

Life Time Learning Proudly Presents: Cooking for One

Let's start off with the basic premise that you all know how to cook or at least boil water, or you wouldn't have reached the age you are today – right? So, here are some of the things we are going to talk about in class today. You may want to take notes as many of these items are not in the handouts.

1. Buying the food you need for cooking for one. Be a smart shopper
2. How to pare down recipes
3. Flavor combinations
4. Leftovers – Do you want them or not? Dinner for two cut in half?
5. Freezer meals – How many can you eat?
6. Eat your main meal at lunch or dinner, your choice; however always begin your day with breakfast.
7. Soups and salads as meals
8. Purchase one 8 oz. can or two 4 oz. cans?
9. Fresh, dried or frozen
10. En papillote (pa-pee-yot) cooking – what is it and how does it work?
11. One chicken, four meals – 2 each legs, thighs, wings, and breasts
12. A protein, a little starch and lots of fruit and vegetables
13. Prepared foods in the grocery stores, what to look for and what to avoid

14. You can always add a little water, stock, broth, wine, or juice to sauces that seem dry or when the liquid has almost cooked away.
15. Salt & Pepper, Spices and Herbs – IN MODERATION PLEASE
16. Potatoes, tomatoes, zucchini and squash are all vegetables that can be successfully stuffed.
17. Portobello Mushrooms can be stuffed and can replace meat in many recipes
18. Finally If, as we are told, lemons are your friends, then it stands to reason that butter is a relative!