

Set the table and light a candle for yourself! Single-person households are on the rise and if you find yourself in this situation, do not despair. Grocery stores are taking notice and are catering more to single-person households. Every department offers plenty of choices for individual purchases.

MAXIMIZE YOUR MEALS AND SAVE MONEY:

- Make a shopping list, plan out your menus for the week.
- Look for any sale items or coupons to save money.
- Try to buy only the amount of food you will eat in a week.
- Repackage, label, and freeze extra food in single servings.
- Cook once, eat twice. Label and freeze in heat-and-eat individual portions.

The family dynamics of today are diverse, and the markets have adapted to offer many choices and sizes. Cooking for one can be creative and rewarding with or without leftovers. Indulge, choose what you like to cook, and get the good smells going in your kitchen!



The key to success is planning. Planning helps to minimize trips to the grocery store and decrease impulse purchases. With good planning, you can save time and money. It can also help by reducing food waste. Cooking for one begins with making a plan to buy the right ingredients to make meals for a week. Eat a wide variety of foods each week. Variety helps you get all the essential nutrients and makes eating more fun! Enjoy trying a new fruit, vegetable, or grain product. Choose foods from all food groups using [ChooseMyPlate.gov](https://www.choosemyplate.gov). Take advantage of quality convenience products packaged for one or two persons.

CUT YOUR RECIPES IN HALF USING THESE EASY MEASUREMENTS

Half of 1/4 Cup equals 2 Tablespoons
Half of 1/3 Cup equals 2 Tablespoons + 2 teaspoons
Half of 1/2 Cup equals 1/4 Cup
Half of 2/3 Cup equals 1/3 Cup
Half of 1 Tablespoon equals 1 1/2 teaspoons
Half of 1 teaspoon equals 1/2 teaspoon
Half of 1/2 teaspoon equals 1/4 teaspoon
Half of 1/4 teaspoon equals 1/8 teaspoon
Half of 1/8 teaspoon equals a dash





STORE FOR ANOTHER MEAL

- Invest in reusable single-serving containers.
- Label, date, and freeze in individual servings (place a dissolvable label on the side of the package for easy identification).
- Package leftovers into multiple containers so they can be reheated in smaller quantities.

CONDIMENTS AND SAUCES

- Choose smaller bottles of condiments or sauces.
- Buy spice mixes instead of containers of single spices, e.g. Italian seasoning, taco seasoning, pumpkin pie spice, etc.

CONVENIENCE FOODS

- Use the markets deli or kitchen departments and select only what you need. Ask for a quarter pound of roasted poultry or two scoops of bean salad. Choose a couple of main entrée's and side dishes for days you may not feel like cooking.
- Break down bakery items and freeze them for later.
- Buy desserts in single servings, choose cake mixes for one, puddings, or frozen fruit bars.

SHOPPING TIPS

Fruits and Vegetables: Instead of purchasing larger amounts of prepackaged produce, buy it by the piece or buy a mixed bag. For example, 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. You are good to go for a week! Add individual serving sizes of canned and frozen items which have extended shelf lives.

Proteins: Select meat and fish from the butcher counter to get what you like. For example, choose a pork chop, a chicken breast, and a salmon filet. They wrap each piece individually with a label! 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. Add shelf-stable milk (don't forget to refrigerate after opening) instead of larger containers with quick expiration dates.

COOK QUICKLY

- Use a **toaster oven** to broil, roast, or heat single servings of meat.
- **Stir-fry** small amounts of food at a time.
- Use a **waffle maker** or other kitchen equipment to make a panini-style sandwich.
- **Air fry** for healthier foods that taste delicious.
- Use **pressure cookers** to make easy-peel hardboiled eggs, rice, and soups.
- Experiment with **new recipes** and cooking techniques.
- Take pleasure in cooking and **learn to maximize food** and its health benefits.
- **Treat yourself** to occasional extravagances, such as expensive cuts of meat.

