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Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

Cooking Meals for One Person

Cooking for one can be difficult. Even cooking for 2 people can have its challenges. Cooking single serving meals can seem like a waste of time and more expensive. However, cooking gives you the option to save money (compared to eating meals away from the home), know what ingredients are being used within the recipe, and can help satisfy cravings. Cooking at home can help ensure leftovers and allow you to have multiple meals at home.

Tips for Cooking for One:

- ⇒ Buy frozen vegetables, fruits, and meats
 - Will last longer without going bad
 - Can pull out exactly what you want
- ⇒ Save any leftover vegetables in one large freezer container to make a pot of vegetable soup
- ⇒ Plan for leftovers
 - Get food items you can eat for a couple days (cooking a whole chicken rather than 1 piece of chicken)
- ⇒ Cook once, eat twice:
 - Cook extra ground beef/turkey to make a different meal (example: plan for spaghetti but use beef for chili)
 - Make an extra serving of rice or whole grains and eat at another meal

- ⇒ Have fruits and vegetables about to go bad? Put them in the freezer to use at a later time
- ⇒ Shop the sale ads to help cut the cost
 - Shop vegetables and fruits that are in season
 - Purchase foods that are on sale and place part of them in the freezer to use at a later date
- ⇒ Buy only the items you need rather than buying in bulk
 - Do not purchase a bag of apples if you cannot eat the whole bag before they go bad
- ⇒ Plan ahead a menu that sounds good to you
 - Following the menu will help save money and you will have what you need



Recipes

Salisbury Steak Recipe for One

For beef patty:

8 oz ground beef

1/2 teaspoon Worcestershire Sauce, Italian Seasoning, Mustard powder, garlic powder,

1/8 teaspoon kosher salt and black pepper

1/2 tablespoon olive oil

For the gravy:

1/2 tablespoon butter

2 1/2 ounces sliced onions (about 1/4 onion)

1/4 cup sliced mushrooms

1/2 teaspoon Worcestershire Sauce

1/2 cup beef broth

1 teaspoon sour cream

Instructions:

1. Place the ground beef in a bowl. Add all other ingredients (except oil) and mix together. Form a patty that is about 1/2-inch thick.
2. Heat oil in 10 inch skillet. Add ground beef patty and cook 4 minutes on each side (until done). Remove patty and place on plate covered with foil.
3. Return skillet to heat and turn down to medium heat. Add butter. When butter is melted, add onion and cook 3 minutes. Add mushrooms and cook until softened (about 3 minutes).
4. Stir in Worcestershire Sauce and beef broth, bring mixture to gentle boil. Reduce heat to low. Simmer 3 minutes.
5. Stir in sour cream and mix well. Spoon sauce over beef patty.
6. Remove patty and pour sauce over patty

References:

<https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/cooking-tips-for-one-or-two>

<https://onedishkitchen.com/salisbury-steak-recipe-for-one/>

<https://www.aplaceformom.com/blog/2013-3-15-easy-recipes-for-senior-nutrition/>

Healthy Breakfast Frittata

1/2 medium onion

4 medium garlic cloves, chopped

1/4 lb ground turkey

1 + 2 tablespoon chicken broth

3 cups rinsed and finely chopped kale (stems removed)

5 eggs

Salt and Pepper to taste

Instructions:

1. Mince onion and chop garlic; let them sit for 5 minutes to enhance flavor.
2. Preheat broiler on low.
3. Heat 1 TBS broth in 9-10 inch stainless steel skillet. Sauté onion over medium heat, for 3 minutes, stirring often.
4. Add garlic, ground turkey and cook for another 3 minutes on medium heat, breaking up clumps.
5. Add kale and 2 TBS broth. Reduce heat to low and continue to cook covered for about 5 more minutes. Season with salt and pepper, and mix.
6. Beat eggs, season with a pinch of salt and pepper, and pour on top of mixture evenly. Cook on low for another 2 minutes without stirring.
7. Place skillet under broiler in middle of oven, about 7 inches from the heat source so it has time to cook without the top burning. As soon as eggs are firm, it is done, about 2-3 minutes.

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<https://chfs.ky.gov/agencies/dail/Pages/nutrition.aspx>