**Recipe Package**

**Cooking for 1 or 2 Program**



**Chicken Dinner in Bowl**

**Adapted from *The Senior Chef: Cooking for 1 or 2***

**Serves 2**

1 small onion, chopped 1 small

1/2 stalk celery, diced 1/2 stalk

1 tsp chicken broth base 5 mL

1 cup water 250 mL

salt to taste

pepper to taste

6-8 oz chicken .18 - .25 kg

1 medium potato, diced 1 medium

1 small carrot, sliced 1 small

2 small stalks broccoli 2 small

1 tsp cornstarch 5 mL

2 tsp water 10 mL

Combine onion, celery, chicken broth, water and seasonings in a pot. Bring to a boil. Add chicken. Simmer

30 minutes covered, or until tender. Add potato and carrots. Cook 10 minutes. Add broccoli and cook 5 minutes. Combine cornstarch and cold water in a cup. Stir into hot liquid; stir and cook until thick. Correct seasonings.

**Note:** You may use any skinless chicken parts, but remove bones before serving. You may substitute any other green vegetable for broccoli such as green beans or sugar peas.

***Suggestion for completing the meal:*** whole wheat roll and yogurt & berries

**Tropical Breakfast Shake**

½ cup pineapple juice

1 banana

1 cup plain yogurt

½ cup strawberries

2 tablespoons wheat germ or 1tbsp ground flaxseed

Blend all ingredients together

This shake offers 390 calories and ~15 grams of protein per 8 ounce serving

For additional protein and calcium add 1-2 tbsp of skim milk powder

\*gradually add flaxseed/fibre into diet- start with 1 tsp

**Whole Grain Crockpot Porridge**

 *Amy Dow, RD*

Makes approximately 4 cups

* Preparation time: 5 minutes / Cooking time: 8 hours in a crock-pot
* Crock pot

¼ cup brown rice or quinoa, rinsed and uncooked 50 ml

½ cup millet, rinsed and uncooked 125 ml

½ cup oats, uncooked (not instant) 125 ml

2 apples, peeled and cubed 2

1/2 cup blueberries 125 ml

4 cups water 1 L

1. Add everything in the crock-pot overnight for 8 hours-its ready in the morning
2. Cook on low
3. Serve with fresh berries and yogurt

TIPS: You can freeze this for up to 3 months in smaller containers. If you are leaving the crockpot on for over 8 hours add an extra ¼ cup of water for every 30 min extra. Another option is to add various seasonal fruits (other berries, pears, peaches) or other whole grains such as quinoa and amaranth. Add some pure vanilla extract, cinnamon, a bit of honey, or vanilla yogurt, to add flavor

**Baked Apple**

**Serves 1**

This is a convenient dessert to prepare when you are baking a main course.

1 apple 1

1 tsp butter or non-hydrogenated margarine 5 mL

1 tbsp brown sugar 15 mL

¼ cup oats

1/4 tsp cinnamon 1 mL

2 tbsp water 25 mL

Wash and core the apple. Stuff the apple with a mixture of oats, butter or margarine, brown sugar, and cinnamon.

Place apple in a small pan and add the water.

Bake at 400oF (200oC) for 30 minutes.

**Cheese and Fruit**

Cut pears or apples into slices (leave skin on). Dip cut sides in lemon juice to prevent browning. Cut cheese into cubes; insert a toothpick in each cube. Arrange attractively on a plate.

**Variations:** \_ This snack can be as simple or as elegant as you like to make it. The possibilities are endless. A few ideas include combining any of the following:

several types of cheese orange segments

carrot sticks ham cubes

celery sticks tomato wedges

whole wheat crackers green pepper sticks

papaya cubes dipped in lime juice turnip sticks

**Salmon en Papillot**

Adapted from Whole Food Therapy, Demos for Dietitians

Makes 2 servings

½ red or yellow bell pepper, sliced thinly

1 cups green beans or snow peas, trimmed

4 small potatoes, sliced into thin rounds

2x4-5oz salmon portions

2 shallots, quartered

2 cloves garlic, quartered

Handful of fresh dill

1 lime, sliced into rounds

Olive oil

White wine (optional)

Salt and Pepper

Parchment paper

Preheat Oven to 400degrees F. Cut 2 large pieces of parchment paper. Toss pepper, beans or peas, and potatoes in olive oil and season.

Make one layer of sliced potatoes on the parchment paper. Place the salmon, skin side down on top. Place the peppers and beans/peas to one side of the salmon. Place the shallots, garlic, dill and lime on top of the salmon. Drizzle a little olive oil and white wine if desired.

Fold paper to make a pocket, ensuring that no air can escape. Place on a cookie sheet and bake for 20 minutes.

