

A MEAL FOR



Simple Strategies
for Cooking for One



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STEPS FOR SURVIVAL

Acknowledge your loss.

Try not to avoid it.

Experience the pain.

You are hurting. Admit it.

Share your feelings and thoughts with others.

Believe that you will survive.

Write about your feelings in a journal.

It can become your best friend.

Take good care of yourself.

Give yourself time to heal.

Be gentle with yourself.

FOOD SAFETY TIPS

YOU CAN PREVENT FOOD POISONING!

Follow these simple rules: Keep food hot! Keep food cold! Keep food clean!
When in doubt, throw it out!

KEEP FOOD HOT - Once food is cooked, keep it hot until served, and refrigerate leftovers at once.

KEEP FOOD COLD - At the supermarket, always pick up meat, poultry, and dairy products last, and get them home and into the refrigerator or freezer quickly. Don't leave them in the car trunk on a warm day while you do other errands. If you will not be able to get home to refrigerate cold items, take your ice cooler and some ice along for these items. If these products get too warm, food organisms may have a chance to multiply to dangerous levels and food poisoning can occur.

It is important to store meat, poultry, eggs, milk, cheese, and other perishables in the refrigerator. The best way to thaw meat and poultry is in the refrigerator. If thawing meat in a microwave, finish cooking immediately!

KEEP FOOD CLEAN - Keep germs off meat, poultry, and dairy products by washing utensils, platters, and countertops with soap and hot water before and after touching raw meat and poultry. Be careful not to spread germs from raw meat to cooked meat through cross-contamination. Wash utensils and platters after they have come into contact with raw meat and poultry and before they touch any cooked product. The same goes for your hands — or rubber gloves.

Under most circumstances, following these rules, coupled with the exercise of good common sense, will protect you from food poisoning. But if you do get sick, see your doctor. Think about how you stored, cooked, and served your food the last few days. If you believe the problem came from outside your home, call your local health authorities. For more information about ways to prevent food poisoning go to www.fsis.usda.gov.

INTRODUCTION

Note: This book is meant to offer helpful guidelines. The writers of this book are not nutrition experts. We recommend you consult with your personal physician about diet and exercise concerns.

It can be a shock and surprise to be in the kitchen, on your own, responsible for feeding only yourself.

Perhaps you can easily handle a Thanksgiving dinner, cook for the church supper, fill up hungry teens or put on, with panache, a fancy luncheon.

Or you're envied by neighbors for your skill at the backyard grill. You may have friends over to share your special chili or enjoy one of your memorable Sunday breakfasts.

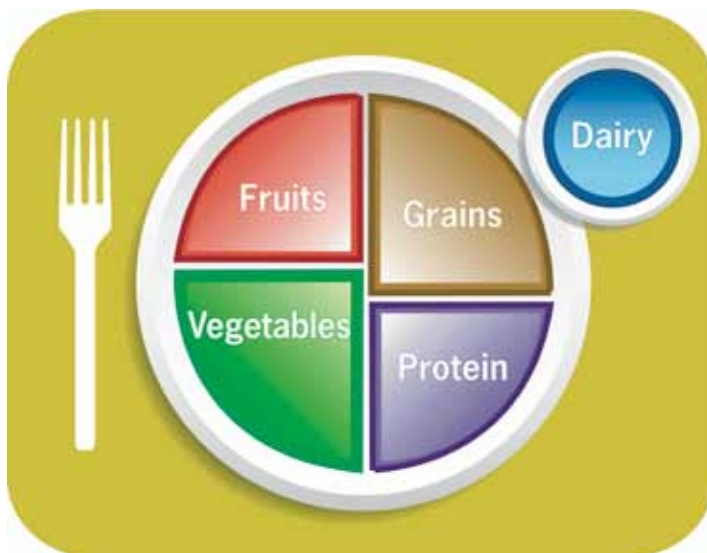
But suddenly, sadly, life has changed. Your loved one has died. Whether it is a parent, child, spouse, or partner – it is difficult to adjust following the death of a loved one. Not only do you have to cope with grief, you have to learn how to cook for one in a world organized for families and couples. Bananas come in bunches, potatoes and apples in big bags, ground beef in pounds, even a box of Jell-O serves four!

Your appetite is gone, along with your zest for life. But this is when you need good nutrition the most. People who are grieving tend to be more susceptible to disease and illness. In fact, 80 percent may experience serious illness in the first year alone.

That's why this book was developed. To help newly bereaved persons cope with cooking for one. There are lots of big fat cookbooks with everything from avocado dip to zucchini bread. Use them the way you always have, and by all means take time to entertain friends occasionally. But when the going gets rough and you can't face another "cardboard dinner" from the freezer, or your friend's smile is getting strained when you turn up again at his or her door at dinner time, turn to this book.

Start by getting a complete physical. Be sure your diet fits your doctor's and dietitian's recommendation about cholesterol, salt, fat, sugar or caloric level, and be sure to take your medications. See your dentist. Have your eyes examined.

Get some exercise at least five times a week. When exercising in hot weather it is recommended you drink at least 16-20 ounces (about 3 glasses of water) two hours before you begin, and another 8 ounces 15 minutes before you begin. While you exercise, drink every 10 to 20 minutes. Let it fit your body, your age and your life style. But do something, even if it is only walking the mall. It will help when you feel blue, or bored too. Remember to check with your doctor before beginning any exercise program.



Then remember the four food groups (the graphic above from myplate.gov indicates the approximate portion sizes recommended for good nutrition):

Protein: Meat, fish, poultry, eggs, beans and nuts.

Grains: Bread, cereals, pasta, oats and crackers.

Dairy: Milk, cheese, yogurt, cottage cheese and ice cream.

Fruit and Vegetables: All kinds, fresh, canned and frozen.

Look over your pots and pans and bring forward the small ones. Purchase the sizes you may need. Also, consider buying an inexpensive microwave oven. It is invaluable for reheating, as well as cooking small amounts of food.

If you don't have these, it can be very helpful to buy a blender, a toaster oven or a one-cup coffee maker. Consider buying some small, re-usable storage containers. Also consider getting some freezer tape and a marking pen. Use them to mark and date the contents of these containers or you could end up with a freezer full of unidentifiable substances. Take inventory of these containers at least once a week! (They tend to procreate in the back of your freezer until they're too old to use.)

Learn to shop and shop often. It will get you out of the house and you might bump into a friend or neighbor.

And remember that shopping the outside perimeter of the grocery store is where you'll find the freshest and healthiest (unprocessed) options like produce, dairy, meat & fish. It's alright to be assertive in the produce section and take one banana, if that's all you want. In some stores you can buy one half dozen eggs rather than a dozen. When you put the eggs away, date the carton so you know how long they are good. You might hard boil a few to have for salads or sandwiches.

{ The difference between stumbling blocks and stepping stones is the way you use them. }

If you're having trouble with milk going sour before you use it, keep dried milk on hand. It can be used in most every kind of cooking, either dry or reconstituted. You can also buy a smaller container. That may seem expensive, but it may still be more prudent than routinely pouring out a half-gallon of milk. You might also want to consider buying soy, coconut, or almond milk. While they may not provide as much calcium, which is essential to bone density, they last longer than dairy and have less fat.

Keep small, single-serving cans of vegetable and fruit juices in the refrigerator. They are a good snack, or part of a meal. And while they're more expensive than the large cans, you won't be faced with leftovers. (If you're watching your sodium intake, you may want to look for lower sodium versions of canned fruit and vegetable juices.)

In the summer, shop at the farmer's market. Go often and buy only what you can eat that week. But be careful, with all the beautiful fresh produce choices, your eyes can get bigger than your stomach. Besides, frequent trips give you something fun to do and you just might meet some old friends and have a visit! In the winter, frozen fruit and vegetables are a great option to keep enjoying the taste of summer.

You can buy cheese in single slices, sticks, or other single serve versions to avoid the mold. If you love cheese, and your doctor says you can handle the cholesterol, go ahead and buy a variety and enjoy it.

Get acquainted with your neighborhood deli! They have quite a selection of meats, cheeses, salads and desserts you can buy in small amounts. Try a supermarket with a deli island and you can easily make your own salads. You can also choose small amounts of vegetables for any dish you are making, without having excess.

Remember, it's important to be good to yourself now!

Feel free to buy melon out of season, steak, ice cream bars, smoked oysters, or pickled herring—all the things no one else in the family wanted, or things you thought were too expensive before. You need the comfort!

This book is not meant to be a complete family cookbook. Many recipes can be altered easily to meet special dietary needs whether you are diabetic, vegetarian, or lactose intolerant. Hopefully, the following recipes and suggestions will help you get over the rough patches until you can pick up the pieces and start to look forward to each new day.

And, be sure to season everything with lots of love!

{ A sense of humor will help take the
bite out of whatever's eating you! }



The best thing about the future is
that it comes only one day at a time.

- Abraham Lincoln

Breakfasts — some folks eat them and some don't.

But right now, breakfast is a good idea. It will keep your blood sugar level - helping with moods, and depression. It is also an opportunity to get part of your daily nutrition. Buy vegetable and fruit juices in single-serve sized cans so you have variety, or use fresh fruit in season.

Certainly there are many prepared dry cereals to choose from, but remember you have to eat the whole box yourself. You can buy small boxes of assorted cereals, but there may be some you don't want in the assortment.

If you can handle the fat, calories and cholesterol, the usual bacon, eggs, toast and orange juice can be comforting. For a lot of people, nothing beats the smell of bacon frying mixed with the smell of fresh hot coffee! There are, however, many alternatives and since you're only pleasing yourself at this point, you can let your imagination and taste run wild. Teenagers like cold pizza for breakfast; maybe you ought to try it!

There are a lot of recipes in this cook book and others you may have. There are also many recipes in the internet. Even if you don't feel like baking from scratch, you can buy mixes for all kinds of muffins - cornmeal, oatmeal, bran, blueberry, apple and more. If a mix makes more than you want to eat, share some with family or neighbors, or freeze some for another day.