References

US Census Bureau, *One Person Households Are On The Rise*, November 19, 2019.
<https://www.census.gov/library/visualizations/2019/comm/one-person-households.html>

ChooseMyPlate.gov, *MyPlate, My Wins, Meal Planning for One*,
<https://www.choosemyplate.gov/myplate-mywins-tips-meal-planning-one->

University of Nebraska-Lincoln, *Cooking Healthy Meals for One or Two — A Checklist*,
<https://food.unl.edu/fnh/cooking-for-1-or-2>

Cooking for One or Two

Fewer people have a reason to cook recipes that yield a large number of servings. One of the biggest challenges to cooking for only one or two people is that you are either left with a week's worth of leftovers, or you are unsure of how to adjust recipes to feed only one or two people.

Luckily, there are many ways to make this task simple and quick:

Planning, reducing recipes, freezing leftovers, transforming leftovers, and trading freezer meals with friends and family are all ways to combat the week's worth of leftovers problem!

Planning

Saves time, money, and reduces anxiety about what meal to fix!



Plan meals weekly→

See what ingredients you already have, pick recipes, and write a list of items to buy along with the amount needed.

Plan the week's meals around other recipes and events→

If you're having pot roast on Monday, have roast beef sandwiches on Tuesday, and beef and noodles Wednesday, without having to eat the same meal night after night.

Think about what you have going on during the week. If you have a meeting at 6:00 p.m., it may be a good time to fix a slow cooker meal that day.



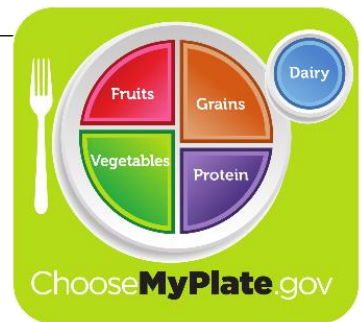
Dietary Guidelines

Whether planning and preparing food for one, two or ten it is important to make healthy food choices. The United States Departments of Agriculture and Health and Human Services issue the Dietary Guidelines for Americans to help people make healthy choices about food and lifestyle.

1. **Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce risk for chronic disease.
2. **Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
3. **Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
4. **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
5. **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

Helpful Shopping Tips

- Keep a "running list" of things you need to buy and staples you're out of.
- Shop only once a week.
- Never shop when you're hungry!
- Compare Nutrition Facts labels to get the most nutrition for your money.
- Compare "unit prices" on foods. Sometimes the item that has the lower unit price isn't the "best deal" if you tire of the food before you use it all.
- Buy frozen vegetables loose in the bag – cook one serving at a time.
- Buy fresh fruit by the piece rather than by the bag.
- Don't buy "specialty" ingredients if plain will do (self-rising flour vs. all-purpose).
- Keep non-fat dry milk on hand to use in cooking.
- Buy lean ground meat (at least 90% lean) – it keeps longer in the freezer.
- Individual serving sizes allow take-along items for lunches and snacks (applesauce, puddings, cheese and crackers).
- Only consider buying items in bulk if you can repackage and store the items. Items such as fruit may spoil before you can eat it all.





Reducing Recipes

Tips and tricks for making smaller meals

Invest in small Ramekin dishes for individual portions → Especially helpful when making casserole-type dishes!

To halve eggs: break eggs and whisk; use 2 Tablespoons → Refrigerate remainder for 2-4 days for omelets or scrambled eggs

Baked goods can be tricky to reduce → It is recommended to bake full batch to share with friends or freeze leftovers

Remember:
Small baking dish = less cooking time!
Keep a close eye on it

Measurements to Remember

This EQUALS That

1 Cup	EQUALS	16 Tablespoons
1 Tablespoon	EQUALS	3 Teaspoons
1 Cup	EQUALS	8 Fluid Ounces
1 Fluid Ounce	EQUALS	2 Tablespoons
1 Pound	EQUALS	16 Ounces (Weight)
1 Pint	EQUALS	2 Cups
2 Pints	EQUALS	1 Quart
1 Quart	EQUALS	2 Pints

