

Healthful Eating for One or Two

Are you a young adult starting out? An “empty nester”? A middle-aged older household of one or two? If so, you’re not alone; one- and two-person households are increasing. A common dilemma is how to prepare and enjoy healthful meals for just one or two, and make it worth the time, effort and cost.

Shopping “Small”

When you shop for one or two, do you tend to “overbuy” and then find that the extras go to waste? This is a common challenge. Shopping for small households often takes restraint and planning, along with small scale, shopping savvy.

- ◆ **Start with a list.** That’s always good shopping advice, but it’s especially important if you’re just setting up a small household or becoming an empty nester.
- ◆ **Look for small packages.** More and more companies package food products in single or double servings for small households and individual meals and snacks. For one- or two-person households, buying food in small containers can mean more food variety. Instead of trying to use up one bigger package, enjoy the variety of several smaller ones.
- ◆ **Custom shop.** Buy from bulk bins, produce displays, bakery or deli counters, farmers’ markets or wherever you can choose the amount you need.
- ◆ **Get acquainted.** Meat-, produce- and seafood-counter staff, among others, usually can package the amount you want.
- ◆ **Leverage convenience.** Instead of buying many individual ingredients, build menus with the convenience of mixed and ready-to-eat foods: salad mixes, stir-fry mixes, herb blends, sauces and more. They’re not too costly in small amounts.
- ◆ **Find a shopping buddy.** If economy-sized packages or “buy one get one free” offers prove to be better deals, split them with a friend.
- ◆ **Repackage at home.** Stock up on sealable plastic bags, freezer wrap and plastic containers with tight seals. Repackage in right sizes for you. Then label and freeze meat, poultry, fish and leftovers.



Orange Pork Stir-Fry for 2

Right-Sized Cooking

Does cooking a healthful meal for one or two seem like too much effort? And how do you right size your favorite recipes, meant for serving four or more? With a shift in mindset, “right-sized” food prep is as quick and easy as cooking for a larger household.

- ◆ **Get a cookbook for you.** Look for a cookbook or magazine that offers quick and easy recipes meant for one or two. Then you won’t have to adjust recipes designed for four or more servings.
- ◆ **Equip for “small scale” cooking.** Choose smaller kitchen equipment (pots, pans, bowls) and appliances (food processor, coffee maker, toaster). They take up less kitchen space, too.

- ◆ **Cook once; eat twice.** Prepare enough for more than one meal. Rather than indulging in “second helpings” to clean the pot, package and properly store extra amounts for a later meal. For example, prepare one big tuna casserole, lasagna or meatloaf, then divide it into several smaller pans. Or grill two chicken breasts: one for dinner tonight topped with salsa or chutney, one for tomorrow, sliced for a chicken stir-fry.
- ◆ **Plan speed-scratch meals.** Cut your “food prep” time by using some convenience foods, such as canned tuna, baby carrots, frozen vegetable mixes or pre-washed salad greens.

Three Easy Speed-Scratch Meals

- ◆ **Salad for dinner:** Build a hearty salad with packaged pre-washed mixed greens, mandarin oranges, sliced cooked chicken breast, pecans and bottled vinaigrette dressing. Enjoy with crusty, whole-grain bread and low-fat milk.
- ◆ **Shrimp Primavera:** Top cooked whole-wheat pasta with bottled pasta sauce, steamed vegetables and cooked shrimp (from the seafood counter). Sprinkle with packaged mozzarella shreds. Add a small green salad and dinner is served.
- ◆ **Mac ‘n Cheese ‘n More!** Add salsa to prepared boxed macaroni and cheese. Top with a broiled beef kebob from the meat counter. End with fresh fruit.

Table for One ... or Two

For many people, eating alone isn't as pleasurable as sharing the family table. Yet enjoying the pleasure of flavorful food with its good nutrition adds to the quality of life and, usually, to more healthful eating.

♦ **Make mealtime pleasant**—even when you eat alone.