There are also many more single and small serving options available for purchase than there used to be. Look in the freezer section for pre-made pancakes, breakfast sandwiches, French toast, and breakfast pastries. Of course, store-bought foods can be costly and are not typically as healthy as homemade options. If you're watching your sodium levels, be sure to check the nutritional panel so you can choose items with lower sodium content.

Don't rule out making your own "single serving" meals. You can make delicious meals from fresh food, then package them in single servings and freeze for later use. It's a great way to manage your budget and ensure that you're eating healthy, delicious meals.

Also – don't feel like you have to restrict what types of foods you eat to certain times of day. When people are grieving, they often lose their appetite. If you have the urge to eat something half-way healthy, you have to jump on that feeling when the mood strikes. After all, there is nothing wrong with having hot soup for breakfast or canned corned beef hash with a poached egg on top for dinner. (See the light meals section for some additional egg ideas.)

How about the one-meal shakes? There are commercial ones but you can make your own eggnog, banana shakes and orange fluffs. All are nourishing and easy.

Rice turns up under the light meal section, but many folks like hot rice with milk and cinnamon sugar for breakfast. Rice can be long cooked or the instant variety.

BAKED FRITTATA FOR ONE

2 large eggs
1 small zucchini, sliced
1 small tomato, diced (Roma tomatoes are best)
6 mushrooms, sliced
1 tablespoon butter
1 potato, cooked and diced (optional)
2 green onions, chopped
1 clove garlic, minced or pressed
1/4 cup chopped fresh parsley
1/4 cup grated cheddar cheese
Salt and pepper to taste
Freshly ground black pepper
Dried basil or fresh basil

Note that just about everything here is optional. Use vegetables you like. Use the kind of cheese you like. And, if you don't have leftover boiled potatoes, don't sweat it, the dish will just be a little less hearty.

Preheat oven to 350°F. Grease a pie plate with cooking spray or a little butter so that it is non-stick. Beat eggs in a fairly large bowl.

Meanwhile, heat butter (or olive oil or sunflower oil) in a skillet and sauté the veggies of your choice along with the garlic. When the vegetables are tender, scrape into the beaten eggs. Add the parsley, cheese (try Swiss for a change, or even mozzarella) and seasonings and stir.

Pour into prepared pie plate and bake for 20-25 minutes until set. Let stand for two minutes, then cut into wedges and enjoy.

DELUXE SCRAMBLED EGGS

2 eggs

2 tablespoons water

2 oz cream cheese (diced)

1 tablespoon butter

Break eggs into a small bowl and beat slightly. Add water and diced cream cheese. Melt butter in a small frying pan over low heat. Add egg mixture and move around the pan with a spatula to scramble. Use low heat. As they cook, eggs will set and the cream cheese will blend into mixture. Add salt and pepper to taste.

Note: You can use any cheese with a similar consistency. There are many nice goat and flavored cheeses on the market that would add some extra zing to this dish.

HOMEMADE HEAVENLY SYRUP

Combine equal portions of honey and butter along with two times as much vanilla ice cream. Heat over very low heat until all ingredients are melted and blended.

Example: 2 tablespoons honey

2 tablespoons butter

4 tablespoons vanilla ice cream

HEARTY BREAKFAST

1 slice whole grain, whole wheat bread

1 slice cheddar, mozzarella or Swiss cheese

Toast bread in toaster or toaster oven. Turn it over and butter and cover with cheese. Spread butter on one side, lay cheese on top, and place on a small baking sheet. Broil or bake until cheese melts. Watch carefully so it doesn't burn.)

Add one slice of fried bacon or bacon bits, if desired. Put over cheese before broiling.

HOME-Y OATMEAL

1 cup water (or milk; if milk is used, wet pan with water first)

1/4 cup oatmeal

1/4 teaspoon salt

1 small apple peeled and diced (or any other fruit or combination of fruit of your choice – mango, berries, peaches....)

Optional: 1 oz. chopped walnuts or almonds

Bring water to a boil. Stir in oatmeal and salt and mix well. Turn heat down to medium. Add apple and cook until oatmeal is done. Keep an eye on the oatmeal so it doesn't boil over. Serve with brown sugar and cream. Dried fruit, such as cherries, raisins, or dates may be added.

CALIFORNIA TOAST

Toast

Ripe avocado

Peel avocado and use for spread on toast. Wrap the remaining avocado tightly on plastic wrap and use the rest in a salad later.

ROSY EGGS

1/2 can tomato soup

1/4 cup water

2 eggs

Heat soup and water in a small saucepan over medium heat, but do not let it boil. Crack eggs into a small bowl and slip them into hot (simmering) soup and poach the eggs for 4-5 minutes, until the whites are set and the yolk is still a little runny. Serve on hot buttered toast.

EGGS ALA GOLDENROD

2 tablespoons margarine (optional)

1 hard-cooked egg

2 tablespoons flour (optional)

1 slice toast

1 cup milk or 1/2 can of any low-sodium cream soup

To make a white sauce: Melt the margarine or butter in a small pan. Add flour and stir until smooth. Add milk and stir constantly until mixture boils. Remove from heat. Peel egg and cut up the white in chunks. Put the hard cooked yolk through a sieve with the fingers or a spoon. Serve immediately.

If you don't feel like making a white sauce from scratch, use 1/2 can of cream of mushroom (celery, broccoli...) soup. Merely heat the soup (thin it with a little milk, if desired) cut the egg whites into it and sieve the yolks over all.

MINIATURE QUICHE

2 eggs

1/2 cup shredded or crumbled cheese of your choice

2/3 cup evaporated milk (low-fat evaporated milk also works well)

2 tablespoons butter or margarine

1-4 slices bacon (turkey or vegetarian bacon),
fried and crumbled (or bacon bits)

Baked pie shell/crust (pre-made or you can make your own)

Combine eggs, cheese, milk and bacon in a small bowl. Stir well. Melt butter in a 6-7 in. glass pie dish about 30 seconds. Add other ingredients, microwave 2 minutes on med-high (80% power). Stir or roll slightly in a dish. Cook an additional 2 minutes on med-high. If desired, place mixture in a baked pie shell.

SPANISH EGGS

1/2 can (14 oz.) stewed tomatoes with onion, green pepper and celery)
2 eggs

Put tomatoes in a small sauce pan and bring to a boil. Break eggs into a small bowl and then slide them into the hot tomatoes. Continue to cook over low heat until eggs are set. Serve with hot buttered toast.

VARIATIONS:

Use salsa instead of stewed tomatoes. For variety, use different types of salsa (maybe a nice peach or pineapple salsa for something really different!)

Italian eggs (use the Italian variety of stewed tomatoes)

CHEESY EGGS (MICROWAVE)

2 tablespoons milk
1 egg
1 tablespoon grated cheese
Dash of salt

Butter a microwave-proof bowl. Break egg into bowl. Stab yolk with a fork twice. Top with milk or cream. Sprinkle with salt. Top with grated cheese. Microwave at medium power until egg is set. (2 to 2-1/2 minutes depending on size and temperature of eggs.)

OMELET

2 or 3 eggs (or egg substitute)
2 tablespoons water
1 teaspoon butter or margarine
Salt and pepper

Melt the butter in a small skillet. Beat eggs slightly and add water. Pour into heated skillet over medium-low heat. Shake and push uncooked eggs to center. When set, season with salt and pepper and fill with desired ingredients.

SOME SUGGESTED OMELET FILLINGS

Grated or crumbled cheese of any type

Fresh or canned vegetables, sliced and diced (onions, mushrooms, tomatoes, green pepper (pre-heat or pre-cook the vegetables, if desired)

Any type of meat or meat substitute (be bold – try a turkey omelet!)

Sliced strawberries (or any fresh or canned fruit or jam)

Low-fat cottage cheese or sour cream

Salsa

Use wisely, your power of choice.

Choose to love...rather than hate.

Choose to laugh...rather than cry.

Choose to create...rather than destroy.

Choose to persevere...rather than quit.

Choose to praise...rather than gossip.

Choose to heal...rather than wound.

Choose to give...rather than steal.

Choose to act...rather than procrastinate.

Choose to grow...rather than rot.

Choose to pray...rather than curse.

Choose to live...rather than die.



meals

{ Laughter is free, legal, has no calories, no cholesterol,
no preservatives, no artificial ingredients, absolutely safe. }

When you're alone, all meals might be considered light. Lunch, supper, brunch, dinner — they sort of blur together. So use these any time you're in the mood.

Several meals call for eggs. If you are watching your cholesterol, or want to be more health conscious, consider using an egg substitute. They'll work for many of these recipes.

Though eggs do keep up to 5 weeks in the refrigerator, they may lose their fresh flavor after a couple of weeks. Store them with the large end up and in the coolest part of the refrigerator. Keep the eggs in the store carton, to keep them from absorbing odors through their porous shells.

A tip for hard boiling eggs: start with cold water and put about two tablespoons of salt in the water. Place eggs in water, over low heat. After about 5 minutes, turn the heat up to medium. When the water comes to a boil, cook for about 5 to 10 minutes. Pour off hot water and run cold water over the eggs and let cool for a few minutes. Now the eggs should peel neatly away from the shell.

SATURDAY SUPPER/SUNDAY BREAKFAST

1 can corned beef hash

Poached eggs

Heat 1/2 can corned beef in frying pan. Poach as many eggs as you desire. Serve hot corned beef with eggs on top. Ketchup goes well on this. For a whole meal add a cottage cheese salad with canned peach, pear or pineapple.

POACHED EGGS

Crack eggs into a bowl

Heat 2-3 inches of water in a large saucepan or deep skillet until boiling. Turn down heat to keep water simmering. Carefully slip eggs into water and cook until whites are completely set and yolks begin to thicken – 3 to 5 minutes. Do not stir.