Cheat Sheet: To make ½ recipe

1 Cup	½ Cup
½ Cup	¼ Cup
1/3 Cup	2 Tbsp + 2 tsp
2/3 Cup	1/3 Cup
1/4 Cup	2 Tbsp
¾ Cup	6 Tbsp
1 Tbsp	1 tsp + ½ tsp
1 tsp	½ tsp
¼ tsp	1/8 tsp
1/8 tsp	Dash

Cheat Sheet: To make 1/3 recipe

**Best used to reduce 6 servings to 2*

1 Cup	1/3 Cup
½ Cup	2 Tbsp
1/3 cup	1 Tbsp + 2 tsp
2/3 Cup	3 Tbsp + 1 ½ tsp
¾ Cup	¼ Cup
¼ Cup	1 Tbsp + 1 tsp
1 Tbsp	1 tsp
½ tsp	Scant ¼ tsp
¼ tsp	Scant 1/8 tsp
1/8 tsp	Dash

Freezing safety and tips:

- Set freezer to 0 °F
- Cool foods in refrigerator before freezing to prevent ice crystals
- Never leave perishable food at room temperature longer than 2 hours
- Freeze foods sooner rather than later to maintain safety and quality
- Buy freezer-safe storage containers and bags
- Plan ahead and place frozen food in the refrigerator to thaw the day before consuming
- Label food with date, name of food, and special cooking directions. Depending on your freezer put the label on the side or on the top of the package to easily see what it is
- As a rule of thumb, cooked meals are best quality in the freezer for up to 3 months

Freezing

Keep leftovers longer and provide quick and easy meals during busy weeknights

Subdivide and save large ingredients → Cook chicken breasts, shred and subdivide for later use, such as to make chicken salad, chicken tacos or chicken casserole.

When cooking recipes that have extra servings → Split food into individual portions and freeze. This makes for easy planning, preparing and cleanup since all you need to do is thaw and reheat!

Make freezer meals ahead → Put together multiple meals and freeze to use for days when you don't have time to prepare an entire recipe.



Trading Freezer Meals

To avoid downsizing recipes to feed one or two people, divide the recipe in half, freeze it and trade with friends and family

Benefits:

- Cook once; eat twice!
- Experience a variety of different recipes

Have freezer meal parties with two to four people to get a variety of inexpensive, portioned meals for the freezer or refrigerator.

Keep food safety in mind. When preparing food, wash your hands and keep your countertop and utensils clean. When joining the party, remember to keep frozen food frozen while visiting.

Be aware of any food allergies of people you may be trading with!

Transforming leftovers

Find inventive ways to reuse and transform leftovers into new recipes to avoid eating the same thing night after night.

Don't throw away leftover meats and veggies! Add to stir-fry's, soups, sandwiches or salads.

Use most leftovers within 3-5 days. If you can't eat it within that time frame, freeze it.

Food Safety

Recreating and reusing leftovers is a great way to enjoy them day after day while keeping food safety in mind!

- When wrapping leftovers:
 - Use airtight packaging, such as freezer wrap, heavy-duty aluminum foil, freezer bags or storage containers with tight fitting lids.
- Freeze or refrigerate within 2 hours of cooking:

	Fridge	Freezer
Beef roast-cooked	3-4 days	2-3 months
Rotisserie chicken	3-4 days	4 months
Ham - cooked	7 days	1-2 months
Ground beef - cooked	3-4 days	2-3 months
Fish or shrimp - cooked	3-4 days	
Pasta sauce-opened jar	7-10 days	4-6 months

- When thawing leftovers:
 - Refrigerator thawing is the safest method, but requires the most amount of time.
 - Cold water thawing is faster than refrigerator thawing but requires more attention; food must be packed in leak-proof packaging and kept cold.
 - Microwave thawing is the fastest method, but must be cooked immediately after.
- When reheating leftovers:
 - Must reach an internal temperature of 165 °F; always use a food thermometer!
 - Cover leftovers to retain moisture and ensure food heats all the way through.

Food Storage Tips

Proper storage of food makes the difference in whether you will be able to use it or lose it. Many grocery items aren't available in single-serving sizes so if you can't use the whole thing at once, repackage and store it. Don't buy more than you can store and use in a reasonable length of time – 25 pounds of rice is not really a bargain if you throw out 20 pounds of it!

