



Tips on Cooking for One

Even for those of us who aren't chefs or cooks at heart healthy eating doesn't have to be a big challenge. Especially when you are cooking for one person a little bit of thought, planning and preparation can go a long way. Are you ready to meet the challenge and triumph? With these tips in mind it will be a breeze!

Cooking for One Tricks While Eating Healthy

Our best suggestion for anyone just cooking for themselves is to consider cooking in batches unless you really enjoy spending time in the kitchen. This can save effort and energy and also ensure you have a healthy meal in the refrigerator close by should you need it, with only a minute or two required to heat up some left overs.

Here's two ideas that come in handy...

- **Cook Four Servings of Vegetables Rather than One.** When it comes time to cook your vegetables make the best use of your time and cook a handful of servings – four or five instead of just one. You can have some for dinner, and the rest will go to good use tomorrow. Eat with fruit for lunch and with pasta or a salad for dinner all requiring almost no prep work. Much nicer than having to cook veggies again right away isn't it? Tastes just as good too.
- **Pasta and Rice are Your Friends.** Two healthy eating staples which also serve you well when you cook a few extra portions and will compliment your fruit and vegetables nicely. When combined with our vegetable idea above and with a variety of seasonings and sauces your options are nearly endless. Simple cooking doesn't have to be boring to eat at all. Don't forget your side of fruit – your body will thank you!
- **Store Your Cooked Food in Plastic Containers with Lids.** Don't just leave them on a plate or in a bowl.

Healthy Eating and Working With Leftovers

Whenever you are saving leftovers and reheating them please keep these health guidelines in mind. Safety should always come first!

- **Promptly Refrigerate Leftovers.** Leaving food around at room temperature for very long is how bacteria spreads. Cool it as quickly as possible.
- **Don't Eat Anything that's not Frozen after Three Days.** Three days is the cut off limit for food that's not frozen. Frozen food is usually good for a few months.

- **Reheat Leftovers Thoroughly.** Reheat your meal until it's HOT all the way through – at least 80 degrees. This is a must so please don't skip over this advice even for your vegetables! We want to be sure no one gets sick. Fruit is fine cold of course.

With these easy to follow tips in mind healthy eating should be no problem at all. It may even become fun! Do you have a hidden chef in you after all?