SPUD & SQUAB

1-3 eggs

Diced potato (fresh or frozen shredded/hash brown style potatoes)

Sausage (meat or meat substitute of your choice)

Cook meat or meat substitute of your choice. Add potato and sauté in oil until lightly browned. Break one or two eggs into a sauce dish and beat until mixed. Pour over potatoes and scramble together until eggs are set. Add salt and pepper. Add sliced onion, tomato, salsa, hot sauce, or cheese if desired. Can be served with sauerkraut, sour cream, or apples.

FRENCH TOAST

2 slices bread

1 egg

1/2 cup milk

1-2 tablespoons butter or margarine

Put butter in a frying pan and melt to cover bottom. Mix egg, milk, and a pinch of salt. Dip bread in egg mixture and soak up all moisture by turning over. Fry in melted butter until brown on both sides. Serve with syrup, jam or cinnamon sugar.

There is scariness in tears. They are not the mark of weakness, but of power. They speak more eloquently than 10,000 tongues. They are the messengers of overwhelming grief, of deep contrition and of unspeakable love.

NACHOS

Individual size bag (3 1/2 oz.) corn chips

1/4 cup or more canned chili flavored beans (or beans cooked from scratch with seasoning)

Chopped onion, lettuce, tomato, peppers, squash, and olives

Shredded cheese to taste

Pre-cooked meat (ground beef, turkey or chicken) or meat substitute (available in the freezer section of most grocery stores)

Put chips on a plate. Cover with beans, onions, pre-cooked meat (or meat substitute) and cheese. Heat in microwave until cheese melts and beans are hot. Remove from oven. Top with lettuce, tomato, salsa, sour cream (and any other desired “fresh” ingredients) and enjoy.

RICE IS NICE

Prepare instant rice for one serving, or fix a batch of brown rice and freeze in one cup portions.

Helpful Hint - One cup of uncooked rice equals 3 cups of cooked rice. These recipes call for cooked rice.

FRIED RICE

1 cup cooked rice

1 tablespoon oil (sunflower oil is a good choice)

Minced onion, green pepper, celery, or mushrooms. (If fresh vegetables aren't available, frozen vegetables are a great option)

1 egg, scrambled

Heat oil in a skillet over medium high heat and fry vegetables until crisp-tender. Add rice and stir to combine. Add egg and cook, stirring until egg is thoroughly cooked through.

TOMATO RAREBIT FOR ONE

1/2 can undiluted tomato soup

2 tablespoons milk

1/2 cup shredded Velveeta cheese

2 slices buttered toast

Heat soup, milk and cheese in a saucepan over medium heat until cheese melts. Put buttered toast on a plate and pour hot mixture over. You can put crisp bacon over toast first, if desired.

SPANISH RICE

1 cup cooked rice

1 chopped tomato, or 1/3 cup tomato sauce or 1/3 cup tomato juice

1/2 green pepper - diced

1 stalk celery -diced

1/4 onion - diced

1/2 cup crumbled and cooked meat (beef, turkey, sausage, or meat substitute)

Cook vegetables together in a frying pan with oil or electric skillet over medium high heat until vegetables are soft and flavors have blended. Add rice and cook until heated and combined with other ingredients. Add a tablespoon or two of water if rice dries out too much while cooking.

SWEET RICE

1 cup hot, cooked rice (white or brown rice)

Sprinkle with cinnamon and sugar

1 teaspoon margarine or butter

Fruit of your choice (great with berries, peaches, mango.....)

Combine rice, cinnamon, sugar and butter. Add milk or cream, if desired. Top with fruit. As an alternate to cinnamon, try this dish with a touch of allspice or ginger.

BEANS AND RICE (2 MEAL SUGGESTIONS IN ONE RECIPE!)

1 can pinto beans, drained if desired

1 cup cooked rice

1 small onion

Salt and pepper

Chili powder (optional)

Additional diced vegetables of your choice (squash, zucchini, peppers, etc.)

Mix all ingredients together in a skillet or sauce pan, cook over medium heat and serve hot. Add salsa, if desired. (Leftovers can be used as a base for chili – just add broth, heat, and serve).

HOT BAB (BREAD, APPLES, AND BACON)

Toast your favorite bread

2 -3 slices of cooked bacon (turkey, vegetarian bacon, or other protein/meat of your choice)

Hot applesauce or cooked/sautéed apple slices (or fruit chutney, salsa....)

Butter toast, if desired, and top with slices of fried bacon. Cover all with hot apples/apple sauce, or other desired condiments.



Learn to laugh, especially at yourself.

Learn to have fun and be a little silly and crazy.

In other words, "lighten up." When you do this the whole world will seem brighter and more beautiful.

HOW TO USE A POUND OF HAMBURGER

1. Buy a package of ground meat (beef, turkey or vegetarian meat substitute). Shape into patties. Freeze to use later as patties or thaw and cook crumbled in other recipes.
2. Cook one pound of ground meat until browned and crumbled. Spoon off grease and discard. Add one large can of tomato sauce. Add salt and pepper. Separate into 4 small freezer-proof dishes and freeze.

SPAGHETTI

Reheat thawed ground meat and tomato sauce with garlic, basil and oregano, and bring to a simmer. Feel free to add any vegetables you might enjoy (squash, zucchini, eggplant, broccoli). Cook up enough spaghetti for one according to package directions. (Consider using whole grain pastas for more fiber and protein.) Drain and cover with sauce. Sprinkle with grated parmesan or mozzarella cheese.

CHILI

Thaw and reheat one package ground meat and tomato sauce. Add to one can of undrained chili-flavored pinto beans. Serve with chopped onions (your choice of additional vegetables or toppings) and grated cheese. Or use 1/2 can plain pinto or kidney beans and season to taste with chili powder (cilantro, cumin, cayenne, or a combination of these spices).

GOULASH

Thaw and reheat one package ground meat and tomato sauce. Add 1/2 small sliced onion. Cook enough macaroni for one and add to ground meat and tomato sauce. Add 1 teaspoon sugar. Sprinkle with grated cheese of your choice.

{ Friendship doubles our joy and divides our grief. }

PORK CHOP WITH PINEAPPLE SALSA

PINEAPPLE SALSA

1 cup pineapple chunks

1/2 small red onion, thinly sliced

1/2 (to 1) jalapeño chili (ribs and seeds removed, for less heat)
thinly sliced

1 tablespoon honey

1/4 cup fresh cilantro, chopped

In a medium bowl, combine pineapple, onion, jalapeño, honey and cilantro. Season with salt and pepper; set salsa aside or refrigerate until ready to use.

PORK CHOP

1 tablespoon vegetable oil, such as olive or safflower

1 (8- to 10-ounce) bone-in pork loin chops
(Hint: look for lean cuts of meat to avoid added fat)

Coarse salt

Ground pepper

1 teaspoon all-purpose flour

In a skillet, heat oil over medium-high heat. Season pork with salt and pepper; dust with flour. Cook until browned on both sides and opaque throughout, 3 - 4 minutes per side. Serve pork topped with pineapple salsa.

Time is:
Too slow for those who wait
Too swift for those who fear
Too long for those who grieve

CROCK POT BEEF (3 MEAL SUGGESTIONS TO USE UP A ROAST)

3 pounds beef pot roast

1 teaspoon salt*

1/2 teaspoon pepper*

*Or use one package of low-sodium dry onion soup mix instead of salt and pepper

Season roast with salt and pepper and sear on all sides in a hot frying pan to brown and seal in juices. Put in a covered crock pot on low for ten to twelve hours. Use no liquid. After roast is cooked, slice into single portion sizes. Place portions in freezer storage bags for later use. When ready to eat, defrost portion, reheat and serve one of three ways:

1. HOT, WITH VEGETABLES, FOR A MAIN MEAL

2. HASH

1 cup diced, peeled raw potatoes

1 small onion, peeled and diced

1 cup diced cooked beef

2 tablespoons cooking oil

Fry all ingredients together until potatoes are crisp and done.

3. USE LEFTOVER BEEF FOR SANDWICHES

OVEN DINNER FOR ONE

1 thick or 2 thin pork chops

1 potato (or sweet potato or carrots), thinly sliced

1/2 onion or 1 sliced leek, thinly sliced

Salt and pepper

Place pork chop(s) on a large piece of aluminum foil. Place sliced onion and potato on top of pork chop(s). Season with salt and pepper. Wrap up tightly. Bake on tray or cookie sheet in a 350°F oven for one hour. Variation: Use a hamburger patty or meat substitute instead of a pork chop.

QUICK MICROWAVE CHICKEN DINNER

1/2 bone-in chicken breast

1 tablespoon barbecue sauce

1 medium potato, scrubbed and thinly sliced

1/2 cup chopped vegetables of your choice – celery, carrots

1 teaspoon chopped parsley

1 tablespoon parmesan cheese, grated

1 tablespoon margarine or butter

1/8 teaspoon salt

Place chicken skin-side-up at one end of a small microwave-safe bacon or meat rack. Brush with barbecue sauce. Place potato slices next to chicken. Sprinkle with parsley and cheese and dot with margarine or butter. Sprinkle chicken and potato with salt. Cover with wax paper tucking paper under the rack. Microwave on high for 5 - 6 minutes or until done.

OLD FASHIONED CHICKEN DINNER

4 pieces of chicken (thighs, breasts or drum sticks)

Bread crumbs

Pepper and salt

Remove skin from chicken pieces. Sprinkle with salt and pepper. Coat with bread crumbs.. Bake uncovered in 350°F oven for 45 minutes until done, or put on paper towel and microwave 10-15 minutes on medium power, or until done. Serve with instant stuffing and/or instant mashed potatoes and cranberry sauce or warmed up apple or peach slices.

