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TM/MD Dietitians of Canada
Les diététistes du Canada

Cooking for One or Two People: *Easy Meals to Make*

Can't think of anything to eat? The following easy meals use ingredients you likely have on hand. When looking for quick ideas, don't limit your choices by thinking that certain foods can be enjoyed only at certain mealtimes. For example, breakfast foods work for lunch or supper, too.

Breakfast

- Scrambled eggs, toast, orange juice.
- Pancakes, applesauce, milk.
- Waffles, yogurt, fruit.
- Oatmeal, milk, fruit.
- Whole grain or bran cereal, milk, fruit.
- French toast, fruit salad, milk.

Lunch

- Peanut butter and banana sandwich, milk.
- Beans on toast, tomato slices, milk.
- Macaroni and cheese dinner (add tuna and frozen or leftover peas).
- Tuna melt: mix tuna, celery, mayonnaise and shredded cheese, spread on buns and melt in oven.
- Canned low-sodium bean soup, whole wheat roll, yogurt.
- Yogurt, cantaloupe slice, muffin.
- Bananas and milk in bowl, bran muffin.
- Cheese omelette, whole wheat toast, tossed salad.
- Low sodium vegetable soup, whole grain crackers with cheese, apple.
- Chicken or turkey slices, tomato slices and lettuce on whole wheat bread, milk.
- Cottage cheese, fruit salad, small bran muffin.
- Broiled open face cheese and tomato sandwich, baked apple.
- Salad with chopped egg, cold meat or grated cheese, bun, yogurt.
- Egg salad sandwich, carrot sticks, milk.

Supper

One-pot casserole. Put these together, and bake:
- ✓ One part meat, poultry or beans
- ✓ Two parts vegetables (e.g. peas, carrots, tomatoes or celery)
- ✓ Two parts rice, macaroni or noodles
- ✓ Sauce to moisten (e.g., low sodium canned cream soup, tomato sauce).
- Salmon, rainbow trout, halibut or other baked fish with side-dishes of broccoli and whole wheat pasta.

- Beef stew (stewing beef, broth, potatoes, carrots), whole wheat bread or roll, milk.
- Chicken breast, sweet potatoes, cauliflower, milk.
- Pasta, tomato or meat sauce, green salad, milk.
- Meat loaf baked in muffin tins (ground beef, chopped onion, spices) baked potato, mixed vegetables, pudding.
- Chicken or tuna casserole (cooked chicken, broccoli, sodium reduced mushroom soup), milk.
- Salmon chowder (salmon, creamed corn and evaporated milk), whole grain toast.
- Meatless chili (kidney beans, tomato sauce, chili powder) on rice, banana.
- Chili, whole-wheat bun, carrot sticks, yogurt.
- Stir-fries (any fresh or frozen vegetables with small pieces of chicken, beef, pork or peanuts, soy sauce) on rice or noodles, milk.
- Lentil soup, mixed green salad, toast and cheese.
- Flatbread pizza – tomato sauce, vegetables and mozzarella cheese baked on pita, tortilla or naan.

Fact sheet adapted from Leduc-Strathcona and Mount View Health Units.

Vegetable Chowder with Cheddar

Makes 6 1-cup (250 mL) servings

- 1 tbsp (15 mL) vegetable oil
- 1 small onion, chopped
- 1 cup (250 mL) diced carrots
- ½ cup (125 mL) diced celery
- 1 cup (250 mL) diced peeled potato
- 3 cups (750 mL) chicken or vegetable broth
- 1 cup (250 mL) hot milk or evaporated milk
- Pinch cayenne pepper
- Salt and freshly ground black pepper
- 1 cup (250 mL) whole wheat croutons
- ½ cup (125 mL) shredded Cheddar cheese

In a large saucepan, heat oil over medium heat. Saute onion, carrots and celery until tender, about 5 minutes. Stir in potato. Add broth and bring to a boil. Reduce heat, cover and simmer for 25 minutes or until vegetables are just soft. Stir in milk, cayenne pepper and salt and pepper to taste.

Ladle into warmed bowls and garnish with croutons and cheese.

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