

Cooking for One Recipes

Small-Batch Maple Nut Granola

1 tablespoon room temperature butter
2 tablespoons pure maple syrup
1/8 teaspoon kosher salt
¼ teaspoon vanilla extract
½ cup old-fashioned oats
¼ cup chopped walnuts
¼ cup chopped pecans
2 tablespoons unsweetened shredded coconut
2 tablespoons light brown sugar
1/8 teaspoon ground cinnamon

Preheat oven to 350 degrees. In a small saucepan over medium heat, melt butter 30 seconds. Stir in maple syrup and salt. Remove from heat and stir in vanilla.

In a medium bowl, combine oats, walnuts, pecans, coconut, brown sugar and cinnamon. Pour in syrup mixture and stir until all ingredients are well coated. Pour mixture onto a large ungreased baking sheet and spread evenly across the entire sheet.

Bake 30 minutes, stirring every 10 minutes to achieve an even color. Remove from oven and set on a cooling rack to cool 20 minutes, then transfer to a small bowl or container. You can store the granola at room temperature for up to 3 weeks.

Pancakes for One

1 cup all-purpose flour
1 teaspoon baking powder
½ tablespoon granulated sugar
½ teaspoon kosher salt
1 large egg, beaten
¾ cup milk

1 tablespoon butter, melted, plus 1 teaspoon butter softened, divided.

In a large bowl, whisk together flour, baking powder, sugar and salt. In a separate large bowl, add egg and whisk in milk and melted butter. Pour wet ingredients into dry ingredients and stir well.

Add softened butter to a large skillet or griddle over medium heat. Melt for 30 seconds, then ladle about $\frac{3}{4}$ cup batter onto skillet to make a pancake. Cook until bubbles break the surface of the pancake and the underside is golden brown, about 3 minutes. Flip with a spatula and cook other side about 1 minute more, until golden brown. Remove from the pan and place on a medium plate. Repeat cooking until all batter is used up. Enjoy immediately.

Overnight French Toast Casserole

For the French Toast:

4 one-half inch thick slices of French bread
1 large egg
 $\frac{1}{4}$ cup heavy cream
 $\frac{1}{2}$ cup milk
2 teaspoons sugar
 $\frac{1}{4}$ teaspoon vanilla
 $\frac{1}{8}$ teaspoon ground cinnamon
 $\frac{1}{8}$ teaspoon ground nutmeg (freshly grated if you have it)
 $\frac{1}{8}$ teaspoon salt

For the Topping:

2 tablespoons butter, softened
2 teaspoon light brown sugar
 $\frac{1}{8}$ teaspoon ground cinnamon
 $\frac{1}{8}$ teaspoon nutmeg, ground
1 tablespoon chopped pecans

Arrange the slices of the French bread in a 5" x 5" baking dish greased with butter or oil. Slices can be overlapped. In a small bowl, whisk together egg, cream, milk,

sugar, vanilla, cinnamon, nutmeg and salt. Pour this mixture over bread slices, making sure all the slices are covered evenly. Cover and refrigerate overnight.

When ready to serve, preheat the oven to 350 degrees. Combine topping ingredients in a small bowl, then spread evenly over bread and bake 32 minutes until puffed and lightly golden. Remove from oven and enjoy.

Creamy Carrot Soup

1 tablespoon room temperature butter
2 large carrots, peeled and sliced
½ cup peeled and chopped yellow onion
1 clove garlic, peeled and minced
1 cup chicken broth
¼ teaspoon salt
1/8 teaspoon freshly grated nutmeg
¼ cup heavy cream

In a 2-quart saucepan over medium heat, melt butter for 30 seconds. Add carrots, onions, and garlic and cook, stirring occasionally, until vegetables are softened, about 10 minutes. Add chicken broth to pan. (There should be enough to cover the vegetables. Add a little more broth if necessary.)

