

Cooking for One or Two



Baked Chicken & Vegetables Serves 2

2 boneless, skinless chicken breasts
1/4 tsp. salt
4 small potatoes, quartered
12-oz. bag of frozen corn
1 onion, sliced
1/2 green pepper, cut in strips
2 pinches sweet basil

1. Preheat oven to 350°F. Grease bottom of baking dish.
2. Sprinkle salt lightly over chicken and place in a baking dish.
3. Quarter potatoes and place over chicken. Add corn. Slice onion and cut pepper in strips and add to dish. Sprinkle with basil, and cover dish. Cook approximately 1 hour.

NUTRITION FACTS (per serving) - Calories 500 ~ fat 4.5 g ~ calories from fat 40 ~ sodium 810 mg ~ total carbohydrate 55 g ~ fiber 11 g

Easy Chicken and Dumplings Serves 2

2 Tbsp. flour
2 Tbsp. water
1 cup chicken broth
1 cup cooked chicken, diced
1/4 tsp. salt
Dash pepper

1. Mix the flour and water in a pan until smooth. Slowly stir in broth. Cook over medium heat until thickened. Add chicken, salt and pepper.
2. Drop dumpling dough from a tablespoon onto gently boiling mixture, making 4 dumplings.
3. Cover pan tightly and cook slowly for 15 minutes without lifting the lid.

Dumplings:

1/3 cup flour
1/2 tsp. baking powder
1/4 tsp. salt
2 Tbsp. milk

Combine flour baking powder and salt in a small bowl. Stir in milk until dough forms.

NUTRITION FACTS (per serving) - Calories 2600 ~ fat 3.5 g ~ calories from fat 35 ~ sodium 760 mg ~ total carbohydrate 24 g ~ fiber 1 g

Cabbage Casserole Serves 2

1/2 small head cabbage, cut in to big pieces
1/4 cup water
1/4 tsp. salt
1/2 cup skim milk
1/4 cup reduced fat cheddar cheese
1/2 Tbsp. flour
1/4 cup seasoned breadcrumbs
1/4 cup reduced fat cheddar cheese, grated

1. Preheat oven to 325°F.
2. Steam cabbage in salted water for approximately 5 minutes. Drain and set aside.
3. Heat milk over low-medium heat. Add cheese and flour slowly. Keep stirring until it boils. Remove from heat.
4. In a small casserole dish, layer cabbage and cheese sauce. Sprinkle with breadcrumbs and cheese.
5. Bake for 15-20 minutes.

NUTRITION FACTS (per serving) - Calories 107 ~ fat 1 g ~ calories from fat 5 ~ sodium 481 mg ~ total carbohydrate 18 g ~ fiber 4 g

Pita Pocket Tacos Serves 2

1/2 pound ground meat	2 Tbsp. water
1/2 cup green pepper, chopped	2 Tbsp. tomato sauce
1/2 cup onion, chopped finely	2 ounces low fat Monterey Jack cheese
1/4 tsp. salt	Lettuce, shredded
1/2 garlic clove, crushed	Tomato, chopped
Dash ground cumin	1 pocket (pita) bread, cut in half

1. Brown ground meat and drain off fat.
2. Add green peppers, onion, and salt; cook until tender.
3. Mix garlic and cumin together.
4. Add water to garlic and cumin, stir, then add to browned meat.
5. Stir in tomato sauce. Simmer on low heat for about 10 minutes.
6. Warm pocket bread in toaster or oven, then stuff with ground meat mixture and garnish with lettuce, tomato and low fat cheese.

NUTRITION FACTS (per serving) - Calories 330 ~ fat 12 g ~ calories from fat 110 ~ sodium 660 mg ~ total carbohydrate 27 g ~ fiber 3 g

7-Layer Salad Serves 2

2 cups chopped lettuce	3 Tbsp. low fat or nonfat mayonnaise/ salad dressing
2 Tbsp. chopped red onion	1 Tbsp. plain nonfat yogurt
2 Tbsp. diced celery	1 1/2 Tbsp. sugar
2 Tbsp. chopped green pepper	1 1/2 tsp. grated Parmesan cheese
1/4 cup frozen peas, thawed, drained	1 Tbsp. imitation bacon bits

1. Place chopped lettuce in the bottom of a 1-quart bowl.
2. Layer onion, celery, green pepper and peas over lettuce.
3. In a small bowl combine salad dressing, yogurt and sugar. Spread on top of vegetables. Sprinkle with Parmesan cheese.
4. Cover and refrigerate several hours or overnight.
5. Just before serving, sprinkle with bacon bits.

NUTRITION FACTS (per serving) - Calories 102 ~ fat 3 g ~ calories from fat 30 ~ sodium 365 mg ~ total carbohydrate 16 g ~ fiber 3 g