



## Cooking for One

### Did You Know?

Buying in bulk can save money and eliminate unwanted leftovers.

Buying in bulk allows you to buy just as much as you need for your recipe. Buying in bulk can often be more cost effective, because there is no added cost from packaging.

Cooking for one can be a challenge. Try some of the tips below to make cooking for one fast and easy.

### Buy ingredients for more than one recipe:

Buying a large list of ingredients can seem overwhelming, especially when a recipe only calls for a small portion of an item. A great way to avoid buying groceries you may not use completely is to plan your meals for the week before heading to the grocery store. You can save time and money if you pick recipes that have similar ingredients. Do you need a ½ of a red pepper for that chili? Look for another recipe where you can use the remaining red pepper in a different way.

### Freeze the leftovers:

Freezing your leftovers is a great way to maximize the time and effort spent cooking for yourself. Try a recipe with six servings and freeze the leftovers for an easy weeknight meal or lunch. Be sure to have freezer/microwave safe dishes on hand to fill with individual servings of your leftovers.

Dishes that freeze well include:

- Chili
- Soups and Stews
- Tomato based sauces
- Casseroles
- Lasagna

### Prepare extras:

Instead of cooking just one chicken breast when needed, cook all the breasts in a package and freeze the extra. When you are running short on time, pull out your pre-cooked meat and warm it up with steamed or sautéed veggies. This is an easy way to prepare a healthy dinner for one, without a lot of time or effort.



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