



A nutrition Fact Sheet



Cooking for One or Two

Preparing meals for a family or friends often brings a sense of accomplishment. Eating alone or ‘just the two of us’ can seem like a big effort for a small reward. Instead of saying, “Why bother?” use some of these ideas to prepare healthy meals that taste great, are quick to fix, and do not produce too many leftovers.

Shopping Ideas

- Buy only what you can use and store safely. Sometimes this will mean the smaller, more expensive container. It’s not a deal if you have to throw it away.
- Buy frozen vegetables so you can thaw out only what you will eat.
- Larger amounts of meat can be divided into smaller serving sizes and frozen for later use.
- Use nonfat dry milk for cooking or baking.
- Buy fresh fruit at different stages of ripeness and eat as it ripens.

Cooking Ideas

- Cook a pot of stew, soup, or chili and freeze in small portions.
- Prepare a family-sized recipe and save half for another meal.
- Try a new recipe sized for one or two. Or look for and use cookbooks designed for one or two.
- Use “Planned Overs” for foods such as ham. Eat the ham for dinner, in an omelet for breakfast, and in a sandwich for lunch. Ham still leftover? Make scalloped potatoes and ham later in the week.
- Share the cooking with your child or spouse - a child can set the table and wash, peel, or cut fruits, vegetables, or bread. One person can prepare the main dish and the other the sides - salads, fruits, or bread.

Create Your Own Salad

Yield: 1 servings • Serving Size: 4 cups

- 2 cups salad greens (romaine, spinach, or mixture)
- 1 cup chopped vegetables and/or fruits, such as cucumber, frozen peas or corn (thawed), red onion, tomato, mango, avocado, carrots, or salsa
- 3 ounces chopped cooked chicken, beef, pork, or tuna or ¼ cup cooked beans or 1 hard-boiled egg, chopped
- 1 Tablespoon chopped dried fruit, shredded cheese, or chopped nuts
- 2 Tablespoons lowfat dressing

Arrange greens on large plate or bowl. Add vegetables and/or fruits plus meat, beans, or egg. Add dried fruit, cheese, or nuts. Add dressing.

Nutrition Facts show information for romaine, cucumber, peas, tomato, carrots, raisins, chicken, and lowfat Italian dressing.

Nutrition Facts	
1 servings per container	
Serving size	4 cups (362g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 390mg	17%
Total Carbohydrate 25g	9%
Dietary Fiber 5g	18%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 4mg	20%
Potassium 628mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Microwave Potatoes

Yield: 2 servings • Serving Size: 1 potato / 1 cup

- 2 medium potatoes, peeled and sliced thinly
- ¼ cup sliced onions
- ¼ teaspoon salt
- ⅓ teaspoon pepper
- ¼ teaspoon garlic powder
- ¼ cup shredded cheese

1. Coat a 9-inch microwave safe plate with nonstick cooking spray. Arrange potato and onion slices on plate; sprinkle with seasonings. Cover and microwave on high for 6-8 minutes.
2. Sprinkle with cheese and cook for 2 minutes or until potatoes are tender. (Cooking time varies with each microwave.)

Variation: Add diced ham, broccoli florets, or parsley for color.

Spinach and Pepper Quesadillas

Yield: 2 servings • Serving Size: 1 quesadilla

- 2 medium 100% whole wheat tortillas
- ½ cup chopped sweet red or green bell pepper
- ⅔ cup shredded low fat cheddar cheese
- ½ cup fresh spinach

1. Sprinkle half of cheese and bell peppers on one half of each tortilla.
2. Add half of spinach to each tortilla. Fold tortillas in half.
3. Heat large skillet over medium heat until hot. Put the folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.

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Nutrition Facts	
2 servings per container	
Serving size	1 potato (183g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 380mg	17%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 126mg	10%
Iron 1mg	6%
Potassium 42mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
2 servings per container	
Serving size	1 quesadilla (106g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 530mg	23%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 212mg	15%
Iron 2mg	10%
Potassium 58mg	2%

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