



A Nutrition Resource



COOKING FOR ONE OR TWO

Preparing meals can bring a sense of accomplishment, but it can be difficult to put in the effort to cook for one or two people. Use these ideas to shop for and prepare healthy meals that taste great, are quick, and can provide enough to freeze for future meals if desired.

Shopping ideas

- Buy what can be used and stored safely. Sometimes this means shopping more often, which is okay. It is better than throwing out produce that has gone bad.
- Buy frozen fruit and vegetables to supplement fresh produce. Be sure to thaw 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.
- Buy what you can in bulk. It is often less expensive in this form and you can choose the right amount you need for your recipes or pantry.

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 batch cooking with items such as brown rice and add to multiple meals throughout the week.
- Try a new recipe sized for one or two. Look for and use cookbooks designed for one or two portions.
- Use “planned leftovers” 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.

Tips for healthy eating patterns

- Meal planning saves time and money when it comes to cooking. Take a moment to create your menu for the next week and write a shopping list based on your menu. This is a good time to decide which days you have time to batch cook and which days it will be helpful to have leftovers or thaw a pre-made meal.
- When meal planning, visualize what each meal will look like on the plate - fill half your plate with fruits and vegetables, make one quarter of the plate lean protein, and one quarter of the plate grains or starchy vegetables. When choosing your grains, make at least half of them whole grains.
- Don't skip meals
- Plan for healthy snacks between meals
- Consider appropriate portion sizes:
 - vegetable serving: the size of a baseball
 - fruit serving: the size of a tennis ball
 - grain serving: the size of a hockey puck
 - protein serving: the size of your palm
 - dairy serving (cheese): the size of a domino

Visit www.myplate.gov for more information on healthy eating patterns and recommended intake of different food groups.

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MONTANA
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EXTENSION

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.

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%
<i>Trans Fat</i> 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%
<small>*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.</small>	

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 low-fat dressing

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

* *Nutrition Facts show information for romaine, cucumber, peas, tomato, carrots, raisins, chicken, and low-fat 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%
<i>Trans Fat</i> 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%
<small>*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.</small>	

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