

Cooking for One

Find Your Single Serving Saavy



You pack your freezer with boring frozen entrees, take-out is taking a hit on your wallet and your health, and you don't even want to look at another sandwich! Cooking for one is difficult. Modifying recipes to serve one can feel like you just left Grade 10 math class! But it can also be a time of pleasure and experimentation. You can build a meal plan that allows the use of whatever ingredients appeal to your palate, with no pressure to please anyone else, and you can utilize leftovers to build on meals throughout the week. Meal planning is easy on the budget, reduces your time in the kitchen, and improves your health.

5 Tips to Making Eating for One Simple, Fun & Economical

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- 1) **Meal plan** and only buy what you need.
- 2) **Use produce in more than one way.** Eat the perishables first to avoid spoiling and keep the hearty vegetables for the end of the week. Use frozen; often just as fresh, sometimes more affordable, won't spoil, and are already prepped!
- 3) **Use bulk stores.** You can control how much you purchase so it doesn't go bad. You can also use bulk stores to try some new foods before committing to larger portions.
- 4) **Plan your proteins as clever leftovers!** Ground turkey can be used in a chili or soup one day, made into turkey meatballs for another, and used again mixed with some black beans for a chili or taco filling!
- 5) **Bulk cook!** Planning a soup, stew, or casserole each week can ensure you always have a "go to" meal rather than relying on a fast food or boxed option. When you cook in bulk you can freeze any leftovers in individual portions and stock your freezer with a variety of options for the weeks ahead.

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Get Creative!

Let's put these tips to the test! You can use ground turkey in 3 creative ways to satisfy the budget, the plate and the palate!

Meatballs

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Bulk cook the Turkey Meatballs recipe below.



- 2 lb lean ground turkey
- 1 cup Italian-style bread crumbs
- 1 cup grated Parmesan cheese
- 2 tsp onion powder
- 2 tsp garlic powder
- 4 tsp parsley flakes
- 2 eggs, beaten

Heat oven to 375°F. In large bowl, mix ground turkey, Italian bread crumbs and Parmesan cheese.

Season with onion, garlic powder and parsley flakes. Add eggs; mix until just combined. Shape into balls and place on lined cookie sheet.

Bake 20 to 25. Cool 5 minutes. Serve with pasta and marinara sauce, or use in your favourite meatball dinner.

Soup

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Turn leftover meatballs into Italian Wedding Soup!



- 1/2 tsp onion powder
- 1/2 tsp dried basil
- 5 3/4 cups chicken broth
- 2 cups spinach or thinly sliced escarole
- 1 cup uncooked quinoa or orzo pasta

1/3 cup finely chopped carrot
In large saucepan, heat broth to boiling; stir in escarole/spinach, orzo/quinoa, chopped carrot and leftover meatballs.

Return to boil, then reduce heat to medium. Cook at slow boil for 10 minutes, or until pasta is al dente or quinoa is soft. Stir frequently to prevent sticking.

Chili

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Use meatballs to create a chili which can double as taco filling!



- 3/4 cup turkey meatballs
- 3/4 cup chopped onion
- 3/4 cup chopped pepper
- 2 tablespoons chili powder
- 1 tsp ground cumin
- 1/4 tsp pepper
- 1/8 to 1/4 tsp cayenne pepper
- 2 cans diced tomatoes, 1-1/2 cups water
- 1/2 cup frozen corn
- 2 cans bean medley
- Sour cream, optional

In a large skillet, cook celery, onion and pepper over medium heat until peppers soften. Transfer to a 5-qt. slow cooker. Stir in seasonings, crumbled turkey meatballs, tomatoes, spaghetti sauce, chili beans, water and corn.

Cook, covered, on high for 1 hour. Reduce setting to low; cook, covered, until flavours are blended, 5-6 hours.

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Eating Alone Can Have a Negative Impact on Your Health!

With the advent of social media, online dating, busy work schedules, and more people working from home, people are isolating themselves in everything they do. This includes eating. And eating alone can have a negative impact on your health, including an increased risk of depression, a rise in blood pressure, diabetes, increased risk of obesity, and other metabolic disorders. So get social and enjoy a meal or two a week with a family member, significant other, or friend.

Benefits of Eating with Others

- You will make **healthier choices**, avoiding processed meals high in fat, sugar, and salt.
- Eating is a social activity. The dinner table can create a **sense of community** where you can talk, catch up, and put aside the workday.
- You will **eat at a slower pace** allowing for better digestion. Taking the time to have conversation can slow down the process of eating, which means you will be eating less and be more comfortable after your meal.

BE MINDFUL

If you are eating alone, take the opportunity to allow for more mindful eating. - a simple commitment to appreciating, respecting and, above all, enjoying the food you eat every day. Slow down, rekindle a relationship with your food, and enjoy the experience of eating.



Enjoy

Sources:

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