

## Cornbread

(4 large squares)

1 egg  
1-1/2 cups buttermilk\*  
1/4 cup cooking oil  
1/2 cup sifted all-purpose flour  
1 Tbsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 tsp. sugar  
1-1/2 cups cornmeal

Heat oven to 450°F. Spray an 8-inch square cake pan with non-fat cooking spray. Place it in the oven to heat while mixing batter.

Beat egg, then stir in milk and oil. Sift flour, baking powder, soda, salt, and sugar together into first mixture. Add cornmeal and beat together with a rotary beater until smooth. Pour into prepared pan and bake until set, about 20 minutes.

Cut in large squares and serve hot.

\* Buttermilk is high in sodium; it can be substituted with the following: 1-1/2 cups buttermilk = 1-1/2 cups warm skim milk + 1 tbsp. white vinegar or lemon juice; let stand 10 minutes.

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

## Oriental Chicken Stirfry

(3 servings)

1/2 lb. boneless, skinless chicken breast  
1-1/2 tsp. regular margarine  
8 oz. frozen mixed vegetables (broccoli, carrots, and water chestnuts)  
1 Tbsp. reduced-sodium soy sauce  
1/8 tsp. pepper  
1 Tbsp. diced pimento (optional)  
1-1/2 tsp. cornstarch  
1/2 cup ready-to-serve, low-sodium chicken broth

Cut chicken into 3/4-inch strips and set aside.

Melt margarine in a large non-stick skillet or wok on medium heat. Add chicken and stirfry (*continuously stir while frying in a small amount of fat*) over high heat until it loses its pink color.

Add mixed vegetables, soy sauce, pepper, and pimento.

In a separate bowl, combine cornstarch and chicken broth; stir well. Add broth mixture to chicken and vegetables, stirring until thickened. Reduce heat to low; cover pan and simmer 5 minutes.

Serve with rice if desired.

(Can refrigerate leftovers for up to two days.)

This recipe from: The Essential Arthritis Cookbook, 1st ed., Appletree Press, Mankato, MN, 1995.

# Chicken Casserole

(2 to 4 servings)

- 1 cup uncooked small shell macaroni (or use bows or elbows)
- 2 Tbsp. regular margarine
- 1/2 tsp. curry powder
- 1/2 cup sliced celery
- 2 tsp. chopped green onion
- 2 Tbsp. flour
- 1/4 tsp. black pepper
- 1/4 tsp. dried thyme leaf
- 1 cup low-sodium chicken broth
- 1 cup cooked chicken, cut in small pieces
- 1/4 cup light cream
- 2 Tbsp. chopped fresh parsley (or 1 Tbsp. dry parsley)
- 2 Tbsp. lemon juice
- 1/4 cup chopped, toasted almonds
- 1/4 cup fine, dry bread crumbs
- 2 Tbsp. melted regular margarine

Cook macaroni according to package directions.  
Heat oven to 350°F. Spray a 1-quart casserole dish with non-fat cooking spray.

Heat 2 tbsp. regular margarine in a medium saucepan.  
Add curry powder, and cook on low, stirring for 1 minute. Add celery and onion, and cook 3 minutes more. Sprinkle in flour, pepper, and thyme, and stir to blend. Remove from heat, add stock, and stir to blend.

Return to heat and cook until boiling, thickened, and smooth. Stir in macaroni and all remaining ingredients *except* almonds, crumbs, and 2 tbsp. melted margarine. Place in prepared casserole dish. *Continued on Page 3...*

# Potato Salad

(2 servings)

## Salad Base:

- 2 cups cooked potatoes (3 medium potatoes), sliced or cubed, or may use canned potatoes\*
- 1 Tbsp. minced onion
- 1/3 cup low-fat mayonaise
- 1 tsp. vinegar
- coarsely ground pepper
- 1 hard-cooked egg, chopped (optional)
- 1/2 cup cooked, diced ham (optional)

## Add one of the following combinations:

### Combination #1:

- 2 Tbsp. sliced celery
- 2 Tbsp. chopped sweet pickles
- 1/2 tsp. celery seed

### Combination #2:

- 1/2 clove garlic, crushed
- 2 Tbsp. chopped green pepper
- 1 Tbsp. chopped fresh parsley

Combine all ingredients in a mixing bowl. Toss gently until blended. Serve warm or chilled.

Refrigerate any remaining salad for another meal.

\* Canned potatoes are higher in sodium.

This recipe from: *Cooking for 1 or 2*, Katherine Greenberg & Barbara Kyle, Bristol Publishing Enterprises, San Leandro, CA.