Once done, place pocket on a dinner plate, make a long cut on top of pouch to let steam out and serve immediately.

**Energy Slaw**

This recipe is packed with nutrients to boost your energy and fortify your immune system. Add as a side to a wrap made with whole grains or enjoy as a snack. Makes approximately 4 cups.

**Ingredients**

* 1 cup raw beet, peeled and grated
* 1 cup apple, grated
	+ 1. 1 cup carrot, peeled and grated
		2. 1 cup cabbage, finely sliced
		3. 2 tbsp walnuts, chopped or sunflower seeds
		4. 2 tbsp of dried cranberries or raisins
		5. 3 tsp olive oil

2 tbsp freshly squeezed lemon, lime or orange juice

* + - * 1. 2 tsp honey (optional)

**Directions**

1. Wash all produce before peeling and grating/slicing as above.
2. Combine the beet, apple, carrot, and cabbage in a bowl. Mix in the nuts and dried fruit.
3. In a separate bowl. Mix the olive oil, lemon juice and honey together until well blended. Pour the mixture over the salad and toss until the salad is evenly coated.

**Tips**

This salad is best eaten within 2 hours. Refrigerate if not eating immediately. Use red cabbage or Bok Choy and hard fruits such as pears to vary the taste, texture and colour. Add sunflower or pumpkin seeds in place of nuts. Also try 3 tbsp of plain yogurt (1 or 2% M.F.) in place of the olive oil for a creamier dressing.

**Country Lentil Soup**

***Simply Great Food*, Dietitians of Canada**

**Preparation time: 10 minutes \* Cooking time: 25 minutes \* Makes 8 1-cup (250mL) serving**

1 tbsp vegetable oil 15 mL

1 cup diced onion 250 mL

1/2 cup diced carrot 125 mL

1/2 cup diced celery 125 mL

4 cups vegetable or chicken broth 1 L

1 cup dried red lentils, well rinsed 1 cup

¼ tsp dried thyme 1 mL

 Salt and freshly ground black pepper

½ cup chopped fresh flat-leaf parsley 125 mL[[1]](#footnote-1)

1. In a large saucepan, heat oil over medium heat. Sauté onion, carrot and celery until softened, about 5 minutes. Add broth, lentils and thyme; bring to a boil. Reduce heat, cover and simmer for 20 minutes or until lentils are soft. Remove from heat.
2. Working in batches, transfer soup to blender. Puree on high speed until creamy. Add up to 1 cup (250 mL) water if puree is too thick. Season with salt and pepper to taste. Return to saucepan to reheat, if necessary.
3. Ladle into bowls and garnish with parsley.

**TIP:** If you choose to prepare this recipe in a slow cooker instead of on the stovetop, transfer soup to the stoneware after bringing it to a boil in Step 1. At this point, you can refrigerate it overnight and drop in the stoneware on the morning. When the soup is cooked, continue with step 2. If you prefer, when pureeing soups you can use a stick blender and blend the soup right in the pot. This will save you some cleanup time, but the result will be less smooth.

**VARIATION:**  Substitute green lentils, well rinsed and drained, canned chickpeas or white kidney beans for the red lentils. Decrease the simmering time to 15 minutes if using canned legumes. To make this a heartier soup, add 1 cup (250 mL) of diced cooked lean ham after pureeing.

*NUTRIENTS Per Serving*

**Calories:** 117 **Carbohydrate:** 18.7 g **Calcium:** 29 mg **Fat:** 2.0 g **Fibre:** 3.7 g

**Iron:** 2.7 mg **Sodium:** 504 mg **Protein:** 3.7 g

**Very high in:** Folate **High in:** Vitamin A and iron **A source of:** Dietary fibre

*Diabetes Food Choice Values Per Serving*

½ **Carbohydrate** ½ **Meat & Alternatives**

**Leek and Sweet Potato Soup**

***Simply Great Food*, Dietitians of Canada**

**Preparation time: 10 minutes**

**Cooking time: 45 minutes**

**Makes 8 1-cup (250mL) serving**

2 tbsp vegetable oil 25 mL

4 cups chopped leeks (white and light green parts only) 1 L

4 cups diced peeled large sweet potatoes 1 L

4 cups reduced-sodium chicken or vegetable broth 1 L

1 can (14 oz/398 mL) evaporated milk 1

1 tsp dried dillweed 5 mL

 Salt and freshly ground black pepper

1. In a large saucepan, heat oil over medium heat. Sauté leeks for 10 minutes or until lightly browned. Add potatoes and broth; bring to a boil. Reduce heat, cover and simmer for 30 minutes or until potatoes are soft. Remove from heat.
2. Working in batches, transfer soup to blender and puree until smooth.
3. Return soup to saucepan and add evaporated milk and dill. Heat over low heat (do not boil or milk could curdle). Season to taste with salt and pepper.