{ Anger is a powerful emotion that needs to be expressed.
Admit it. Analyze it.
Act on it, as needed or appropriate. Abandon it. }

STIR FRY FOR ONE

1 (4-6 oz) frozen or fresh boneless chicken breast
(or tofu, pork, or meat substitute)

2 cups of chopped fresh vegetables (green pepper, onion,
broccoli, zucchini, tomato, carrots, celery, cauliflower)

1 clove garlic or garlic powder

2 tablespoons corn or olive oil

1 cup cooked instant rice

1 or 2 tablespoons regular or low-sodium soy sauce

Cut chicken breast or selected protein in bite-sized pieces. Put oil in frying pan and heat. Add garlic and cook until fragrant, about 1 minute. Add chicken and cook, stirring until white. Push to the edges of the pan. Put vegetables in center and lightly stir fry until tender. Season with salt and pepper. Add soy sauce. Serve over hot rice. You can add a lot of variety to this meal by trying new sauces. Sauces can be made from scratch or purchased. Try peanut sauce, sweet and sour, or a spicy Szechwan.

CHICKEN BREAST

1/2 boneless chicken breast, skinned

Shredded parmesan cheese

Olive or canola oil

Salt and pepper

Coat the chicken breast with parmesan cheese. Heat oil in small frying pan and sauté breast until done. (3-5 minutes per side, depending on thickness of the breast.) Season with salt and pepper, serve with fresh cooked vegetables and sliced tomatoes.

{ Love requires sharing. Sharing requires struggle
Struggle requires faith and faith requires love. }

HOW TO USE UP A WHOLE CHICKEN

Buy one whole chicken. Cut off the legs (keep the thigh and drumstick together). Wrap separately and freeze. Cut off the breasts, remove skin, and freeze separately. Cut wings in half, discarding the wing tips and freeze. (Save these a little longer until you have a couple more to make one meal of four wings.) When ready to make a meal, pull one piece out of the freezer to defrost . You can bake it, fry it or even grill it.

HOMEMADE CHICKEN BROTH

You can also take the cut up chicken pieces including the neck, giblets and all the remaining bones, into a large pot with 4-6 cups of water. Add 1 teaspoon salt, bring to a boil. Lower heat and simmer until meat is tender and cooked through and broth is rich and golden. Remove from heat and cool. Strain bones from broth. Remove meat from bones and set the cooked chicken aside. Discard bones and refrigerate broth. Once cool, package the broth in 2 cup amounts in freezer-quality zip bags or containers. Freeze for later use.

FOUR SERVING SUGGESTIONS FOR COOKED CHICKEN

1. Cook a single serving of noodles or rice and some vegetables (celery, carrots, peas). Add to broth along with the cooked chicken to make a good soup.
2. Make chicken salad (see recipe in the Salads section)
3. Use some in a stir fry (see previous recipe)
4. Make the microwave chicken dinner (listed previously)

CROCK POT CHICKEN

Caution — Follow manufacturer’s directions for food safety. Crock pot cooking is so slow at raising temperatures to a safe level that bacterial growth can be dangerous. Meat should be browned in a frying pan or roaster first.

Cook one whole chicken in your crock pot with 1 teaspoon salt and one small quartered onion for about 12 hours on low. Remove meat to a bowl and refrigerate to cool. Discard skin and bones and cut meat in bite sized pieces. Strain broth and save. Now you have chicken broth and diced chicken for several meals (including all of those listed above for “How to use up a whole chicken”)

BROILED WHITEFISH

1/4 lb. filet of whitefish

Sprinkle with melted butter (or margarine), lemon juice, dill weed and seasoned salt (if desired).

Broil 15 minutes or until it flakes with a fork. If fish is thin, reduce time.

ORANGE ROUGHY

1 serving of scrod or orange roughy
(6 ounces is a standard sized serving)

1 teaspoon butter

Chopped dill

Lemon juice

Put fish in microwavable dish. Dot with butter, then sprinkle with dill and lemon juice (fresh or bottled). Cover with plastic and microwave for 10 minutes or until done.

SOLE IN CREAM SAUCE

- 1/3 cup milk
- 1 tablespoon flour
- 1/4 teaspoon salt
- 1 tablespoon margarine or butter
- 4 oz. frozen sole fillet
- 1 tablespoon white wine or lemon juice
- 1 tablespoon chopped parsley

In a 1-cup measure, combine milk, flour and salt. Mix well and add butter. Microwave on high 1 1/2 minutes or until mixture boils and thickens.

(You may want to cover the cup with a paper towel to prevent splatter.) Stir once. Arrange frozen fillet in shallow baking dish. Stir wine and parsley into sauce. Pour sauce over fish. Cover with wax paper. Cook on high for 4-5 minutes or until fish flakes easily. Let stand 2 minutes before serving. (If fish is thawed or fresh, decrease time to cook fish to 2 or 2 1/2 minutes.)

PIZZA

Now is the time to live it up and be bold. Pizza is not the pepperoni and cheese pie it used to be. Now it is a no-holds-barred flavor extravaganza. People put nearly everything on pizza – BBQ chicken, mushroom ravioli, etc. You can also use a wide variety of different sauces – try an Alfredo sauce, pesto, or you can go really bold and try a BBQ sauce or salsa. Check online for recipes or look at the menu the next time you're out – You may not want to order a whole pizza with a (condensed) squash (soup) sauce, blue cheese, and walnuts, but it might be worth trying a single serving size the next time you are at home!

PIZZA FOR ONE

1. Open an English muffin and top with your choice of cheese and toppings (be sure any meat is pre-cooked) and microwave for 30-60 seconds
2. Buy a single serve pizza crust, top and cook per directions

SESAME SHRIMP AND NOODLES

Coarse salt and ground pepper to taste

2 ounces thin spaghetti (consider using whole grain spaghetti for added fiber and protein)

2 tablespoons orange marmalade

1 tablespoon soy sauce

1 tablespoon toasted sesame oil

1/2 teaspoon red-wine vinegar

1/4 teaspoon ground ginger

6 ounces medium shrimp

1 small yellow bell pepper, cut into 1/4-inch strips

2 scallions, thinly sliced

In a medium pot of boiling salted water, cook spaghetti until al dente, according to package instructions. Drain; return to pot.

Meanwhile, in a medium bowl, whisk together marmalade, soy sauce, oil, vinegar, and ginger. Season with salt and pepper. Add shrimp, bell pepper, and scallions; toss to combine. Transfer to a rimmed (or toaster-oven) baking sheet, and spread in a single layer.

Heat broiler (or toaster oven). Broil, 4 inches from heat source, until shrimp are opaque throughout, about 3 minutes. Transfer contents of baking sheet to pot; toss with pasta to combine.

QUICK AND EASY CASSEROLE

1/2 can of any low-sodium cream soup (cream of mushroom, celery, broccoli...)

1/2 cup of chopped chicken (or 1/2 cup ground beef, turkey, or meat substitute or 1/2 can of beans)

1/2-1 cup of cooked rice, quinoa, or pasta

1/2 cup of vegetables (any kind – frozen or fresh)

Handful of crumbled crackers (or potato chips, bread crumbs)

Shredded cheese (optional)

Combine soup, cooked pasta, protein, and vegetables in a casserole dish. Season to taste. Top with shredded cheese, if desired. Top with crackers over the cheese. Bake 40 min. at 350°F or until done.

HEARTY MACARONI AND CHEESE

1 serving macaroni and cheese

(Consider using whole grain or organic options)

1/2 can tuna fish in water (drained), or a single-serve package of shredded chicken, ground beef, turkey, or a meat substitute

1 tablespoon mayonnaise, mustard, or relish

Cooked vegetables (broccoli, carrots.)

Mix all ingredients together. Heat in a microwave-safe bowl and serve. Be sure to store the leftover tuna in an airtight container and use within a few days for a tuna salad or sandwich.

Happiness lies in the joy of achievement
and the thrill of creative effort.
- Franklin Roosevelt

PASTA (OR RICE) REVISITED

1 serving of pasta (any shape or type will due)

1/2 - 3/4 cup seasonal vegetables
(broccoli, carrots, squash, peas, zucchini)

1-2 teaspoon seasoning of your choice (Italian seasoning, sage, fresh parsley)

2 tablespoons shredded or crumbled cheese of your choice (parmesan, bleu cheese, feta)

2 tablespoons nuts or seeds (pine nuts, pecans, sunflower seeds)

Olives, capers, or sun dried tomatoes – to taste

Cook the pasta according to the package directions and sauté any veggies you may desire. If you want some extra flavor, try sautéing the veggies with a sauce or condiment (just about anything will work – soy sauce, Worcestershire sauce, cooking sherry...). You can also add a condiment — Dijon mustard, barbecue sauce, salsa, or mayonnaise—after all of the hot ingredients are prepped. Mix and match these ingredients to suit your mood and tastes. Serve hot or cold.



There is scariness in tears. They are not the mark of weakness, but of power. They speak more eloquently than 10,000 tongues. They are the messengers of overwhelming grief, of deep contrition and of unspeakable love.

You may be able to get away with a whole head of lettuce, but many of us end up throwing away half when it's wilted and brown. Try buying the smaller varieties, like bibb lettuce, or a package with a variety of different greens. There are also many pre-bagged salad options – just watch the expiration dates closely as some of the pre-cut/pre-washed varieties spoil quickly.

If you want to be able to whip up a tasty, interesting salad on the fly, here are some strategies that might be helpful. Hard boil a few eggs, or keep a variety of fruits, nuts and seeds, cheeses, sliced veggies, and bacon bits on hand.

Salads are a good way to use up vegetables and get color and vitamins into your menu. Most of us know what we like, and a short walk through the produce department will show what is available that season. Try to buy only what you will use in a short time. You can always stop back at the store. You can also use up your vegetables by dicing them and adding to broth for soup, into a stir fry, or tossing with some pasta and seasoning.

There are many dressings available commercially, but they may get boring if you have to consume a large bottle. You can always mix a little oil and vinegar, enough for one salad, season it to taste and have your own variety. Look for the mix-and-match suggestions at the end of this section for more ideas.