Serve food on a dish, not in the preparation utensil. Take a few moments to relax and enjoy food, rather than rushing a meal or eating it on the run. Turn on some music you enjoy.

♦ **Take turns with others in your situation.** Make a standing date to cook and eat with friends—at your home, theirs or at a restaurant. Use these opportunities to experiment with new foods, flavors and cooking techniques.

These delicious, easy-to-prepare, healthy living recipes are designed for two servings.

Orange Pork Stir-Fry for 2

Prep: 10 minutes

Total: 25 min.

- 1/4 cup KRAFT LIGHT DONE RIGHT! House Italian Reduced Fat Dressing
- 1/2 lb. pork tenderloin, cut into strips
- 1 cup *each* broccoli florets, red pepper strips, sliced carrots
- 1 cup instant brown rice, uncooked
- 2 tsp. lite soy sauce
- 1 medium navel orange, sectioned
- 2 Tbsp. chopped PLANTERS Lightly Salted Cashew Halves with Pieces, toasted

HEAT dressing in large skillet on medium-high heat. Add pork and vegetables. Cook and stir 8 to 10 min. or until pork is cooked through (160°F) and vegetables are crisp-tender.

MEANWHILE, cook rice as directed on package.

ADD soy sauce and orange sections to pork mixture; stir. Serve over rice, sprinkled with cashews.

Makes 2 servings, 2-1/2 cups each.

Substitute: Substitute boneless chicken for the pork.

Nutrition Bonus: Stir up this colorful low-calorie, low-fat meal. This nutritious combination provides veggies, whole grain and protein. The carrots are an excellent source of vitamin A and the sweet red peppers provide vitamin C.

Nutrition Information Per Serving: 480 calories, 13g total fat, 3g saturated fat, 65mg cholesterol, 560mg sodium, 58g carbohydrate, 8g dietary fiber, 14g sugars, 32g protein, 210%DV vitamin A, 130%DV vitamin C, 10%DV calcium, 20%DV iron.

Exchange: 3 Starch, 2 Vegetable, 3 Meat (L), 1/2 Fat

Quick & Easy Italian Chicken & Pasta

Prep: 15 minutes

Cook: 35 minutes

- 1-1/2 cups bite-size whole wheat pasta, uncooked
- 1/4 cup KRAFT LIGHT DONE RIGHT! House Italian Reduced Fat Dressing, divided
- 1/2 lb. boneless skinless chicken breasts, cut into strips
- 1/2 cup lower-sodium chicken broth
- 1 cup *each* small broccoli florets and sliced mushrooms
- 1 small red pepper, cut into strips
- 1/2 cup thinly sliced carrots
- 1/2 tsp. Italian seasoning
- 2 Tbsp. KRAFT 100% Grated Parmesan Cheese

COOK pasta as directed on package.

MEANWHILE, heat 2 Tbsp. of the dressing in large nonstick skillet on medium-high heat. Add chicken; cook and stir 1 min. Add broth and vegetables. Bring to boil. Reduce heat to low; cover. Simmer 5 min.

DRAIN pasta; add to chicken mixture along with the remaining 2 Tbsp. dressing and the Italian seasoning. Simmer 2 to 3 min. Sprinkle with cheese.

Makes 2 servings, about 2-1/2 cups each.

Nutrition Bonus: Enjoy this low-calorie, low-fat meal that provides veggies, whole grain and protein in one skillet. The carrots supply vitamin A and the red peppers are a good source of vitamin C.

Nutrition Information Per Serving: 490 calories, 10g total fat, 3g saturated fat, 75mg cholesterol, 650mg sodium, 64g carbohydrate, 9g dietary fiber, 9g sugars, 41g protein, 120%DV vitamin A, 90%DV vitamin C, 20%DV calcium, 25%DV iron.

Exchange: 3-1/2 Starch, 2 Vegetable, 4 Meat (VL), 1/2 Fat

Dietary Exchanges based on *Exchange Lists for Meal Planning* © 2003 by the American Diabetes Association and the American Dietetic Association