

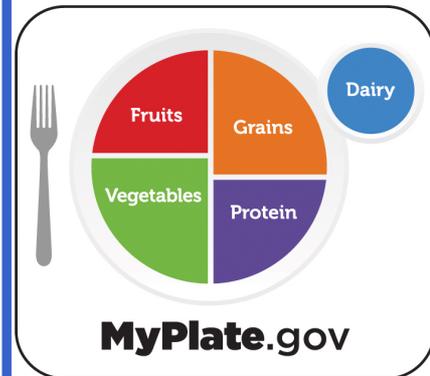
# LIVINGSTON COUNTY OFFICE FOR THE AGING NOVEMBER 2022 NEWSLETTER

BY LUCILLE TANG, RDN & CRISSY CLARK, DIETITIC INTERN

## Cooking for One - Tips & Saving!



Cooking for one seems tough and we're all looking for new ideas to *spice up* our cooking! So, whether you're living alone, struggling to find the energy to cook, or used to cooking for many, here are some ideas, tips, and recipes to encourage balanced meals!



### IDEAS & TIPS

#### MEAL PREPPING

Preparing meals ahead of time.

HELPS YOU CHOOSE HEALTHIER OPTIONS!

##### Freeze leftovers

- Freeze your meals and store for up to 3 months.



##### Purchase frozen or canned produce

- Lasts longer and already peeled and chopped!
- On the package, look for "No salt" or "No sugar added"



##### Pre-cook certain foods

- Hard boil eggs then refrigerate! Enjoy for up to a week.
- Buy meat in bulk. Package (with your favorite marinade!) and freeze in single servings.



#### SAVES



TIME



MONEY



FOOD WASTE

#### SINGLE SERVING COOKING

Cook 1-2 servings at a time

LESS WORK TO PREPARE FOODS IMMEDIATELY

##### Cut recipes in half

Helpful Link: [onedishkitchen.com](https://onedishkitchen.com)

- Reduces food cost and the amount of leftovers.



##### Choose single serving sized fruits



- Choose small bags of grapes or cherries.
- Buy fresh fruit 1-2 at a time to eat throughout the week.



##### Use a muffin tin to cook individual portions.

- Cook one a time or freeze up to 3 months.

#### SAVES

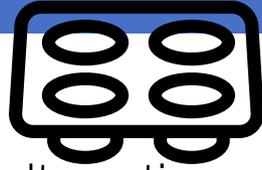


MONEY



FOOD WASTE

## Meal Prep Recipe: Cupcake Tin Omelets



### Ingredients

- 12 eggs
- 1/2 cup milk or milk alternative
- 1 cup cheddar cheese, shredded
- 1 cup frozen chopped broccoli or spinach
- 1/2 cup turkey sausage or chopped meat of choice
- Salt and pepper to taste



Try adding  
other  
veggies!

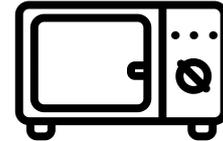
### Instructions

1. Add liners to cupcake pan.
2. In large bowl, beat eggs with whisk.
3. Stir in all other ingredients.
4. Spoon into liners
5. Bake at 350 degrees for 20 minutes, or until set in the center.
6. Cool before removing. Enjoy! Or plastic wrap then freeze up to 3 months!

## Single Serving Recipe: Twice-Baked & Loaded Sweet Potato

### Ingredients

- 1 large sweet potato
- 1/2 cup black beans rinsed and drained
- 2 scallions thinly sliced
- 1/2 tsp chipotle chili powder
- 1/2 tsp cumin
- 1/4 cup your choice of shredded cheese



### Instructions

1. Poke holes into sweet potato with a fork. Bake at 400° for 45 min or until soft.
2. Remove from oven. Cut a slit in the potato and scoop out the flesh, reserving the skin.
3. In a bowl mash sweet potato. Stir in all other ingredients (except cheese) until combined.
4. Scoop the mixture back into the potato skin. Top with cheese.
5. Place the potato on a baking sheet with foil. Bake at 400° for 5 min or until cheese melts.

Looking for more ideas? Contact the OFA Nutritionist Lucille Tang at (585)-991-5462



**Think to yourself -  
What option works best for you?**

I plan on...

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This will save me...

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