WILTED LETTUCE SALAD

Lettuce

2 slices bacon, diced and fried

1/4 teaspoon flour

1/2 small onion, diced

2 tablespoons vinegar

1 teaspoon sugar

Hard cooked egg, chopped

Fry bacon until crisp and set aside. Add flour to the bacon grease and blend together. Add onion, vinegar, sugar and mix. Put generous amount of torn lettuce in a big bowl. Top with chopped egg. Pour hot bacon sauce over all and toss. Sprinkle with crumbled bacon. Serve immediately.

COTTAGE CHEESE SALAD

Dressing up a bowl of cottage cheese can turn it from a snack into a meal. Add any of the following to cottage cheese, in any combination to suit your taste

Fruit—(fresh or canned) peach, pear, berries, banana, pineapple, papaya, avocado

Chopped vegetables – tomato, onion, peppers, lettuce

Nuts, such as pecans, pine nuts, almonds, walnuts

Seeds, such as sunflower, pumpkin, flax

Hot tip: Did you know that Florida avocados are larger and cost less than California avocados? Ounce for ounce, Florida avocados have half the fat and 2/3 the calories of the California avocado.

CUCUMBER SALAD

1 cucumber

1 onion

1/4 cup vinegar

1 - 2 teaspoon sugar

Salt and pepper

Peel cucumber and slice into a bowl. Peel onion, slice and place the separated rings over the cucumber. Add vinegar, sugar, and season with salt and pepper to taste. Let set in refrigerator for one hour to marry flavors. Note: The size of the cucumber dictates the amount of vinegar and sugar. This keeps well and is good the next day, too.

SWEET CARROT SALAD

1-2 large peeled carrot(s)—grated or chopped

1/4 cup chopped nuts or seeds of your choice (optional)

1 shredded apple (optional)

1 small can of pineapple tidbits, drained (optional)

2-3 tablespoons honey (optional)

Mayonnaise, sour cream or yogurt to taste (to moisten)

Mix all together and serve.

AMBROSIA SALAD

Mix and match to your tastes:

Fruit – pineapple, oranges, tangerines,
mango, papaya, kiwi, dates, raisins

Nuts or seeds

Coconut – fresh or shredded

For a sweet touch – add a few maraschino cherries or mini marshmallows (or even chocolate chips!)

APPLE, CELERY AND NUT SALAD

Small apple, unpeeled and diced

1 stalk celery, chopped

1-2 tablespoons mayonnaise

1 teaspoon sugar

1/4 teaspoon vinegar

Handful of walnuts, pecans, pistachios, or almonds

Handful of grapes, raisins, cranberries, and/or cherries

Mix all together and let set 1/2 hour to marry flavors.

CHICKEN OR TUNA SALAD

Single serve packet of chicken or tuna

1 small apple—unpeeled and diced

1 cup torn lettuce

1/2 small onion, sliced into rings or diced

3 tablespoon vinegar

2 tablespoons sugar

1 tomato, diced

Mix all ingredients together and enjoy.

VARIATION:

Eliminate the onion, lettuce, tomato, and vinegar and add either:

sliced celery (or celery salt), green pepper,
and a touch a mayonnaise or;

some mayonnaise or yogurt, a handful of chopped
nuts (or seeds), and a few sliced grapes

This can be eaten as a salad or on bread as a sandwich!

SALAD DRESSINGS

Big bottles of dressings may get monotonous, so stock mayonnaise (low-fat will cut fat and calories), oil, vinegar, lemon juice, and other condiments/toppings and make your own.

RUSSIAN DRESSING

1 cup mayonnaise

1/4 cup ketchup

Mix together. Add seasonings. Add bacon, garlic, olives, pickle relish or onion for variety.

OIL & VINEGAR DRESSING

Oil and vinegar dressings can be varied in several of ways. Try seasoning with your favorite fresh or dried herbs and spices, salt and pepper, paprika, poppy seeds, celery seeds, ketchup, blue cheese or feta, onion or garlic. You can also add variety by purchasing pre-seasoned oils or using different types such as olive, coconut, or sesame. Different types of vinegar also have very distinctive tastes – you might try rice vinegar for a milder flavor or apple cider vinegar for something more tangy.



A friend is:

A push when you have stopped.

A word when you are lonely.

A guide when you are searching.

A smile when you are sad.

A song when you are glad.

There is nothing quite like soup for comfort food.

The supermarket shelves are loaded with cans, but we all know there is nothing like homemade soups: vegetable, bean, potato or chowder. If you have a favorite soup recipe from your personal file or your cookbook, make up a batch once in a while. Homemade soup does not have any additives, the smell while cooking is comforting, and you can eat it several days before you have had it. Then freeze the rest.

For a gray, cold winter day it's therapeutic to cook up a batch of homemade soup. Add a roll or sandwich, some fresh fruit, and you've had a nourishing and comforting meal.

Reach out and try to help others in some small ways. This little step forward may help prevent you from only thinking about your problems.

SOUP STOCK

You can buy canned soup stock or make it from bouillon or powder. There are many lower sodium options available now to help manage sodium intake. It is also not difficult to make it from scratch. Include any of the following in combination to suit your own tastes:

Sautéed onions and/or garlic and/or ginger

Fresh or leftover vegetables including mushrooms, carrots, celery, potatoes, tomatoes, parsnips, bell peppers....

1-3 tablespoons fresh or dried herbs such as parsley, basil, thyme, oregano, pepper, dry mustard...mix and match

1-3 tablespoons of soy sauce or Worcestershire or cooking sherry/wine

Sauté the onions, garlic, and/or ginger. Add any vegetables that you wish. Sauté the vegetables along with the sauce of your choice. Add 1-2 cups of water and seasoning of your choice.

Note: If you season more heavily with herbs and spices, you will be less tempted to use a lot of salt to kick up the flavors.

BASIC NOODLE OR RICE SOUP

Make one batch of stock as outline above. Add any combination of the following:

1 uncooked diced potato, 1/4 cup of uncooked rice,
or 1/4 cup of uncooked pasta

1/4 - 1/2 cup of sautéed meat, tofu, or vegetables

Combine all ingredients and boil until the potato, rice, or pasta is cooked.

EGG DROP SOUP

1 can chicken broth or about 1-2 cups stock from scratch or boullion

1 egg

1 green onion, chopped

Bring broth to a boil. Chop onion and add to broth. Beat egg slightly. Very gradually pour egg into boiling broth. Egg will solidify in chunks. Season to taste. Serve immediately.

FRENCH ONION SOUP

1 - 2 tablespoons butter or margarine

1 small onion

1/2 can beef broth (or one package of instant
onion soup mix – try lower sodium version)

1 slice bread

Shredded mozzarella cheese (options: shredded
monterey jack or parmesan)

Prepare instant onion soup or fry sliced onion in butter in frying pan until softened. Add beef broth to cooked onions and heat. Dice up the bread and put in earthenware or microwave-safe bowl. Pour hot soup over the top of the bread. Sprinkle with lots of cheese and microwave on medium heat until cheese melts.

RAW CUCUMBER SOUP

- 1/2 cup chopped cucumber
- 1/4 cup chopped zucchini
- 1/4 cup peeled and chopped avocado
- 1/4 clove garlic, minced
- 1/2 cup lukewarm water
- 1/8 cup lemon juice, more or less to taste
- 1-1/2 teaspoons olive oil
- 1/8 teaspoon salt

Blend cucumber, zucchini, avocado, and garlic in a food processor or blender until very finely chopped, about 30 seconds.

Whisk together water, lemon juice, olive oil, and salt in a bowl.

Turn on the food processor and pour water mixture slowly through food processor's feed tube while processing cucumber mixture. Process until smooth, about 1 minute. Chill and serve cold.

POTATO SOUP

- 1 small onion, sliced
- 1 can potato soup (or from scratch):
 - Sauté one small onion in oil or butter
 - 1-2 diced potatoes (Optional: diced celery stalk and diced carrot)
 - 2 ounces cooked diced ham or crumbled bacon, ground beef, or protein of your choice

Saute onion in butter until soft. Boil 2 cups of salted water. Add potatoes and other vegetables) and cook until potatoes are fork-tender. Drain.

Heat potato soup in a saucepan and add cooked onion, potatoes and meat. For a creamier soup, add 1/2 cup milk at the end.

This can be served as is, or garnished with cheese, sauerkraut, or relish.

OYSTER STEW

Fresh, shucked oysters (as many as you consider one serving)

1 tablespoon butter

1 cup milk or cream

Salt and pepper to taste

Put oysters in heavy pan with the butter and simmer over very low heat until the edges curl. Add cream, salt and pepper, and heat. Do not allow cream to boil. Serve immediately.

*We are continually faced by great opportunities
brilliantly disguised as unsolvable problems.*

CREAMY SOUPS

SOUP BASE:

1/4 cup chicken or vegetable broth

1 tablespoon chopped onion or 1 teaspoon dehydrated onion or garlic

1/4 cup milk or light cream

Salt and pepper to taste

Place all ingredients in a saucepan and heat until soup just comes to a boil.

VARIATIONS:

Add cooked pasta, rice, quinoa, or meat/protein in any variation to suit your tastes.

CREAM OF BROCCOLI SOUP

Creamy soup base (see above)

Add 2 cups chopped broccoli

A dash of cayenne pepper.

BROCCOLI CHEESE SOUP

Cream of Broccoli soup, as above

Add 1/4 to 1/2 cup cheddar cheese

CREAM OF CARROT SOUP

Creamy soup base (see above)

Add 1 cup peeled and sliced carrots

Add a dash of nutmeg, dill, coriander, or ginger. Combine broth/stock, onion, vegetable and seasoning in a saucepan. Bring to a boil. Reduce heat, cover and simmer 10 to 15 minutes. Pour into a blender or food processor. Add cream and blend until smooth. Serve hot or cold.

