

Cooking for One or Two People: Easy Meals to Make



Can't think of anything to eat? Enjoy these simple meal ideas. Use ingredients you have on hand. Try switching up mealtimes. Eat breakfast foods for lunch or dinner.

Breakfast

- Scrambled eggs, whole wheat toast, orange juice.
- Pancakes, applesauce, milk.
- Oatmeal topped with yogurt and banana slices.
- Whole grain or bran cereal, milk, fruit.
- French toast topped with fruit salad.
- Yogurt topped with berries, bran muffin.
- Almond butter and thinly sliced apple sprinkled with cinnamon on whole wheat pita, orange juice.
- Fruit smoothie made with milk, yogurt and frozen fruit.

Lunch

- Peanut butter and banana sandwich, milk.
- Beans on toast, tomato slices, low sodium vegetable juice.
- Macaroni and cheese (add tuna and frozen or leftover peas).
- Tuna melt: mix tuna, celery, mayonnaise and shredded cheese, spread on buns and melt in oven.
- Canned low-sodium bean or lentil soup, whole wheat roll, yogurt.
- Soft boiled egg, whole grain toast, orange slices.
- Low sodium vegetable soup, whole grain crackers or cut-up vegetables with hummus or black bean dip, apple.

Trusted advice from dietitians. www.dietitians.ca

- Leftover chicken or turkey, tomato slices and lettuce on whole wheat bread, milk.
 - Cottage cheese, fruit salad, small oatmeal muffin.
 - Broiled open face cheese and tomato sandwich, baked apple.
 - Leafy green salad topped with sunflower seeds and chickpeas whole wheat bun.
 - Egg salad sandwich, carrot sticks, low sodium vegetable juice.
- Supper**
- One-pot casserole. Put these together, and bake:
 - ✓ One part meat, poultry or beans, such as kidney beans or black beans
 - ✓ Two parts vegetables (e.g. peas, carrots, tomatoes or celery)
 - ✓ Two parts rice, macaroni or noodles
 - ✓ Sauce to moisten (e.g., low sodium canned cream soup or tomato sauce).
 - Salmon, rainbow trout, halibut or other baked fish with side-dishes of broccoli and whole wheat pasta.
 - Pasta, tomato or meat sauce, leafy green salad, milk.
 - Meat loaf baked in muffin tins (ground beef, chopped onion, spices) baked potato, mixed vegetables.
 - Salmon chowder (salmon, creamed corn and evaporated milk), whole grain toast.
 - Meatless chili (kidney beans, frozen corn, low sodium canned diced tomatoes, chili powder) on brown rice, pear slices.
 - Whole grain pancakes topped with almond butter and sauteed apples, milk.
 - Stir-fries (any fresh or frozen vegetables with small pieces of chicken, beef, pork, shrimp, almonds or peanuts, soy sauce) on brown rice or noodles, milk.
 - Fried egg, cheese, tomato and lettuce on whole grain toasted bun, vegetable sticks.

Trusted advice from dietitians. www.dietitians.ca

- Lentil soup, mixed green salad, whole grain toast and cheese.
- Peanut butter and banana wrapped in a tortilla, milk.
- Flatbread pizza – low sodium tomato sauce, vegetables and mozzarella cheese baked on pita, tortilla or naan.
- Cheese omelette, whole grain toast, tossed salad.
- 1 cup (250 mL) hot milk or evaporated milk
- Pinch cayenne pepper
- Salt and freshly ground black pepper
- 1 cup (250 mL) whole wheat croutons
- ½ cup (125 mL) shredded Cheddar cheese

Fact sheet adapted from Leduc-Strathcona and Mount View Health Units.

Vegetable Chowder with Cheddar

Makes 6 1-cup (250 mL) servings

- 1 tbsp (15 mL) vegetable oil
- 1 small onion, chopped
- 1 cup (250 mL) diced carrots
- ½ cup (125 mL) diced celery
- 1 cup (250 mL) diced peeled potato
- 3 cups (750 mL) chicken or vegetable broth

In a large saucepan, heat oil over medium heat. Sauté onion, carrots and celery until tender, about 5 minutes. Stir in potato. Add broth and bring to a boil. Reduce heat, cover and simmer for 25 minutes or until vegetables are just soft. Stir in milk, cayenne pepper and salt and pepper to taste. Ladle into warmed bowls and garnish with croutons and cheese.

Recipe reprinted with permission of Dietitians of Canada from *Simply Great Food*, published by Robert Rose Inc, 2007

Trusted advice from dietitians. www.dietitians.ca