- Use waterproof labels and stick on small plastic containers. They'll stay in place over time but are removable without leaving a sticky residue behind.
- Wrap individual servings of meat in heavy-duty aluminum foil and freeze. Thaw when ready to use and cook in the same foil; it saves on clean up.
- One-half package of macaroni and cheese or other noodle seasoning mix can be saved in a baggie or plastic container. Don't forget to put the directions in the container!
- Buy egg substitutes and freeze them (fresh whole eggs don't freeze well).
- Most foods, even those we think of as "shelf-stable," keep longer in the refrigerator. If it takes you a long time to use up 1 lb. of coffee, 5 lbs. of flour, or a box of raisins, refrigerate them.

Cooking for One or Two WORKSHEET

1. What are some challenges when cooking for one or two people?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

- 5. _____
- 6. _____
- 7. _____
- 8. _____

2. You are making the vegetable stir-fry on page one in your recipe handout. However, you realize that you don't have honey, broccoli florets or brown rice in your cabinets or refrigerator. What could you do to still create but modify the recipe? (Use your imagination!)

3. A whole ham was on sale so you bought it and baked it in the oven. What can you do with all the leftover ham?

2018. Lesson prepared by University of Illinois Extension Nutrition and Wellness Educators: Jenna Smith and Mary Liz Wright

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Cooking for One or Two

Vegetable Stir-Fry

Ingredients:

- 1 Tbsp. low sodium soy sauce
- 1 Tbsp. honey
- 1 Tbsp. lime juice
- 1½ Tbsp. canola oil
- ½ cup white onion, chopped
- Salt and pepper to taste
- 2 cloves garlic, minced
- ½ cup fresh broccoli florets
- ¼ cup carrots, julienned
- ⅓ cup red bell pepper, chopped
- 1 package 90 second brown rice (microwaveable) OR 2 cups cooked brown rice



Preparation:

1. Make the sauce by stirring together soy sauce, honey, and lime juice in a small bowl and set aside.
2. Heat canola oil in a large skillet over medium-high heat. Add the onion and cook, stirring until the onion starts to soften, about 2 minutes.
3. Add the garlic and season with a little salt and pepper, then cook, stirring, just until the garlic is fragrant, about 30 seconds.
4. Add the broccoli, carrot, and bell pepper. Cook the stir-fry stirring often, until vegetables are soft on the outside and crunchy in the middle, about 5 minutes.
5. Add the soy sauce mixture to the pan and cook, stirring often, until the vegetables are cooked and thoroughly coated by the sauce.
6. Heat the rice in the microwave according to directions on the package.
7. Serve immediately atop the brown rice and enjoy!

Yield: 2 Servings

Nutrition Facts (per serving): 420 calories, 13 grams fat, 310 milligrams sodium, 70 grams carbohydrate, 5 grams fiber, 8 grams protein

Cheesy Chicken Quesadillas

Ingredients:

- ½ Tbsp. unsalted butter
- ⅓ cup green bell pepper, diced
- ⅓ cup white onion, diced
- ⅓ cup roma tomato (1 roma tomato), chopped
- ¼ tsp. cumin
- ¼ tsp. dried oregano
- Salt and pepper to taste
- 1 Tbsp. jalapeno, minced (optional)
- 1 clove garlic, minced
- 4 100% whole grain flour tortillas
- 1 cup low fat shredded cheddar cheese
- 1 large chicken breast, cooked and diced



Preparation:

