered, at 375° for 25-30 minutes or until lightly browned and set.

Per serving: 356 calories; 17g fat; 22g carbs; 776mg sodium

Perfect Tuna Casserole

Yield: 4 cups

1 can cream of celery, chicken or mushroom soup
1/4 c. low-fat milk
1 can tuna, drained/flaked
2 hard cooked eggs
1 c. peas
1/2 c. potato chips



In a 1-quart casserole, blend soup and milk, stir in tuna, eggs and peas. Bake at 350° for 25 minutes or until hot; stir. Top with slightly crushed potato chips; bake 5 minutes more.

Per cup: 191 calories; 6g fat; 13g carbs; 493mg sodium

Helpful Hints: Make Eating Fun...

- Create an "atmosphere" for meals. Light some candles, turn off the TV, play some music.
- Eat outside on the deck or spread a blanket on the floor for an indoor picnic.
- Spice up your meals with different herbs.
- Explore foods of other cultures.
- Make extra and invite neighbors or family members.

Quick Baked Apple

Yield: 1 serving

1 apple
2 T. brown sugar
1/4 t. cinnamon
Margarine, small amount (1/2 T.)



Wash and core one apple. Put in small casserole dish and fill apple center with brown sugar and cinnamon. Top with a pat of margarine. Microwave 5 minutes or until tender.

Per serving: 150 calories; 0.5g fat; 39g carbs; 5mg sodium

Marshmallow Fudge Topping **Yield: 1/3 cup**

- 1/4 c. packed brown sugar
- 2 T. milk
- 1 T. baking cocoa
- 1 t. butter **OR** margarine
- 1/4 t. vanilla extract
- 1/4 c. miniature marshmallows
- Ice cream



In a small saucepan, combine the brown sugar, milk and cocoa. Bring to a boil, stirring constantly. Cook and stir for 5 minutes. Remove from the heat; stir in butter and vanilla. Cool for 5 minutes. Stir in marshmallows. Serve warm over ice cream.

Per Tablespoon: 60 calories; 1g fat; 13g carbs; 9mg sodium

Peanut Butter Parfaits **Yield: 2 servings**

- 1/2 c. packed light brown sugar
- 3 T. milk
- 2 T. light corn syrup
- 2 t. butter **OR** margarine
- 2 T. creamy peanut butter
- 1 c. Vanilla ice cream
- 1/4 c. peanuts



In a saucepan, combine the brown sugar, milk, corn syrup and butter. Cook and stir over medium heat until sugar is dissolved and mixture is smooth, about 4 minutes. Remove from the heat; stir in peanut butter until smooth. Cool to room temperature. Spoon half into two parfait glasses; top with ice cream. Repeat layers. Sprinkle with peanuts.

Per serving: 700 calories; 32g fat; 95g carbs; 459mg sodium

Instant Apple Pie **Yield: 1 pie**

- 1 flour tortilla
- 1/4 c. canned apple pie filling

Place filling down the center of the tortilla; roll up jelly-roll fashion. Heat on high 30 seconds to 1 minute in a microwave oven, or bake in an oven for 5 minutes at 350°.



Per serving: 223 calories; 3.5g fat; 44g carbs; 262mg sodium

Chocolate Pudding Cake **Yield: 2 servings**

- 1/3 c. all-purpose flour
- 1/2 t. baking powder
- Dash of salt
- 1/4 c. sugar
- 1 T. unsweetened cocoa
- 3 1/2 T. skim milk
- 2 t. margarine, melted
- 1/2 t. vanilla extract
- Vegetable cooking spray
- 1 T. sugar
- 1 1/2 t. unsweetened cocoa
- 1/4 c. hot water
- 1/2 c. vanilla non-fat ice cream



Combine first 5 ingredients in a medium bowl, stirring well. Stir in milk, margarine, and vanilla; stir with a wire whisk until blended. Pour batter into a 1-quart baking dish coated with cooking spray. Combine 1 tablespoon sugar and 1 1/2 teaspoons cocoa; sprinkle evenly over batter. Pour 1/4 cup hot water over sugar mixture. Bake at 350° for 18 minutes. Remove from oven and let stand 10 minutes. Spoon cake evenly onto 2 dessert plates. Top each serving with 1/4 cup ice cream.

Per Serving: 315 calories; 5g fat; 62g carbs; 155mg sodium

Applesauce Oatmeal Muffins **Yield: 4 muffins**

- 1/2 c. all-purpose flour
- 1 t. baking powder
- 1/8 t. salt
- 1/4 c. quick-cooking oats, uncooked
- 3 T. brown sugar
- 1/4 t. ground cinnamon
- 1/4 cup skim milk
- 2 T. unsweetened applesauce
- 1 1/2 t. vegetable oil
- 1 egg white
- Vegetable cooking spray



Combine first 6 ingredients in a medium bowl; make a well in the center of the mixture. Combine milk, applesauce, oil and egg white; add to dry ingredients, stirring just until dry ingredients are moistened. Spoon batter into 4 muffin pan cups coated with cooking spray, filling each three-fourths full. Bake at 400° for 18 to 20 minutes or until golden. Remove from pan immediately.