# Scalloped Potatoes

(2 servings)

4 medium potatoes  
2 Tbsp. finely chopped parsley  
1/4 cup chopped onion  
1 Tbsp. regular margarine  
salt and pepper (\*see note below)  
1-1/2 cups hot skim milk

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

Peel potatoes and cut into thin slices. In a separate bowl, combine parsley and onion. Put a thick layer of the sliced potato in the prepared casserole dish, sprinkle with salt\* and pepper, and dot lightly with margarine. Sprinkle with some of the parsley-onion mixture. Repeat until ingredients are all used, ending with a potato layer. Dot with margarine, and add enough milk to nearly cover the potatoes. Bake, uncovered, until potatoes are tender and milk is absorbed (about 1 hour and 15 minutes).

\* Rather than salt, especially if you are on a sodium-restricted diet, you might try garlic, onion powder, or other herbs and non-salt seasonings.

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

# Chicken Casserole – *continued*

Combine almonds, crumbs, and melted margarine, and sprinkle over the casserole. Bake 20 minutes or until very hot and bubbling.

## **To Microwave:**

Place 1 cup of uncooked pasta in a medium bowl or dish. Add 3 cups boiling water and stir. Microwave on high, uncovered, for about 6 minutes, stirring once during cooking. Remove and cover; let stand 10 minutes. Drain.

Put margarine in 1-quart casserole dish and microwave at high until melted. Stir in curry powder and microwave at high for 10 seconds. Add celery and onion, stir, cover, and microwave at high for 2 minutes. Stir in flour, pepper, and thyme, then add chicken stock gradually. Microwave at high for 4 minutes, stirring with a fork once every minute. Stir in macaroni, chicken, light cream, parsley, and lemon juice. Sprinkle with the mixture of almonds, bread crumbs, and melted margarine. Cover and microwave at high for 4 minutes or until hot. Let stand 4 minutes while covered, then serve.

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

# Cream of Vegetable Soup

(2 servings)

1/2 - 3/4 cup each

## Soup Base:

1/2 cup low-sodium chicken broth  
1 Tbsp. chopped onion  
1/3 cup skim milk or light cream  
salt and pepper (\*see note below)

## Vegetable Variations:

### For Cream of Broccoli Soup, add:

2 cups chopped broccoli  
1/8 tsp. cayenne pepper

### For Cream of Carrot Soup, add:

1 cup peeled, sliced carrots  
1/8 tsp. nutmeg

### For Cream of Potato Soup, add:

1 cup peeled and cubed potatoes  
1 tsp. chopped parsley

Combine chicken broth, onion, vegetable, and seasonings in a saucepan. Bring to a boil. Reduce heat. Cover and simmer 10 to 15 minutes or until the vegetable is tender. Pour into a blender or food processor. Add the skim milk or light cream and blend until smooth.

Serve hot or cold.

\* Salt may be omitted, especially if you are on a sodium-restricted diet.

This recipe from: *Cooking for 1 or 2*, Katherine Greenberg & Barbara Kyle, Bristol Publishing Enterprises, San Leandro, CA.

# Glazed Carrots

(1 or 2 servings)

For 1	Ingredients	For 2
2 tsp.	regular margarine	4 tsp.
3/4 cup	sliced carrots	1-1/2 cups
2 tsp.	brown sugar	4 tsp.
1/4 tsp.	prepared mustard	1/2 tsp.

Melt margarine in a heavy saucepan or small skillet with a lid.

Stir in remaining ingredients. Cover and simmer for 25 minutes or until carrots are tender.

This recipe from: *Cooking for 1 or 2*, Katherine Greenberg & Barbara Kyle, Bristol Publishing Enterprises, San Leandro, CA.

# Apple Crisp

(2 servings)

- 3 medium cooking apples (for example, McIntosh, Spy, or Spartan apples)
- 2 Tbsp. water
- 1/2 tsp. ground cinnamon
- 2 Tbsp. regular margarine
- 1/3 cup packed brown sugar
- 3 Tbsp. all-purpose flour
- 3 Tbsp. 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.

## Recipes for One or Two

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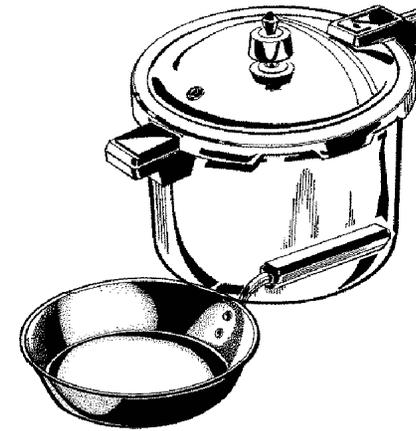
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