

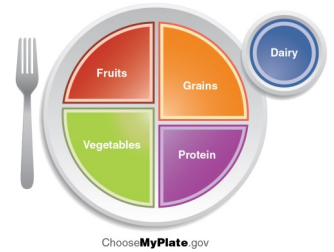
# SENIOR NUTRITION NEWS

*Eat Smart Idaho*

October 2022

## Tips for Cooking & Shopping for One or Two

Cooking & shopping for one or two can be a challenge. Having a plan will keep you from getting stuck in a rut, help you eat a variety of foods each week to get the nutrients your body needs to be healthy, and keep eating fun. As part of your plan:



- Choose food from all the food groups on MyPlate.
- Take advantage of quality convenience products packaged for one or two.
- Repackage, label, and freeze extra food into single servings.
- Use cooking equipment that allows for cooking smaller amounts and easier cleanup. For example, try a toaster oven to broil, roast, or heat single servings of meat or use an air-fryer for healthier foods that taste delicious.
- Use the grocery store deli to buy foods in the amounts you can use. For example, buy a quarter pound of roasted poultry or two scoops of bean salad.
- Cook once, eat twice. Label and freeze in heat-and-eat individual portions.

### Shopping Tips:

- **Fruits & Vegetables:**
  - Buy produce by the piece or in a mixed bag. For a week choose 3-5 bananas and a bag of grapes (they are great frozen), 2 oranges and apples, add a bunch of carrots, a couple onions, a zucchini, and some greens.
  - Add individual serving sizes of canned and frozen items.
- **Proteins:**
  - Select meat and fish from the meat counter to get it in the appropriate amount. For example, choose a pork chop, chicken breast, or salmon filet.
  - Add one-half dozen eggs for the week.
- **Grains:**
  - Buy smaller sized servings of rice, pasta, and cereals and enjoy the variety of smaller packages.
  - Buy bread and freeze half for next week!
- **Dairy:**
  - Choose single-serving cheese sticks and individual yogurts.
  - Purchase low-fat milk in a container size that you can use before it expires.



## Omelet in a Mug

2 eggs  
1 Tbsp low fat shredded cheddar cheese  
2 Tbsp diced onion

1 Tbsp fat-free milk  
2 Tbsp diced green pepper  
pepper to taste

1. In a microwave safe mug, crack and beat the eggs with a fork.
2. Add milk, cheese, pepper, and onion to the egg mixture. Mix well with a fork.
3. Microwave for 1 minute and 30 seconds.
4. Stir omelet. If watery, continue to microwave for 30 seconds.



## Macaroni & Cheese in a Mug

$\frac{1}{3}$  cup whole wheat elbow macaroni  
 $\frac{1}{3}$  cup shredded low fat cheddar cheese  
 $\frac{1}{8}$  teaspoon pepper

$\frac{2}{3}$  cup water  
1 Tbsp parmesan cheese  
2 teaspoons fat-free milk

1. In a large mug, mix whole grain macaroni with water. Microwave for 6 minutes, stirring after 4 minutes. Add more water if macaroni is too dry.
2. Remove from microwave. There may be a small amount of thick pasta water in the bottom of the mug. Leave the water.
3. Add cheddar cheese, parmesan and pepper. Microwave for 45 seconds.
4. Add milk. Stir well and serve.

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

Panhandle: Benewah, Bonner, Boundary,  
Kootenai & Shoshone Counties      208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,  
Lewis, & Nez Perce Counties      208-883-2267



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