Per Muffin: 132 calories; 2g fat; 24g carbs; 98mg sodium

Three Ingredient Peanut Butter Cookies

Yield: 6 cookies

- 3/4 c. chunky peanut butter
- 1/2 c. sugar
- 1 unbeaten egg white

Preheat oven to 375°. Combine peanut butter and sugar. Add egg white and blend. Roll into walnut-sized balls and place on ungreased cookie sheet. Flatten with a fork. Bake for 10-12 minutes.



Per cookie: 255 calories; 16g fat; 23g carbs; 14mg sodium

Fruit Crisp Variations

Yield: 2-3 servings

APPLE

- 2 c. apple slices
- 1/4 c. sugar
- 1 T. flour
- 1/4 t. cinnamon



APRICOT

- 1 c. apricot slices
- 1/3 c. sugar
- 1 T. flour



PEACH

- 2 c. peach slices
- 1/3 c. sugar
- 1 T. flour
- 1/4 t. cinnamon



Combine fruit with sugar, flour and spice. Spoon mixture into lightly oiled small baking dish. Sprinkle with crumb topping. Bake at 400° for 30-40 minutes.

Crumb Topping

Yield: 2 servings

- 1/4 c. flour
- 2 T. brown sugar
- 2 T. margarine, softened
- 2 T. oatmeal or 1 envelope instant oatmeal

Combine flour and sugar, cut in margarine. Add oatmeal and mix. Sprinkle topping over fruit mixture.



Per serving with Fruit: 202 calories; 6g fat; 37g carbs; 70mg sodium

Perfect Bread Pudding

Yield: 2-3 servings

- 1 slice bread
- Margarine
- 1 T. raisins
- 1 c. milk
- 1 egg, beaten
- 1/4 c. brown sugar
- 1/4 t. cinnamon
- 1/2 t. vanilla
- 1/8 t. salt



Toast bread and spread with margarine. Cut into cubes and place in a lightly oiled small baking dish. Sprinkle with raisins. In a medium bowl combine milk, egg, brown sugar, cinnamon, vanilla and salt; mix with a wire whip. Pour over bread cubes. Place dish into a shallow pan containing 1 inch hot water. Bake at 350° for 25-35 minutes or until a knife inserted in center comes out clean.

Per serving: 176 calories; 5g fat; 28g carbs; 223mg sodium

Sources and Special Thanks To...

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Honey Balsamic Sheet Pan Chicken or Pork and Roasted Veggies

- ¼ cup balsamic vinegar
- 6 Tablespoons Honey
- 2 to 3 Tablespoons olive oil divided
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- ¾ teaspoon dried rosemary
- ½ teaspoon red chili flakes
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper
- 4 boneless and skinned chicken breasts or 4 boneless pork chops
- 1 ½ pounds baby red or Yukon gold potatoes – quartered
- 1 pint cherry tomatoes
- 1 pound green beans or fresh asparagus or Brussel sprouts
- ½ package pearl onions – peeled or one medium onion quartered

Preheat oven to 425 degrees. In a medium bowl combine the vinegar, honey and 1 T of the olive oil. Add the garlic, thyme, rosemary, chili flakes, salt and pepper and stir well to mix. Place chicken or pork chops in a zip plastic bag and pour the marinade over the top. Seal and toss to evenly coat. Marinate at least 30 minutes.

While the meat is marinating, place the potatoes and tomatoes on a foil covered sheet pan. Drizzle with the remaining olive oil, season with salt and pepper and stir to coat. Bake for 25 minutes. Remove the sheet pan from the oven and toss the green beans or asparagus and the onions with the potatoes and tomatoes. Remove the meat from the bag and lay on top of the vegetables. Pour the marinade from the bag over the top of the meat and vegetables. Return the pan to the oven and bake for 30 to 40 minutes periodically basting the meat and vegetables with the pan juices. Internal temperature of the meat should be 165 degrees. Remove from oven and allow to rest for 5 to 10 minutes. Spoon the pan juices over the top of the meat just before serving.

Apple Crisp (2 servings)

3 medium cooking apples (for example, McIntosh, Spy, or Spartan apples)

2 Tablespoons water

1/2 teaspoon ground cinnamon

2 Tablespoons regular margarine

1/3 cup packed brown sugar

3 Tablespoons all-purpose flour

3 Tablespoons quick-cooking rolled oats

Heat oven to 350°F. Spray a 1-quart casserole dish with non-fat cooking spray.

Peel and core the apples; cut apples into thin slices and place in prepared casserole dish. Drizzle with water and sprinkle with cinnamon.

In a bowl, combine margarine, sugar, flour, and rolled oats, first with a fork, then with fingers, to make a crumbly mixture. Sprinkle over apples and pat down lightly.

Bake about 35 minutes or until apples are tender. (Time depends on the kind of apples you use.)

To Microwave:

Prepare as above, then microwave at high, uncovered, for 10 minutes, turning dish a half turn after the first 5 minutes. Let stand 5 minutes and serve; or chill and serve cold.

This recipe from: Margo Oliver's Cookbook for Seniors, Self-Counsel Press, Canada, 1989