1. In a large sauté pan, over medium heat, add the unsalted butter and cook until melted. Once it has melted, add the green pepper and onion to the pan and cook about 3-4 minutes until they start to soften.
2. Add the tomatoes, cumin, and oregano to the pan. Also add a pinch of salt and pepper and cook 1-2 minutes until the tomatoes start to soften. Then add jalapeños if using them, and cook another 1-2 minutes.
3. Add the garlic and cook about 1-2 minutes, or until very fragrant.
4. Turn the heat to low-medium, and spoon all vegetables out of the pan onto a plate and set aside.
5. In the same large sauté pan you have been using, lay down one tortilla, and evenly spread ¼ cup cheese across the top of it.
6. Let the cheese melt for about 1 minute, then add half of your vegetable mixture directly on top of the cheese. Spread the vegetables out to cover the entire tortilla.
7. Top with the diced chicken, also evenly distributing it over the entire tortilla.
8. Top the chicken with another ¼ cup of cheese, spreading it out evenly, and then cover the cheese with a second tortilla. Press the top tortilla down gently and allow the top layer of cheese to melt, about 2-3 minutes.
9. Carefully flip the quesadilla over, and cook for about 3 minutes or until the bottom of the tortilla starts to brown and becomes crisp.
10. Remove from heat and place on a plate, cut into quarters using a pizza cutter or knife, and serve hot!
11. Repeat for the second quesadilla and enjoy!

Yield: 2 Servings

Nutrition Facts (per serving): 520 calories, 17 grams fat, 940 milligrams sodium, 57 grams carbohydrate, 7 grams fiber, 38 grams protein

Garlic Orzo Tuscan Shrimp

Ingredients:

- ½ cup uncooked orzo pasta
- 1 Tbsp. unsalted butter
- 2 cloves garlic, minced
- 6 oz. shrimp, peeled and deveined (if frozen, thaw)
- ½ cup yellow onion, diced
- 3 Tbsp. sun dried tomatoes, drained and diced
- 1 cup 2% milk
- Salt and pepper to taste
- 1 ½ cups baby spinach
- 2 Tbsp. fresh grated parmesan cheese



Preparation:

1. Bring a pot of water to a boil and cook the orzo per package instructions. Drain the orzo and set aside.
2. While the orzo is cooking, heat a large skillet over medium heat. Melt the butter and add the garlic and shrimp and cook for about two minutes, until the shrimp is cooked through and pink. Transfer the shrimp to a bowl and set aside.
3. Add the onion to the skillet. Allow them to cook for a couple of minutes until they begin to soften.
4. Add the sun dried tomatoes and cook for 1-2 minutes.
5. Reduce heat to medium low heat and add the milk bringing it to a gentle simmer, stirring occasionally. Add a pinch of salt and pepper.
6. Add in the spinach leaves and the parmesan cheese. Allow the sauce to simmer for about a minute until cheese melts.
7. Add the shrimp and cooked orzo into the pan. Serve and enjoy.

Yield: 2 Servings

Nutrition Facts (per serving): *300 calories, 11 grams fat, 670 milligrams sodium, 29 grams carbohydrate, 3 grams fiber, 22 grams protein*

Homemade Spaghetti and Meatballs

Ingredients:

6 oz. uncooked 100% whole grain spaghetti
½ lb. lean ground beef
¼ tsp. Worcestershire sauce
3 Tbsp. Italian bread crumbs
1 egg
1 Tbsp. parmesan cheese, grated (plus more for topping)
1 cup low sodium pasta sauce



Preparation:

1. Bring a large pot to a boil and cook the spaghetti according to the directions on the box or until pasta is al dente.
2. Preheat oven to 425 degrees Fahrenheit.
3. While pasta is cooking, mix together thoroughly the ground beef, Worcestershire sauce, bread crumbs, egg, and 1 Tbsp. parmesan cheese.
4. Once all mixed together, using your hands roll meatballs approximately 2 Tbsp. in size together and drop onto an ungreased baking sheet. Should end up with 6-7 meatballs.
5. Place meatballs into oven until cooked through in the middle or until internal temperature is at least 165 degrees Fahrenheit, approximately 20 minutes.
6. Drain pasta and place back in pot. Add pasta sauce and meatballs and heat until sauce is warm.
7. Distribute between two plates and top with extra parmesan cheese.
8. Enjoy!

