

Questions about nutrition?

Call 1-877-FOOD-URI



*Eat 2 fruits
and 3 vegetables
every day*



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Simple Meals for One or Two



*Healthy Recipes and Tips for
Cooking in Small Amounts*

2020

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

Prep time: 10 minutes

Serving size: ½ cup

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

Nutrition Facts

4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 6g Added Sugars	12%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 265mg	6%

*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: \$1.69 per recipe
\$0.85 per serving

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.



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

* * *

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

Breakfast Power Bowl

Servings per recipe: 1

Prep time: 3 minutes

Serving size: 1

Cook time: 2½-3½ minutes

Ingredients

- 1 egg, beaten well
- 1 cup water
- ½ cup old fashioned oats
- ⅓ mashed banana (or 1 tablespoon dried fruit)
- ½ teaspoon cinnamon
- 1 teaspoon brown sugar
- Pinch of salt



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

Directions

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

Nutrition Facts

1 servings per container	
Serving size	1 bowl
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 80mg	3%
Total Carbohydrate 46g	17%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 3g Added Sugars	6%
Protein 13g	
Vitamin D 1mcg	6%
Calcium 70mg	6%
Iron 3mg	15%
Potassium 375mg	8%

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Cost: \$0.80 per recipe
\$0.80 per serving

Yogurt Parfait

Servings per recipe: 1

Serving size: 1 parfait

Prep time: 5 minutes

Cook time: 0 minutes

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	
1 servings per container	
Serving size	1 parfait
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	2%
Sodium 180mg	8%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 3mcg	15%
Calcium 339mg	25%
Iron 3mg	15%
Potassium 45mg	0%

*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: \$1.09 per recipe
\$1.09 per serving

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

Berry Smoothie

Servings per recipe: 1

Serving size: 1 smoothie

Prep time: 3 minutes

Cook time: 0 minutes

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	
4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 186mg	15%
Iron 0mg	0%
Potassium 226mg	4%

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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



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

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	
3 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 210mg	9%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 19g	
Includes 1g Added Sugars	2%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 281mg	6%
*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

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

Nutrition Facts	
1 servings per container	
Serving size	1 mug
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3g	15%
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	
Vitamin D 2mcg	10%
Calcium 104mg	8%
Iron 2mg	10%
Potassium 211mg	4%
*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

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.



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

Servings per recipe: 1 Prep time: 5 minutes
Serving size: 1 wrap Cook time: 0 minutes

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

1 servings per container	
Serving size	1 roll-up
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 370mg	16%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 132mg	10%
Iron 2mg	10%
Potassium 94mg	2%

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Cost: \$1.68 per recipe
\$1.68 per serving

Tortillas can be very high in sodium. Be sure to compare different brands and aim for under 350 mg (milligrams) per serving, when possible.

Easy Cheesy Chicken and Broccoli

Servings per recipe: 3 Prep time: 5 minutes
Serving size: 1 cup Cook time: 20 minutes

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.



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

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 490mg	21%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 161mg	10%
Iron 1mg	6%
Potassium 130mg	2%

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Cost: \$2.87 per recipe
\$0.96 per serving

Winter Black Bean Soup

Servings per recipe: 2 Prep time: 5 minutes

Serving size: 1½ cups Cook time: 15 minutes

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.



Nutrition Facts	
4 servings per container	
Serving size	1 1/4 cups
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 37g	13%
Dietary Fiber 14g	50%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 109mg	8%
Iron 3mg	15%
Potassium 779mg	15%

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

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

Macaroni & Cheese in a Mug

Servings per recipe: 1

Prep time: 2 minutes

Serving size: 1 mug

Cook time: 7 minutes

Ingredients

- ⅓ cup whole wheat elbow macaroni
- ⅓ 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.

Nutrition Facts	
1 servings per container	
Serving size	1 mug
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 430mg	19%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 227mg	15%
Iron 1mg	6%
Potassium 129mg	2%

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Cost: \$0.76 per recipe
\$0.76 per serving

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
 ⅓ (3.2oz) pound extra lean ground beef*
 2 tablespoons fat-free milk
 1 tablespoon ketchup
 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
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 340mg	15%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 3mg	15%
Potassium 90mg	2%

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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*
 ¼ 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
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 390mg	17%
Total Carbohydrate 44g	16%
Dietary Fiber 8g	29%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 155mg	10%
Iron 2mg	10%
Potassium 326mg	6%

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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.