**TIP:** If you choose to prepare this recipe in a slow cooker instead of on the stovetop, complete steps 1 and 2, then return soup to the stoneware. Cook on low for 8 hours, then add the milk, dill, and salt and pepper to taste and heat on high for about 15 minutes, until the mixture is hot but not bubbly.

**VARIATION:**  Replace the sweet potatoes with butternut squash or carrots and the leeks with yellow onions.

*NUTRIENTS Per Serving*

**Calories:** 164 **Carbohydrate:** 22.4 g **Calcium:** 231 mg **Fat:** 5.1 g **Fibre:** 2 g

**Iron:** 1.0 mg **Sodium:** 402 mg **Protein:** 7.9 g

**Very high in:** Vitamin A **High in:** Calcium and riboflavin

**A source of:** Dietary fibre

*Diabetes Food Choice Values Per Serving*

1 **Carbohydrate** 1 **Fat**

**COOKING METHODS FOR EGGS:**

**Soft Cooked/Hard Cooked:**

Place eggs in a saucepan in cool water deep enough to cover the eggs by about 1 inch. Cover; quickly bring just to boiling. Turn off heat. Let the eggs stand, covered, in the hot water, the proper amount of time:

Soft 1 minute

Medium 3-5 minutes

Hard 12-14 minutes (add 3 minutes if eggs are large size)

Immediately run cold water over the eggs or place in ice water until completely cooled.

**Poached**

Bring 1-3 inches of water (or broth) to boiling in a saucepan. Reduce the heat to keep the water gently simmering. Break eggs, one at a time into a saucepan. Holding the saucer close to the water’s surface, slip the eggs, one by one, into the water. Return pan to heat. Cook 3 minutes or more, depending on desired

doneness. Lift out the eggs with a slotted spoon. Drain them on the spoon or on a paper towel.

**Scrambled**

In a small bowl, beat together with a fork, 2 eggs, 1 tbsp (15 mL) milk, and a pinch of salt and pepper. Melt 1 tsp. (5 mL) butter or non-hydrogenated margarine in a small frying pan and heat over medium heat until just hot enough to sizzle a drop of water. Pour in the egg mixture. As the mixture begins to set, use a pancake turner to gently lift thickened portions from the bottom and sides of the pan. Continue until the eggs are set but still moist.

It is better to remove scrambled eggs from the pan when they are slightly underdone, as heat retained in the eggs completes the cooking.

\*Cook eggs and egg casseroles to 165 degrees F

**Omelette aux fines herbs**

**Adapted from *The Senior Chef: Cooking for 1 or 2***

**Serves 2**

2 eggs 2

1/2 tsp parsley, snipped 2 mL

1/2 tsp chives, snipped 2 mL

1 tsp water 5 mL

pinch salt and pepper pinch

1 tsp butter, non-hydrogenated margarine 5 mL

Break the eggs into a small bowl; add water, herbs and seasonings.

Melt margarine in a small (5 or 6 inch) fry pan, preferably one with a non-stick surface. Heat until a drop of water sizzles.

Quickly add the egg mixture and, with a spatula, start loosening the cooked sides and push towards the centre. Tip pan so that the uncooked portion of egg runs underneath. Keep tipping and loosening until all surplus liquid is softly set and food temperature is 165 degrees F. Fold in half and slide onto a plate.

**Variations:**

Just before folding the omelette, top it with any of the following:

\_ cheese - 2 tbsp (25 mL), grated

\_ tofu - 2 tbsp (25 mL), finely diced (add into omelette before cooking)

\_ salmon - 1/4 cup (50 mL), crumbled

\_try ½ tsp dried oregano in place of the fresh herbs

***Suggestion for completing the meal:*** whole wheat toast, Tossed Salad and a glass of milk.

**Basic Cooking for Legumes**

**Lentils and Split Peas:**

Rinse before cooking. Bring to a boil and simmer gently until done. Approximately 45 minutes.

1/3 cup lentils, 1 cup water (no soaking needed), yield is 1 cup.

**Beans and Peas:**

Pick over, discard foreign matter, rinse. Soak 12 hours or overnight. Use 3 times the volume of water as the beans or peas. Drain. Rinse. Add the same amount of water as was used for soaking to cook. Bring to a boil, cover, reduce heat and simmer gently until done. Cooking too fast can break the skins. For example: 1/3 cup kidney, navy beans, pinto, black or garbanzo (chick peas) add 1 cup water, cook for 2 hours, yield 1 cup. 1/3 cup whole peas, lima beans, add 1 cup water, cook for 1 hour, yield 1 cup.

1. [↑](#footnote-ref-1)