CHILI (RED OR WHITE)

RED CHILI

1/2 cup canned beans – kidney or red skinned,
drained and rinsed to remove excess sodium

1/2 cup ground beef or beef substitute

1/2 can diced tomatoes or 1-3 fresh diced

1 onion – diced

4-8 oz of low-sodium beef broth or vegetable stock

Sauté onion. Add meat/protein and cook through. Add remaining ingredients and simmer for at least 20 minutes. Season to taste. Consider using any combination of the following: chili powder, cayenne, cumin, cilantro, and/or pepper.

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brilliantly disguised as unsolvable problems.

WHITE CHILI

1/2 cup canned beans, cannellini, great northern or pinto

1/2 cup of ground or chopped chicken or turkey (or meat substitute)

1 onion

1-3 cloves of garlic

4-8 oz of low-sodium chicken broth or vegetable stock

Sauté onion. Add meat/protein and cook through. Add remaining ingredients and simmer for at least 20 minutes. Season to taste. Consider using any combination of the following: chili powder, cayenne, cumin, cilantro, and/or pepper.

Consider adding some extra personality to your chili by adding any of the following:

Vegetables such as corn, peppers (bell or hot) zucchini, or squash

Chopped pecans or walnuts

Sliced olives

You've been telling your loved ones for years that vegetables are good for them and now it's time to take your own advice. Individual sized servings are appearing in the frozen food sections of the supermarket. Delis are offering more options, too. These choices are not, however, always the healthiest. As with other meals, those prepared at home tend to be the healthier and more cost effective options.

Microwaves and frozen vegetables are a natural combination for the person living alone. Shake out what you want from a big bag and store the rest. To enjoy fresh vegetables when they're in season, buy small amounts at the supermarket or farmer's market in summer. Don't try to eat a whole squash or cauliflower at one time - freeze or can portions for later.

PEAS

One serving of frozen peas can be thawed and heated in a little butter in your frying pan, or cooked in a small amount of water in a pan on the stovetop or in a bowl in the microwave. Dress them up with mushrooms or buttered breadcrumbs, sliced almonds, sunflower seeds, sesame seeds, cheese sauce, diced onion, lemon juice, croutons or browned butter.

SQUASH BAKE

1 whole acorn squash

1/4 pound sausage links or ground sausage (or sausage substitute)

1 apple - diced (optional)

1 teaspoon any of the following: sage, cinnamon, or nutmeg (optional)

Cut squash in half. Remove seeds. Cut a little off the bottom of each half so it sits level. Skin the sausage links and shape sausage into two balls. Fill the squash cavity with the meat. Set the squash in a pan. Put 2 inches of water in bottom of pan. Bake uncovered, 1 hour at 350°F until squash is tender and meat is cooked through.

{ Never let yesterday use up today. }

MICROWAVED FRESH CORN

Put one ear—complete with husk—into your microwave. Cook for three minutes on high (times may vary based on microwave's power). Remove from oven. Very carefully peel off husk and silk. It's very HOT! Serve buttered and salted, if desired.

BAKED/MICROWAVED POTATOES

Wash one Idaho potato and stab a few times with a fork. Rub the skin with a small amount of butter, margarine or oil. Wrap in a paper towel and microwave on high for 6 - 7 minutes. Let stand 2 minutes (actual time depends on size of potato and power of microwave).

You may be able to reduce microwave time by slicing the potato in half or dicing it up prior to cooking it.

SERVING SUGGESTIONS:

Butter, salt and pepper

Pre-heated creamed chipped beef

Pre-cooked bacon, ham, or other protein of your choice

Frozen veggies (can be added for the last few minutes in the microwave)

Sour cream and chives

Cheese of any kind

Cottage cheese

SCALLOPED TOMATOES

1/2 can whole tomatoes

1 tablespoon chopped onion

1 teaspoon sugar

1 slice of bread, buttered and cut into squares

Preheat oven to 350°F

Put tomatoes in a small buttered casserole. Top with onion and sugar and mix. Sprinkle bread cubes over all. Bake 20 minutes or until bread cubes are slightly browned. Use as a sauce for a spanish omelet or spanish eggs.

CARROTS AND CELERY

1 or 2 carrots, sliced into rounds

1 stalk celery, sliced into half-moons

1/4 small onion, sliced

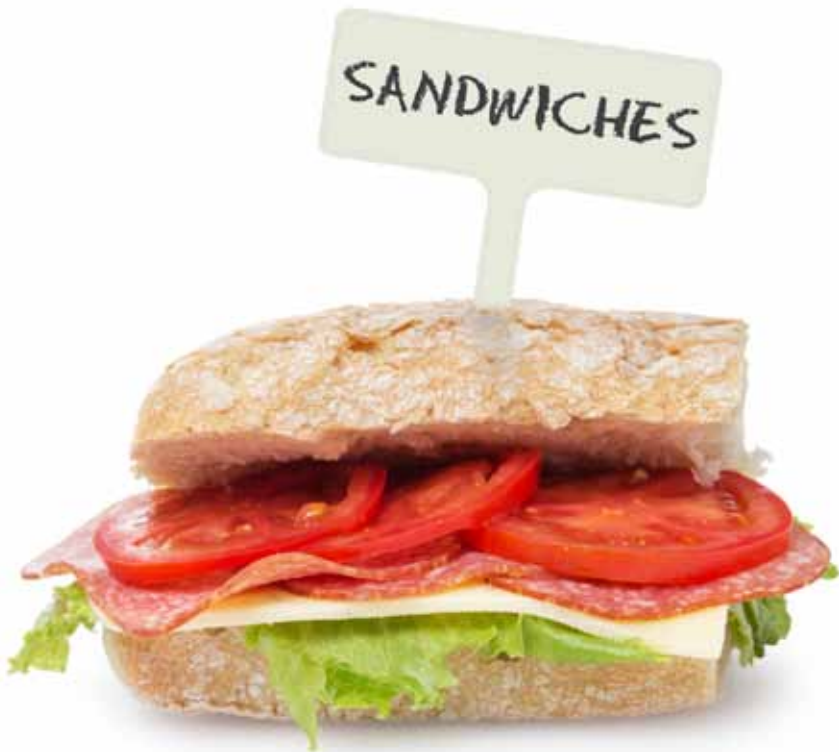
1/8 teaspoon dill (fresh or dried)

1/4 teaspoon fresh parsley, chopped

1/2 teaspoon olive oil

Cook the carrots and celery in a small amount (about 1/4 - 1/2 cup) of boiling water until the carrots are just tender. Drain. Heat olive oil in the sauce pan on medium heat, add sliced onion and sauté until translucent and soft. Add cooked carrots and celery to the pan and add dill, parsley and a pinch of salt.

You cannot discover new oceans unless you
have the courage to lose sight of the shore.



“Don’t cry because it’s over, smile because it happened.”
Dr. Seuss

No one has to tell you how to make a sandwich, but you don't want to find yourself eating peanut butter and jelly every day just because you're not cooking for someone else.

Even if you are going to eat sandwiches, try to get variety. Remember some fresh lettuce and tomato can add nice flavor and increase nutrition. There are also many additions that can make a sandwich a lot more interesting. Why not try some fresh sprouts, a few pickle slices, or even a pickled beet?

These are some ways to make delicious sandwiches, which will make the "old standbys" dull by comparison. To add some protein, put a slice of low-fat cheese and place in the toaster oven or under a broiler until the cheese melts (watch very closely). Then add a few sliced veggies or fresh fruit and you have a delicious meal.

You can also make a sandwich more interesting by switching up the bread. There are many whole grain varieties that provide the benefit of added fiber and protein. You can also serve almost any type of sandwich as a wrap, and many fillings are just as good on buns, paninis, bagels, or English muffins. Keep your options open!

SPLASHY EGG SALAD SANDWICH

2 slices of your favorite bread

Butter or margarine (optional)

1 hard cooked egg, chopped

1 teaspoon mayonnaise

1 teaspoon pickle relish

Dab of mustard

Pepper, to taste

Lettuce

Mix cooked egg with mayonnaise, pickle relish and mustard. Spread bread with butter, if desired, then with egg mixture. Top with lettuce and cover with the other slice of bread. Enjoy.

FRIED EGG SANDWICH

2 slices bread

1 egg

1 teaspoon margarine or butter

Toast bread and then butter it, if you wish. Fry egg in margarine, butter or cooking spray until it is done the way you like it. Dress this sandwich up with ketchup, hot sauce, salsa, or slice fresh tomatoes. You can also add lettuce, cheese, and your choice of protein, like fried bacon, turkey bacon, or cooked ham.

VEGGIE SANDWICHES

Building a sandwich is easy, even without meat!

- 1) Start with the bread: Options include sliced bread, bagel, wrap, English muffin, croissant, roll, lavash, and tortilla.
- 2) Select condiment(s) : mustard, mayo, ketchup, hummous
- 3) Select your veggies: sliced radishes, cucumbers, tomatoes, seasoned tofu, bell peppers, bean sprouts, etc..
- 4) Add cheese, if desired

GREEN IS GOOD ROLLED SANDWICH

1 lavash, flatbread or tortilla (try whole grain)

1/4 cup micro greens or mixed salad greens

2-3 slices cucumber

1 slice tomato

1/4-1/2 sliced radish

3-4 thin slices of bell pepper

1 slice cheese, if desired

Layout the bread and starting with the lettuce, layer the ingredients on top of each other. Carefully roll the bread around the ingredients and secure with toothpicks.

VEGGIE DELUXE SANDWICH

2 slices whole grain bread

1/4-1/2 turnip, sliced

2-3 cucumber slices

3-4 thin slices of bell pepper

Sliced onion, to taste

1/2 carrot, thin sliced.

Condiment of choice, optional

Spread condiment, if using, on both slices of bread, and layer vegetables on bread, topping with second slice of bread.

