Questions about nutrition? Call 1-877-FOOD-URI

Eat 2 fruits and 3 vegetables every day

Simple Meals for One or Two

Healthy Recipes and Tips for Cooking in Small Amounts

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.
Welcome!

This recipe book is designed to help you prepare quick, healthy meals for one or two people!

Cook Less, Waste Less

◊ Buy foods only in the amount you need, so less goes to waste.
◊ Buy canned and frozen fruits and vegetables to reduce waste.
◊ When cooking at home, freeze leftovers in individual portions to serve as a quick meal for another night.
◊ Be creative with leftover fruits and vegetables — put fruit in smoothies, tomatoes in homemade pasta sauce, and cooked vegetables in an omelet or frittata.

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Want more recipes?
Visit us at web.uri.edu/SnapEd

Quick & Healthy Snack Ideas

☑ Whole wheat crackers and low fat cheese
☑ Low fat yogurt and berries
☑ Plain popcorn with sunflower seeds
☑ Pepper slices and hummus
☑ Low fat tortilla chips with salsa
☑ Whole wheat tortilla and low fat cheese
☑ Low fat string cheese and sliced tomatoes
☑ Apple slices with peanut butter
☑ Low fat cottage cheese with crushed pineapple
☑ Trail mix with whole grain cereal, nuts, and pretzels
☑ Pita bread with hummus
☑ Hard boiled egg and whole wheat toast
☑ Cucumber slices and low fat ranch dip
☑ Unsweetened applesauce and graham crackers
Fresh Zucchini Salad

Servings per recipe: 2
Serving size: ½ cup
Prep time: 10 minutes
Cook time: 0 minutes

Ingredients
- 1 small zucchini
- 1 green onion (scallion)
- ½ small green pepper
- 1 small tomato
- ½ teaspoon sugar (optional)
- 2 teaspoons vegetable oil
- 2 tablespoons white vinegar

Directions
1) Wash and chop zucchini, green onion, green pepper, and tomato into bite size pieces. Combine in a bowl.
2) In a separate small bowl, mix together sugar, oil, and vinegar. Pour dressing over vegetables and toss.
3) Cover and chill until serving.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>% Daily Value*</th>
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Cost: $1.69 per recipe
$0.85 per serving

Zucchini costs less when it is in season during the summer.

Breakfast Power Bowl

Servings per recipe: 1
Serving size: 1
Prep time: 3 minutes
Cook time: 2½-3½ minutes

Ingredients
- 1 egg, beaten well
- 1 cup water
- ½ cup old fashioned oats
- ½ mashed banana (or 1 tablespoon dried fruit)
- ½ teaspoon cinnamon
- 1 teaspoon brown sugar
- Pinch of salt

Directions
1) Combine all ingredients in a microwave-safe bowl or mug. Mix well.
2) Microwave on high for 2½-3½ minutes.

Nutrition Facts

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<td>Protein (g)</td>
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Cost: $0.80 per recipe
$0.80 per serving

This recipe is a good source of fiber, protein, and iron.

Add some protein to your salad by adding chick peas, beans or tuna.
Yogurt Parfait

Ingredients
1 cup low fat plain yogurt
½ cup chopped fruit (berries, banana, or peaches)
¼ cup whole grain cereal

Directions
1) In a small cup, spoon in half of the yogurt. Then spoon in half of the fruit.
2) Spoon in the rest of the yogurt, followed by the rest of the fruit.
3) Top with the cereal. Enjoy!

Nutrition Facts

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</tr>
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<td>Potassium 45mg</td>
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Nutrition Facts:

Parfaits are good for a quick breakfast, snack, or healthy dessert!

Cost:
$1.09 per recipe
$1.09 per serving

Berry Smoothie

Ingredients
¼ cup frozen blueberries
¼ cup frozen strawberries
¼ cup low fat vanilla yogurt
¼ cup low fat milk

Directions
1. Put all the ingredients into the blender.
2. Blend until smooth and pour into a glass. Enjoy!

Nutrition Facts:

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<tr>
<td>Potassium 220mg</td>
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Cost:
$0.81 per recipe
$0.81 per serving

Mix and match your favorite frozen fruit to create your own smoothie.

