

# NUTRITION TO GO

## Tired of Cooking or Eating Alone?

### 7 cooking and mealtime tips:

1. **Have a potluck** where you and family and friends bring different parts of the meal. This makes cooking a lot easier and there might even be some leftovers to share.



5. **Make enough food for leftovers** so you can refrigerate or freeze food and eat it throughout the week.



2. **Cook with a friend** to make a meal you can enjoy together. Research shows that eating with others helps you eat enough food to stay healthy.

6. **Join a cooking class** and learn new ways to cook some of your favorite foods.



3. **Find a community to eat with.** This could be a senior, community, or religious centers close to you so you can eat with others in your community.



7. **Seek out Meals on Wheels** if you are unable to make your own meals and cannot get out to a meal site. For more information check out: <http://www.rimeals.org/>

4. **Make breakfast for dinner or dinner for breakfast** to change up the food you are eating!



## Get cooking!

Pick a recipe that you already love to make, or try one from our SNAP-Ed program. Visit [web.uri.edu/SnapEd](http://web.uri.edu/SnapEd) or call us **1-877-FOOD-URI** for a free recipe booklet. Most recipes will make 4 to 6 servings. It is a good idea to make recipes with extra portions so you can enjoy the leftovers. You can freeze leftovers for the days you do not want to cook. Make sure to label the frozen meals with the name of the food and the date it was made.

### What are some easy meal ideas when cooking for one?

#### Breakfast:

- ✓ Whole wheat toast with peanut butter and banana
- ✓ Oatmeal or cold cereal with milk and berries
- ✓ Scrambled eggs and slice of tomatoes on a whole grain bagel

#### Lunch and Dinner:

- ✓ Salad—include more than just vegetables. Add some beans, cooked chicken, or cheese.
- ✓ Soup, stews, and casseroles—easy to make and freeze. Make a soup, stew, or casserole loaded with vegetables.



### Try our Easy Cheesy Chicken and Broccoli Recipe:

Servings per recipe: 3  
Serving size: 1 cup

Prep time: 5 minutes  
Cook time: 20 minutes

#### Ingredients

- 1 cup (8 oz.) low sodium chicken broth
- 1 cup instant brown rice, uncooked
- 1 (10 oz.) bag frozen broccoli
- 5 oz. can chicken, drained
- ½ cup shredded low fat cheddar cheese
- 1 tablespoon 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

servings per container	
<b>Serving size</b>	<b>(275g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 510mg	<b>22%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	
Vitamin D 0mcg	0%
Calcium 165mg	15%
Iron 1mg	6%
Potassium 130mg	2%

\*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:** \$2.87 per recipe  
\$0.96 per portion

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OF RHODE ISLAND

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Call Our Toll-Free Line for  
More Information  
**1-877-366-3874**