Add salt and nutmeg, and bring to a boil over high heat, then reduce heat to a simmer and continue cooking until carrots are cooked through, about 10 minutes. Puree the soup in the pot using an immersion blender until smooth. Pour into a bowl, stir in heavy cream and enjoy.

Cashew Chicken

For Sauce:

2 tablespoons soy sauce
2 tablespoons pure honey
1 teaspoon olive oil
1/8 teaspoon ground ginger
1 tablespoon water

For Chicken:

- 1 (6 ounce) boneless, skinless chicken breast, cut into 1" cubes
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- ½ teaspoon olive oil
- ½ cup peeled and thickly chopped yellow onion
- ½ cup fresh broccoli florets
- 1 clove garlic, peeled and minced
- ¼ cup unsalted cashews
- 1 cup cooked white rice

To make the sauce, whisk together soy sauce, honey, oil, ginger, and water in a small bowl and set aside.

To cook the chicken, season chicken with salt and pepper. Heat the oil in a 10" skillet over medium-high heat 30 seconds then add chicken and sauté until cooked through, about 4 minutes. Now add the onions, broccoli, and garlic to skillet. Cook stirring occasionally, one minute until vegetables are crisp-tender. Add the cashews and sauce. Cook until mixture comes to a light boil then reduce heat to low and simmer for 3 minutes. Remove chicken and veggies from pan, serve over white rice topped with pan sauce.

White Chicken Chili for One

- 1 tablespoon olive oil, divided
- 1 (6 ounce) boneless, skinless chicken breast cut into 1" strips
- ¼ teaspoon salt, divided
- 1/8 teaspoon freshly grated black pepper
- ½ cup peeled and chopped yellow onion
- 1 clove garlic, peeled and minced
- 1 tablespoon finely chopped and seeded Jalapeno pepper
- 1 cup chicken broth
- ½ cup canned cannellini beans, drained and rinsed
- ½ teaspoon dried oregano
- ¼ teaspoon ground cumin

In a 10" skillet over medium-high heat, heat ½ tablespoon oil for 30 seconds. Place chicken in pan and season with 1/8 teaspoon salt and the pepper. Cook each side for 5 minutes. Remove chicken from skillet and place on plate, cover and set aside. Add remaining oil to skillet, swirl and then add onions, garlic, and jalapeno. Cook stirring occasionally until onions are translucent, about 3 minutes. Stir in chicken broth, beans, oregano, cumin, and remaining salt. Bring to a boil over high heat. Once boiling, reduce heat to a simmer and cook, stirring occasionally for 15 minutes. Now add the cooked chicken to the pan and simmer an additional 5 minutes. Pour chili into a medium bowl and enjoy.

Pasta Salad for One

½ cup rotini pasta, cooked al dente according to package instructions
1/3 cup chopped red pepper
¼ cup fresh broccoli florets
1 ounce salami, chopped
8 black olives, pitted
3 tablespoons Italian salad dressing
2 tablespoons crumbled feta cheese
2 tablespoons shredded mozzarella cheese

Combine all the ingredients in a medium to large bowl. Gently toss everything together. Cover and refrigerate for at least 1 hour. Remove from refrigerator and once again gently toss to incorporate all the flavors then serve on plate bowl.

Baked Chicken Parmesan

1 tablespoon butter melted, plus ½ tablespoon butter, divided
3 tablespoon seasoned bread crumbs
1 tablespoon grated Parmesan cheese
1 (6 ounce) boneless, skinless chicken breast
¼ cup marinara sauce
3 tablespoons shredded mozzarella cheese

Preheat the oven to 450 degrees. Lightly spray a small baking dish with cooking spray. Place melted butter in a medium bowl, set aside. Combine bread crumbs and Parmesan cheese in a separate small bowl.

Dip chicken breast in melted butter then dredge in bread crumbs mixture to coat. Place in baking dish and top with remaining ½ tablespoon butter. Bake for 25 minutes. Remove from oven, spoon marinara sauce over chicken and top with shredded mozzarella cheese. Return dish to oven and bake an additional 5 minutes or until cheese is melted. Transfer chicken breast to a plate and enjoy!