* * *
Add a handful of spinach to make it even more healthy!
### Tuna Waldorf Salad

**Servings per recipe:** 3  
**Serving size:** ½ cup  
**Prep time:** 10 minutes  
**Cook time:** 0 minutes

**Ingredients**
- 2 small apples, cored and chopped
- 1 tablespoon lemon juice
- ¼ cup chopped celery
- 3 tablespoons raisins
- 3 tablespoons chopped walnuts
- 1 (5 ounce) can chunk light tuna, in water, drained
- 2 tablespoons mayonnaise
- ½ teaspoon sugar
- Pinch of cinnamon

**Directions**
1. In a large bowl, combine apples and lemon juice. Add celery, raisins, walnuts and tuna.
2. In a small bowl, combine mayonnaise, sugar, and cinnamon to make the dressing.
3. Pour dressing over the tuna mixture. Mix well.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
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<tr>
<td>1/2 cup</td>
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<tbody>
<tr>
<td></td>
<td>190</td>
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| Total Fat 6g       | 19%      |
| Saturated Fat 1g   | 8%       |
| Trans Fat 0g       |          |
| Cholesterol 10mg    | 6%       |
| Sodium 210mg       | 9%       |
| Total Carbohydrate 24g | 9%      |
| Dietary Fiber 3g   | 11%      |
| Total Sugars 19g   |          |
| Includes 1g Added Sugars | 2%      |
| Protein 9g         |          |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Cost:**  
- $3.93 per recipe  
- $1.31 per serving

Serve over lettuce or on whole grain crackers for a quick and easy meal!

### Omelet in a Mug

**Servings per recipe:** 1  
**Serving size:** 1 omelet  
**Prep time:** 5 minutes  
**Cook time:** 1-2 minutes

**Ingredients**
- 2 eggs
- 1 tablespoon fat-free milk
- 1 tablespoon low fat shredded cheddar cheese
- 2 tablespoons diced green pepper
- 2 tablespoons diced onion
- Salt and pepper to taste

**Directions**
1. In a microwave safe mug, crack and beat the eggs with a fork.
2. Add milk, cheese, pepper, and onion to the egg mixture. Mix well with a fork.
3. Microwave for 1 minute and 30 seconds.
4. Stir omelet. If watery, continue to microwave for 30 seconds.

**Nutrition Facts**

<table>
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<tr>
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<table>
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<tbody>
<tr>
<td></td>
<td>160</td>
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| Total Fat 3g       | 12%      |
| Saturated Fat 3g   | 16%      |
| Trans Fat 0g       |          |
| Cholesterol 330mg   | 110%     |
| Sodium 190mg       | 8%       |
| Total Carbohydrate 4g | 1%      |
| Dietary Fiber 1g   | 4%       |
| Total Sugars 2g    |          |
| Includes 0g Added Sugars | 0%      |
| Protein 14g        |          |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Cost:**  
- $0.68 per recipe  
- $0.68 per serving

Eggs are an excellent, low cost source of protein that can be kept in the fridge up to 3 weeks after purchasing!
Rockin’ Roll-Ups

**Ingredients**
- 1 whole wheat tortilla
- 2 tablespoons hummus
- 1 tablespoon shredded reduced-fat cheese
- 1 tablespoon shredded carrots
- 3-4 cucumber slices
- 3-4 apple slices

**Directions**
1) Put 1 tortilla on a plate.
2) Spread the hummus on half of the tortilla.
3) Layer on the cheese, carrots, cucumber, and apple slices.
4) Roll up the tortilla around the fillings and cut in half.

**Nutrition Facts**

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<td>Trans Fat 0g</td>
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<td>Potassium 94mg</td>
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**Cost:** $1.68 per recipe
$1.68 per serving

Easy Cheesy Chicken and Broccoli

**Ingredients**
- 1 cup (8 ounce carton) low sodium chicken broth
- 1 cup instant brown rice, uncooked
- 1 (10 ounce) bag frozen broccoli
- 5 ounce can chicken, drained
- ½ cup shredded low fat cheddar cheese
- 2 tablespoons parmesan cheese
- ¼ teaspoon garlic powder

**Directions**
1) Place broth in a medium saucepan. Bring to a boil over medium-high heat.
2) Stir in rice. Place broccoli and chicken over rice but do not stir in. Cover and cook 5 minutes.
3) Remove from heat and let stand, covered, for 5 minutes.
4) Stir in cheeses and garlic powder. Let stand, covered, for 5 minutes, then serve.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount per serving</th>
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**Cost:** $2.87 per recipe
$0.96 per serving

If you don’t have canned chicken on hand, use leftover chicken, or make with canned tuna.

Tortillas can be very high in sodium. Be sure to compare different brands and aim for under 350 mg (milligrams) per serving, when possible.
**Winter Black Bean Soup**  
Servings per recipe: 2  
Prep time: 5 minutes  
Cook time: 15 minutes  
Serving size: 1 ¼ cups

**Ingredients**
- 1 teaspoon vegetable oil
- ¼ cup of chopped onion
- 2 teaspoons chili powder
- ½ teaspoon ground cumin (optional)
- ½ (14.5 ounce) can diced tomatoes, no salt added
- 1 (15 ounce) can low sodium black beans, drained & rinsed
- ½ cup water

**Directions**
1) Heat oil in a large saucepan over medium heat. Add onion and cook. Stir until onion begins to soften, about 2 to 3 minutes.
2) Add chili powder and cumin. Cook and stir for 1 minute.
3) Add tomatoes, beans, and water. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.