PEANUT BUTTER SANDWICH IDEAS

Grill or toast a regular P.B and J!

Peanut butter and chocolate spread (a European favorite) – grocery and gourmet stores actually sell a variety of chocolate spreads with flavors from dark chocolate to chocolate with banana or hazelnut

Peanut butter and alfalfa sprouts

Peanut butter and sliced banana or sliced strawberries

Peanut butter with coconut

OPEN-FACED EGG SANDWICH

1 slice bacon (or turkey bacon or Canadian bacon), diced and cooked

1 slice cheese (any variety – cheddar, pepper jack, provolone, etc)

1 slice onion (or other vegetables, like bell pepper or tomato)

1 slice bread, toasted

1 egg

Cook bacon in a small pan. Drain and discard most of the fat. Break egg over the bacon, put cheese over egg and onion on top of all. Cover pan and keep heat low. When cheese is melted and egg cooked, flip out onto warm toast.

ITALIAN GRILLED CHEESE

2 teaspoons unsalted butter, melted

1/8 teaspoon garlic powder (optional)

2 slices white bread

1/8 teaspoon dried oregano

1/3 cup shredded mozzarella cheese

1/3 cup of your favorite marinara or spaghetti sauce

Preheat your oven's broiler.

Place bread onto a baking sheet. Spread a small handful of the mozzarella cheese over one slice. Top with the remaining slice of bread. Mix together the butter and garlic powder, brush some over the tops of the sandwiches, or spread with the back of a tablespoon. Sprinkle with dried oregano.

Place baking sheet under the broiler for 2 to 3 minutes, until golden brown. Remove pan from oven, flip sandwich, and brush the other sides with butter, and sprinkle with oregano. Return to the broiler, and cook until golden, about 2 minutes.

Cut sandwich in half diagonally, and serve immediately with sauce on the side for dipping.

CRABMEAT SANDWICH

Canned crabmeat (or imitation from frozen food section)

Mayonnaise

Sliced tomatoes

2 Slices bread

Mix crabmeat with mayonnaise to suit. Put on buttered bread. Top with sliced tomato and other slice of bread. Use leftover crabmeat: mix as a salad by adding a little diced celery. (See the recipe for tuna/chicken salad in the Salad section of this book)

TURKEY CAESAR SANDWICH

- 1 tablespoon grated parmesan cheese
- 2 tablespoons light mayonnaise
- 2 teaspoons freshly squeezed lemon juice
- 1 dash Worcestershire sauce
- Salt and pepper to taste
- 2 slices multigrain bread
- 2 (or 3) leaves romaine lettuce
- 3 ounces thinly sliced smoked turkey

In a small bowl, combine parmesan, mayonnaise, lemon juice, and Worcestershire; season with salt and pepper. Spread on both bread slices.

Break lettuce into large pieces; layer half of the lettuce on one slice of bread. Top with turkey, remaining lettuce, and bread.

SARDINE SANDWICHES

- 1 can of sardines
- Mustard – regular (or Dijon, spicy, etc.)
- Sliced sweet onion
- 2 slices rye bread, buttered

Put sardines on bread, top with sliced onion and then with other bread.

{ The people who get on in this world are the people
who get up and look for the circumstances they want,
and, if they can't find them, make them. }



May the future glow like the dawn before you.
May the past be a source of understanding.
And may you always live in the present moment
aware, awake to its possibilities.

Since childhood, dessert was always the reward after the spinach! Sweets are still comforting to many of us, and right now we need all the comfort we can get! So indulge, but within reason.

There are many prepared puddings, gelatin snacks, cottage cheese, fruits, cookies, cakes, and ice cream in single-size servings. If you run out of ideas, try one of these:

HANDY DESSERT

1 pear (or apple, kiwi, mango, pineapple, dried apricots, etc.)

1 ounce of cheese (any kind – cheddar, feta, cream cheese, etc.)

2-3 tablespoon granola or nuts (walnuts, pecans, cashews, almonds, pistachios, etc.)

This is a satisfying end to a meal and you are apt to have the ingredients on hand. Mix and match these ingredients for a sweet and filling snack.

BAKED APPLE

Peel and core one apple, put in micro-proof dish. Fill core with 1 teaspoon of brown sugar. Dot with 1 teaspoon butter. Microwave 3 - 4 minutes on high, depending on size of apple.

Hint: You can substitute cinnamon candies for brown sugar or cinnamon and sugar for brown sugar or 1/3 cup maple syrup for brown sugar. For variety add raisins or nuts or both.

Note: This can also be done with a pear

BAKED CARAMEL APPLE (OR PEAR)

Apple (Your favorite kind!)

2 or 3 Kraft caramels

Core apple and peel down half way. Set in a microwave-proof dish. Cut caramels in pieces small enough to put in spot where core was. Stuff the hole. Bake for about 3 minutes at full power in microwave. Time depends on apple size. Serve hot. If desired, apple can be peeled and sliced with caramels cut over the top instead of keeping it in one piece.

GREAT APPLESAUCE DESSERT

2 tablespoons butter

4 single graham crackers - crumbled

1 cup applesauce

Nuts

Cream or whipping cream if desired

Put butter in small pan. Melt and add graham crackers. Blend well and add applesauce. Put in serving dish and add nuts. Top with a little cream or whipping cream.

APPLESAUCE IDEAS:

1. Mix 2 tablespoons horseradish with 1 cup applesauce for a meat accompaniment.
2. Heat one cup applesauce and serve over toast. Add slice of fried bacon to toast first.
3. You can also spread cold on buttered toast. It will taste like apple butter.
4. Eat with dry cereal or granola (or even with broken up graham crackers)
5. Mix in with yogurt and then add nuts

HOT SPICED FRUIT

1 small can fruit cocktail

1/8 teaspoon cinnamon

Dash of nutmeg

Mix all together and heat. Serve with meat, oatmeal (on a cold morning) or with a few cookies on a gloomy, cold, rainy night. Great over ice cream, too.

BROILED GRAPEFRUIT (OR ORANGE)

1/2 grapefruit (or orange)

1-2 tablespoons brown sugar

Loosen sections of grapefruit. Top with brown sugar. Broil in toaster oven (using tray) or in regular oven until sugar is melted. Serve immediately.

BAKED CUSTARD

1-1/3 cups milk - heated in microwave

3 eggs

1/3 cup sugar

Dash of salt

1/2 teaspoon vanilla

Nutmeg

Mix egg, sugar, salt and vanilla. Add 3 tablespoons of the hot milk to the egg mixture and whisk the mixture to temper the eggs so they don't start cooking and get clumpy. When combined, slowly whisk in the remaining hot milk. Butter 4 custard cups or 3 larger dishes. Pour mixture in prepared pans. Sprinkle with nutmeg. Microwave 5-6 minutes on medium power. Custard will continue to cook when power is off. Chill before serving.

LET THEM EAT CAKE!

Pound cake (or shortcake, biscuits, or angel food cake)

Fresh fruit (sliced peaches or strawberries)

Cool Whip

Eat as many servings as you wish and then freeze the remaining ingredients separately in single-serve portions. Each part of this dessert freezes nicely so it will make a good snack for later!

Life is like an onion, you peel off one layer
at a time and sometimes you weep.

GRAMMA'S DESSERT

1 cup of vanilla or butterscotch pudding

Small banana, peeled and sliced

Graham crackers

Crumble graham crackers into a serving dish. Cut banana over crackers. Pour pudding over all. Let it sit together an hour or so. If you have a carton of whipped topping in the freezer, a spoonful of that is nice. This can also be made with other types of fruit including pineapple, orange slices, kiwis, or fresh berries!

COOKIES AND CREAM DESSERT

Layer chocolate wafer cookies (ginger snaps, vanilla wafers, or another cookie of your choice) with whipped cream in a dessert dish. Refrigerate a few hours or overnight before serving.

ICE CREAM IDEAS

Buy your favorite flavors of ice cream

Top with hot or cold chocolate syrup

Top with prepared butterscotch syrup

Top with fresh fruit, granola, coconut, cereal, or nuts

Top with maple syrup

Serve in a pretty dish!

CAKE MIX COOKIES

1 package cake mix (any flavor)

2 eggs

1/2 cup cooking oil

Mix all ingredients. Drop from spoon on ungreased cookie sheet. Bake at 350°F for 10 to 12 minutes. Nuts, chocolate chips, M&Ms or raisins may be added depending upon type of cake mix used. Let cool two minutes before removing from cookie sheet.

FRIED APPLE RINGS

1 large apple peeled and cored, then sliced into rings

1 tablespoon butter or margarine

1 tablespoon cinnamon-sugar mixture (1/3 cinnamon and 2/3 sugar)

Melt butter in frying pan large enough to put rings in one layer. Sauté over low heat for 2 minutes. Sprinkle with half of the cinnamon-sugar. Flip carefully and sprinkle cinnamon-sugar on rings. Cook for 1-2 minutes and serve hot.

BRAN DATE MUFFINS

1/4 cup water

2 tablespoons butter

3/4 cup All Bran cereal

1/3 cup sugar

1 egg

2/3 cup flour

1/2 teaspoon baking powder

1/4 teaspoon salt

1/4 cup milk

6 dates, chopped (optional)

In a 1 qt. glass bowl microwave water and butter on high for 1 minute. Stir in cereal. Add sugar and egg. Blend in remaining ingredients. Place baking papers in plastic muffin pan. Fill half full with muffin mixture.

Microwave the following on high:

1 muffin for 30 to 40 sec.

2 muffins for 45 to 55 sec.

4 muffins for about 1-1/4 to 1-3/4 min.

6 muffins for about 1-3/4 to 2-1/4 min.

