

COOKING FOR ONE

February 2020

Cooking for one person can be a daunting task that takes a lot of time and energy, but this doesn't have to be true. Eating whole, nutritious foods is an important part of staying healthy and well. Instead of fearing or avoiding cooking for one, allow it to be an empowering part of living a healthier life.

Here are some tips to help empower you to cook for yourself . Hopefully some of them motivate you to get started and make the task seem like less of a burden.

1. Allow cooking to become a hobby. Find different recipes that you love, form a collection, and make a cookbook. The recipes provided to you through CSFP are a great start!
2. Write out a menu pattern for the week that includes your leftovers. If you don't enjoy eating the same foods frequently, space them out throughout the week so you have more variety.
3. Visit your local library or do a quick Google search for recipes tailored to smaller groups. The number of recipes for one person might surprise you!
4. If you feel that cooking your own meals is exhausting, then take a couple hours during the week when you have the most energy to cook for the next few days.
5. Slow cookers and microwaves are great to use when trying to saving time.
6. Start a meal train by exchanging frozen leftovers with your friends or neighbors.

It's important to remember that you don't have to give up your favorite foods just because the recipe you have makes more than you can eat. Enjoy cooking for yourself! The best part of cooking for one is that you don't have to worry about anyone but yourself.



SALMON CHOWDER

This recipe makes 8 servings

Sourced from USDA/CSFP

CSFP Ingredients

- 1 can pink salmon, drained
- 1 can low sodium potatoes, diced
- 1 can low sodium corn, drained

Additional Ingredients

- 1 TBSP vegetable oil
- 1/2 cup onion, chopped
- 3 1/2 cup low sodium chicken broth OR vegetable broth
- 1/4 tsp black pepper
- 1/2 tsp dried dill (optional)
- 1 1/2 cups evaporated milk

Directions

1. In a large saucepan over medium heat, cook the onions in vegetable oil until soft (about 5 minutes).
2. Stir in chicken broth, potatoes, corn, and black pepper. Bring to a boil, lower the heat, and cook for 5 minutes.
3. Add the salmon, milk, and dill. Cook for five minutes.
4. Serve warm.