Yield: 2 Servings

Nutrition Facts (per serving): *560 calories, 11 grams fat, 710 milligrams sodium, 82 grams carbohydrate, 9 grams fiber, 44 grams protein*

Meatloaf for Two

Ingredients:

1 Tbsp. 2% milk
1 egg
2 tsp. Worcestershire sauce
½ lb lean ground beef
2 Tbsp. seasoned Italian bread crumbs
¼ tsp. pepper
2 Tbsp. barbecue sauce of choice



Preparation:

1. Preheat oven to 350 degrees Fahrenheit.
2. In a medium bowl, beat together milk, egg and Worcestershire sauce with a fork.
3. Mix in beef, bread crumbs, salt and pepper.
4. Shape into 2 loaves and place on an ungreased baking sheet.
5. Brush loaves with barbecue sauce.
6. Bake for 18-22 minutes until meat thermometer inserted in center of loaf reads 160 degrees or the center of each loaf is cooked through entirely.
7. Let stand 5 minutes before serving and enjoy!

Yield: 2 Servings

Nutrition Facts (per serving): *250 calories, 8 grams fat, 640 milligrams sodium, 17 grams carbohydrate, 1 grams fiber, 28 grams protein*

Macaroni and Cheese for Two

Ingredients:

Non-stick cooking spray
½ cup uncooked 100% whole wheat elbow macaroni
2 Tbsp. unsalted butter
1 Tbsp. all-purpose flour
½ cup 2% milk
½ cup shredded low fat cheddar cheese
¼ cup shredded parmesan
Salt and pepper to taste
3 Tbsp. Italian breadcrumbs



Preparation:

1. Preheat oven to 375 degrees Fahrenheit and lightly grease a small baking dish with non-stick cooking spray.
2. Bring a medium pot of water to a boil. Add in the macaroni and cook according to the package or until pasta is al dente. Drain and set aside.
3. While the pasta is cooking, in a medium pot, over medium heat, melt 1 Tbsp of the butter (save the other Tbsp. for later). Add flour and whisk together until golden, about 30 seconds to 1 minute. Whisk in the milk and continue whisking constantly until mixture thickens and becomes bubbly, about 3 to 5 minutes. Add ¼ cup of the cheddar and ¼ cup of the parmesan and stir until smooth. Add salt and pepper to taste.
4. Add drained pasta to the cheese sauce and stir.
5. Pour macaroni and cheese into the prepared baking dish.
6. Sprinkle remaining cheddar and parmesan over the top of the mixture.
7. Melt the remaining 1 Tbsp. butter in the microwave and let cool.
8. Place bread crumbs into a medium bowl and pour melted butter over the top. Stir to coat all the breadcrumbs.
9. Sprinkle over the top of the macaroni and cheese.
10. Bake for 10 to 15 minutes, until breadcrumbs are brown and crispy.
11. Serve and enjoy!

Yield: 2 Servings

Nutrition Facts (per serving): *340 calories, 18 grams fat, 970 milligrams sodium, 30 grams carbohydrate, 2 grams fiber, 15 grams protein*

Skinny Chicken Parmesan

Ingredients:

6 chicken breast tenderloins
Non-stick cooking spray
1 egg, beaten
1 Tbsp. water
½ cup classic breadcrumbs
½ cup low sodium pasta sauce
¾ cup nonfat mozzarella cheese
1 Tbsp. cup fresh parmesan cheese, grated



Preparation:

1. Preheat oven to 350 degrees Fahrenheit.
2. Trim chicken tenderloins so any fat or tendons are removed.
3. Spray a baking sheet with non-stick cooking spray and set aside.
4. In a small dish crack the egg, add water and whisk together. Set aside.
5. Place the breadcrumbs in a shallow dish and set aside.
6. Take one chicken tenderloin and dip in the egg wash, place the same tenderloin in the breadcrumbs and move around until evenly coated. Place on the prepared baking sheet.
7. Repeat step six for all the remaining chicken tenderloins until all are evenly coated with breadcrumbs.
8. Cook for 10 minutes on one side, and then rotate each chicken tenderloin. Cook for another 10 minutes and remove from the oven.
9. Spoon pasta sauce onto each chicken tenderloin, about 1 Tbsp. for each piece of chicken.
10. Evenly sprinkle mozzarella cheese and parmesan cheese onto each piece of chicken.
11. Place in oven for 3-5 minutes until cheese is melted.
12. Serve with pasta or alone and enjoy!