**Cost:**  
$4.73 per recipe  
$1.18 per serving

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**Macaroni & Cheese in a Mug**  
Servings per recipe: 1  
Prep time: 2 minutes  
Cook time: 7 minutes  
Serving size: 1 mug

**Ingredients**
- ⅓ cup whole wheat elbow macaroni
- ⅔ cup water
- ⅓ cup shredded low fat cheddar cheese
- 1 tablespoon parmesan cheese
- ⅛ teaspoon pepper
- 2 teaspoons fat-free milk

**Directions**
1) In a large mug, mix whole grain macaroni with water. Microwave for 6 minutes, stirring after 4 minutes. Add more water if macaroni is too dry.
2) Remove from microwave. There may be a small amount of thick pasta water in the bottom of the mug. Leave the water.
3) Add cheddar cheese, parmesan and pepper. Microwave for 45 seconds.
4) Add milk. Stir well and serve.

**Cost:**  
$0.76 per recipe  
$0.76 per serving

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Name brands can cost more. Choose store brands for the same nutrition at a lower cost.

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Make it a MyPlate meal by adding cooked vegetables and canned tuna with a piece of fruit for dessert.
Meatloaf in a Mug

Servings per recipe: 1
Serving size: 1 meatloaf

Prep time: 2 minutes
Cook time: 7 minutes

Ingredients
- Nonstick spray
- ⅕ (3.2oz) pound extra lean ground beef*
- 2 tablespoons fat-free milk
- 1 teaspoon onion soup mix
- 2 tablespoons quick-cooking oats

Directions
1) In bowl, place beef, fat-free milk, ketchup, onion soup mix and oats. Mix well.
2) Spray a microwave safe mug and spoon in the mixture above. Cover and cook on high for 4 minutes, or until meat is no longer pink. Drain excess liquid.
3) Let stand for 3 minutes before serving.

Nutrition Facts
1 servings per container
Serving size: 1 mug
Amount per serving
Calories 210
- Total Fat 7g  9%
- Saturated Fat 2.5g  13%
- Trans Fat 0g  0%
- Cholesterol 55mg  18%
- Sodium 340mg  15%
- Total Carbohydrate 15g  5%
- Dietary Fiber 1g  4%
- Total Sugars 5g  2%
- Includes 3g Added Sugars  6%
- Protein 20g

Vitamin D 0mcg  0%
Calcium 45mg  4%
Iron 3mg  15%
Potassium 90mg  2%

% Daily Value*

Cost: $1.45 per recipe
$1.45 per serving

*Take a 1 pound package of extra lean (93% lean) ground beef and cut into 5 equal pieces. Use leftover meat for another meal or freeze individually for later use.

Sweet Potato Quesadilla

Servings per recipe: 2
Serving size: ½ quesadilla

Prep time: 5 minutes
Cook time: 15 minutes

Ingredients
- ½ cup mashed, cooked sweet potato*
- ⅛ cup canned low sodium black beans, rinsed & drained
- 2 whole wheat tortillas, 8 inch size
- 2 tablespoons chunky salsa
- 2 tablespoons reduced fat shredded cheddar cheese
- Nonstick cooking spray

Directions
1) In a medium size bowl, mash the sweet potato with the beans.
2) Coat a skillet with cooking spray on medium heat.
3) Place one tortilla in skillet. Spread the sweet potato and black bean mixture onto it. Top with salsa and shredded cheese. Cover with the other tortilla.
4) Cook for 2-3 minutes then flip with a wide spatula and cook for another 2-3 minutes. Remove from pan to a cutting board and slice into quarters.

Nutrition Facts
2 servings per container
Serving size: 1/2 quesadilla
Amount per serving
Calories 240
- Total Fat 3.5g  4%
- Saturated Fat 2g  10%
- Trans Fat 0g  0%
- Cholesterol 0mg  0%
- Sodium 360mg  17%
- Total Carbohydrate 44g  16%
- Dietary Fiber 8g  29%
- Total Sugars 7g  2%
- Includes 0g Added Sugars  0%
- Protein 9g

Vitamin D 0mcg  0%
Calcium 155mg  10%
Iron 3mg  15%
Potassium 329mg  6%

% Daily Value*

Cost: $1.80 per recipe
$0.90 per serving

*One fresh medium sweet potato will give you about 1/2 cup mashed once cooked. If using canned sweet potatoes (yams), be sure to drain and rinse them first.