OLD FASHIONED PEANUT BRITTLE (MICROWAVE)

- 1 cup white sugar
- 1/2 cup light corn syrup
- 1 cup salted peanuts
- 1 teaspoon butter
- 1 teaspoon vanilla
- 1 teaspoon baking soda

Place sugar and corn syrup in 2 qt. glass bowl. Cook 4 min. on high power. Add peanuts, stir well and microwave on high for 4 minutes. Add butter and vanilla and stir well. Microwave 30 seconds to 1-1/2 minutes on high. Watch carefully not to burn. Add baking soda, stir gently until light and foamy. Pour quickly on greased cookie sheet. Cool 1 hour and break into bite-sized pieces.

RICE PUDDING (QUICK)

- 1 package vanilla pudding, prepared
- 1/2 cup cooked rice

Blend both ingredients.

RICE PUDDING

- 1 egg (broken up with a fork)
- 1/2 cup milk
- 1/4 cup cooked rice
- 2 tablespoons sugar
- 1/4 teaspoon vanilla
- 1/8 teaspoon nutmeg

Mix everything together. Raisins or other fruit are also a great option! Put a dusting of nutmeg on top. Place in microwave oven on medium heat 3-5 minutes or until egg is soft set. It will cook as it cools. Serve warm or chill.

EASY SNACK

Vanilla wafers

Peanut butter, plain or crunchy

Assemble as sandwiches. Serve with a glass of milk.

TRAIL MIX

Mix and match any of the following to your tastes:

Dried fruit – pineapple, papaya, cherries, raisins, apricots, apples, etc.

Mixed nuts

M&Ms or chocolate chips (dark, milk, white, peanut butter)

Small cheese (or other) crackers or mini-pretzels

Pumpkin seeds, sunflower kernels

CANDIED DILL PICKLES

1 quart dill pickles

1 3/4 cup sugar

1/2 cup cider vinegar

1/4 cup water

1 tablespoon mixed pickling spices

1 onion slice

Drain commercially packed dills and cut into chunks or slices. Put slice of onion and spices in the bottom of the jar. In a saucepan, heat sugar and vinegar. Pour vinegar over pickles. Cover and store for up to three weeks in the refrigerator.

{ There's a tiny spark hidden inside you which speaks of beauty, of heroism, of human warmth, and kindness, and of love. }



{ Those who bring sunshine to others
cannot help but bring it to themselves. }

A hot drink on a cold day or an iced one in sweltering weather will go a long way to comfort you. It doesn't always have to be coffee or tea. Try satisfying some of your nutritional needs with fruit or vegetable juices. Please don't drink too many sugared and caffeinated sodas! They can make you feel wired, jumpy, or anxious (and make it hard to sleep at night).

SOOTHING DRINKS

Buy specialty coffees (mocha, cherry, almond, hazelnut or mint) or varieties of tea (Earl Gray, herbal, oriental or fruit). Use these with or without cream and sugar when you need a lift. There are also a number of beverages that can help lower stress levels. Milk has tryptophan and green tea is high in antioxidants and compounds known to relieve stress. Warm beverages like hot chocolate or cider can be comforting.

HOT SPICED CIDER

Use dried or powdered cinnamon, cloves or nutmeg to add some personality to store bought cider.

HOT GINGER ALE

Pour from the bottle and heat. You will lose the fizz but the ginger flavor is invigorating and soothing to the stomach.

MOCHA COFFEE

Mix 1 tablespoon of cocoa power mix with your prepared cup of coffee, or mix 1 scant teaspoon of instant coffee into a prepared cup of hot chocolate.

CAFE AU LAIT

Equal portions of hot fresh coffee and hot milk poured into your cup. Even if you take your coffee black, this continental beverage is good for a change. Serve with rolls.

WING DING

- 1 cup of cold chocolate milk,
- 1 cup of cola (Coke, Pepsi, etc.)

Pour together into a large glass and enjoy immediately. A great picker-upper.

ORANGE COOLER

1 cup orange juice

1/4 cup dried milk

4 ice cubes

Whip in a blender until fluffy.

FRUIT SMOOTHIE

1 cup plain yogurt (or 1/2 cup yogurt and 1/2 cup milk)

1 cup frozen or fresh fruit (strawberries, bananas, blueberries, mangos or whatever)

1 tablespoon rose water (optional, but try it for a delicious changes. You'll love it!)

2 tablespoons honey

(Optional - to make this a bit healthier, add a scoop of protein powder, which can be purchased at any health food store or peanut butter powder available in many grocery stores)

Put all ingredients into the blender, blend until smooth. This smoothie stores very well in the refrigerator for a snack later.

INVIGORATING BLUEBERRY AND WATERMELON SMOOTHIE

3 cups blueberries

3 cups seedless watermelon, cubed

1-1/2 cups ice

Place all ingredients in a blender and pulse until desired thickness. This recipe makes approximate three servings (3-5 ounces each)



Crying is very healthy.
We do not apologize for laughing —
we should not for crying.
Those who cry, yell or scream have a
better chance for remaining healthy.

GO AHEAD...HAVE A LITTLE BEDTIME SNACK!

Sleepless nights are inevitable in the grieving process. Avoid sedatives. Get up out of bed and make yourself a cup of hot milk or hot chocolate. Do a crossword puzzle, read a book or do a jig saw puzzle until the milk takes hold and then try sleeping again. Add some bedtime snacks that will help you relax. Almonds, bananas, oatmeal, cherries, or cereal are all good choices. Many dairy products such as yogurt, milk, and cheese also have tryptophan and calcium which can reduce stress. But if you're having trouble sleeping, be sure you don't take any naps during the day and try to get some physical exercise. You can also try listening to soothing music, mediate, or do relaxation exercise.

{ A friend is one, who knows you as you are,
understands where you've been, accepts who you've
become and still, gently invites you to grow. }

HOW TO USE IT UP:

HELPFUL HINTS TO USE LEFTOVER CANNED INGREDIENTS

We often need suggestions to avoid those pesky half-used cans of ingredients that clutter the refrigerator and end up growing mold and must be thrown out.

Here are some suggestions to use up those items that are typically sold in cans that hold more than a "single serving." We have attempted to list multiple options (and corresponding recipes, as applicable).

HOW TO USE UP A CAN OF CONDENSED MUSHROOM SOUP

1. Use 1/2 can, diluted with milk, as soup
2. Prepare the Quick and Easy Casserole (In the Dinners Section)
3. Use part of the can as a sauce for vegetables or an omelet

HOW TO USE UP ONE CAN OF CONDENSED TOMATO SOUP

1. Use 1/2 can, diluted with milk or water, as soup.
2. Prepare the Tomato Rarebit (in the Light Meals section)
3. Use part of the can as a sauce for vegetables or an omelet (or even pasta)

HOW TO USE A CAN OF TOMATOES

1. Prepare chili (see the Soups section)
2. Use 1/2 to make scalloped tomatoes (in the Vegetables section)
3. Prepare soup stock (see the Soups section)

HOW TO USE ONE CAN OF MUSHROOMS

1. Prepare an omelet (see the Light Meals section)
2. Whip up a stir fry (see the Dinners section)
3. Prepare soup stock (see the Soups section)

HOW TO USE ONE CAN OF BEANS

1. Prepare chili (see the Soups section)
2. Make nachos (see the Light Meals section)
3. Put together the Quick and Easy Casserole (see the Dinners section)

When grieving, it is not unusual to experience physical symptoms such as: tightness in throat, shortness of breath, extreme tiredness, sleep changes, eating changes, headaches, and stomach pain.

EASY SUBSTITUTIONS FOR HEALTHIER COOKING

- Switch to olive oil or sunflower oil (instead of corn, canola, salad oil). They provide essential omega 3 fatty acids which promote better heart health and lower blood pressure.
- Swap 1 tablespoon of butter for 2 teaspoons of butter and cut fat and calories by more than half!
- Swap that Cheddar cheese for Mozzarella cheese. You'll save calories and cut the fat in half!
- Look for lower sodium and lower fat options in the grocery. They taste great and make it easier to eat healthy.
- Become a label reader! Once you start reading labels, you'll be amazed about how much there is to learn about the food you eat.

EQUIVALENTS

tsp = teaspoon

dash = Less than 1/8 teaspoon

Tbsp = tablespoon

3 teaspoons = 1 tablespoon

pt = pint

16 tablespoons = 1 cup

qt = quart

4 tablespoons = 1/4 cup

min = minute

5-1/3 tablespoons = 1/3 cup

OVEN TEMPERATURES

Slow - 250°F to 300°F

Quick moderate - 375°F

Slow moderate - 325°

Moderately hot - 400°F

Moderate - 350°F

Find pleasure in little things: food that is
delicious, friendship that is sincere, sun that is
warming, a smile meant to cheer.

MICROWAVE-TO-OVEN CONVERSION

There isn't a simple conversion chart to convert a microwave oven to a conventional oven recipe or vice versa. So here are some suggestions that might help you.

First: read the recipe and find similar ingredients and dish or serving size

1. Timing will be different...know that you stop timing in the microwave for stirring, turning or use a rotating plate. This is necessary so the food will cook evenly.
2. Metal pans or anything with metal on it (including aluminum foil, gold or silver rimmed dishes) cannot be used in microwave.
3. Use microwave-safe ceramic, or plastic dishes with a tight cover or plastic wrap to help keep in the steam or moisture. Remember to be careful when removing the lids or wrap as the steam can burn you.
4. The amount of liquid needed in microwave cooking will be less than in conventional cooking (reduce the liquid in a recipe by at least one quarter of the amount) You can check a similar microwave recipe to be sure (e.g. 1 cup needs to be reduced to 3/4 cup).
5. Fat and oils are used for flavor - not to keep food from sticking. So it can be cut in half or even omitted.
6. Cooking steps will stay the same. Try to parallel the cooking steps in the microwave recipe. If the ingredients are added in stages, it's because they cook best that way.
7. Doneness. Food cooks much faster in a microwave. Check for early doneness, based on the basic information given about the recipe. DON'T OVERCOOK! Remember that if a 'standing time' is called for, this will be a time for cooking to continue with the oven off.