Yield: 2 Servings

Nutrition Facts (per serving): 290 calories, 5 grams fat, 570 milligrams sodium, 21 grams carbohydrate, 2 grams fiber, 41 grams protein

Chicken and Spinach Pizza

Ingredients:

2 6-inch pizza crusts
1Tbsp. olive oil
4 Tbsp. low sodium pasta sauce
¾ cup nonfat mozzarella cheese
¼ cup parmesan cheese
½ cup spinach
½ cup chicken breast, cooked and shredded



Preparation:

1. Preheat oven to 375 degrees Fahrenheit.
2. Place pizza crusts on baking sheet. Brush each pizza crust with olive oil.
3. Top each pizza crust with 2 Tbsp. of pasta sauce.
4. Sprinkle mozzarella cheese and parmesan cheese evenly over both pizzas, saving 1 Tbsp. of both mozzarella and parmesan cheese for later.
5. Top each pizza with ¼ cup spinach leaves.
6. Place ¼ cup of shredded chicken breast onto each pizza.
7. Top the pizzas with the remaining 1 Tbsp. of each cheese by distributing evenly between the pizzas.
8. Place in the oven for 10-12 minutes or until cheese is bubbly and crust begins to brown.
9. Remove from oven and let cool for 5-7 minutes.
10. Serve and enjoy!

Yield: 2 Servings

Nutrition Facts (per serving): *330 calories, 15 grams fat, 750 milligrams sodium, 26 grams carbohydrate, 3 grams fiber, 26 grams protein*

Stuffed Sweet Potato

Ingredients:

1 large sweet potato
½ cup chicken breast, cooked and shredded
¼ tsp. chili powder
¼ tsp. cumin
1 Tbsp. shredded nonfat mozzarella cheese
¼ of an avocado, diced
2 scallions, thinly sliced



Preparation:

1. Heat oven to 400 degrees Fahrenheit.
2. Poke holes all over the sweet potato with a fork. Bake on an ungreased baking sheet for 45-50 minutes or until soft.
3. Once potato is done, cut a slit in the top and carefully scoop out the flesh, reserving the skin.
4. Add the potato flesh to a bowl and mash. Add the chicken breast, chili powder, and cumin to the bowl and mix together until well combined.
5. Scoop the mixture back into the potato skin and top with mozzarella cheese.
6. Place the potato back into the oven for 2-3 minutes or until cheese is melted.
7. Remove from the oven and top with avocado and scallions.
8. Serve and enjoy!

Yield: 1 Serving

Nutrition Facts (per serving): 280 calories, 9 grams fat, 190 milligrams sodium, 32 grams carbohydrate, 8 grams fiber, 19 grams protein

Apple Crisp

Ingredients:

- 1 small granny smith apple, peeled, cored, and sliced thinly
- 2 tsp. granulated sugar
- 1 tsp. cinnamon, divided
- 4 Tbsp. whole rolled oats
- 2 Tbsp. all-purpose flour
- 2 Tbsp. brown sugar, packed
- 2 Tbsp. unsalted butter, melted



Preparation:

1. In a small bowl combine the apples, granulated sugar, and ½ tsp. cinnamon. Distribute mixture evenly between two small microwave safe bowls.
2. In a separate bowl, combine the oats, flour, brown sugar, and remaining ½ tsp. cinnamon.
3. Add the melted butter to the oat mixture and stir to combine.
4. Top the apple mixture with the oat mixture.
5. Microwave for about 60-90 seconds or until apples appear soft.
6. Let sit in the microwave for another 1 minute to cool.
7. Remove from microwave using oven mitts.
8. Serve and enjoy!

Yield: 2 Servings

Nutrition Facts (per serving): *300 calories, 13 grams fat, 5 milligrams sodium, 43 grams carbohydrate, 4 grams fiber, 3 grams protein*