Chicken, Peppers and Onions Sheet Pan Dinner

1 (6 ounce) boneless, skinless chicken breast
2 teaspoons olive oil
¼ teaspoon Italian seasoning, divided
¼ teaspoon kosher salt, divided
¼ teaspoon freshly ground black pepper, divided
1 small red pepper, sliced and seeded
½ small yellow onion, peeled and sliced
2 tablespoons grated Parmesan cheese

Preheat oven to 450 degrees. Rub chicken breast with ½ teaspoon oil and season with 1/8th teaspoon Italian seasoning, salt and pepper. Place on a small, rimmed baking sheet, set aside.

Combine peppers and onions in a small bowl. Add remaining oil, Italian seasonings, salt and pepper and toss to coat. Spread vegetables in a single layer on baking sheet around the chicken breast. Place sheet pan in oven and bake 30 minutes or until chicken is cooked through. Remove pan from oven and sprinkle Parmesan cheese over chicken and vegetables, then spoon onto a medium plate and enjoy.

Stuffed Green Pepper for One

1 medium green pepper, top removed, seeded and cut in half lengthwise
¼ teaspoon kosher salt

1 tablespoon olive oil
¼ cup peeled and chopped yellow onion
1 clove garlic, peeled and minced
4 ounces ground beef
¼ teaspoon dried basil
¼ teaspoon dried oregano
1/8 teaspoon freshly ground black pepper
¼ cup of the canned diced tomatoes, drained
3 tablespoons shredded Cheddar cheese, divided

Preheat the oven to 375 degrees. Bring a small pot with water to the boil over high heat - immerse pepper halves in water 3 minutes. Remove and set aside to cool. Sprinkle insides with 1/8 teaspoon salt.

In a 10" skillet, over medium heat, heat oil 30 seconds. Add onions and cook 2 minutes, stirring occasionally. Add garlic and cook an additional 2 minutes. Add beef to skillet and season with basil, oregano, remaining salt and pepper. Cook until browned, about 5 minutes. Now pour in diced tomatoes; reduce heat to medium low and simmer 5 minutes.

Remove skillet from heat and stir in 2 tablespoons of the cheddar cheese. Spoon this mixture into the two pepper halves. Stand the peppers in a 5' x 5" baking dish lightly greased with butter or oil. Sprinkle remaining cheese over peppers. Cover dish with aluminum foil and bake for 15 minutes. Enjoy.

Oven Baked Pork Chop

½ tablespoon olive oil
1 boneless pork chop, ½" thick
¼ teaspoon kosher salt
¼ teaspoon smoked paprika
¼ teaspoon garlic powder
1/8 teaspoon freshly ground black pepper

Preheat oven to 400 degrees. Lightly grease a small baking dish with butter or oil. Rub oil over pork chop, set aside. In a small bowl mix together the salt, smoked

paprika, garlic powder and black pepper. Sprinkle this over both sides of the pork chop. Place the seasoned pork chop on the baking sheet and bake for 15 minutes or until pork chop reaches an internal temperature of 145 degrees, turning the chop once. Remove from oven and cover pork chop with foil and let it rest 10 minutes before eating.

Salmon Baked In Foil

1 (6 ounce) salmon filet
1 tablespoon butter, softened
¼ teaspoon garlic powder
¼ teaspoon dried tarragon
1/8 teaspoon red pepper flakes
1/8 teaspoon kosher salt
2 slices of lemon

Preheat oven to 400 degrees. Place salmon in center of a large piece of aluminum foil. Set aside. Place the softened butter in a small bowl and add the garlic powder, dried tarragon, red pepper flakes and salt, mix to blend.

Spoon the butter mixture over the salmon and spread to cover entire filet. Top with the lemon slices. Cover filet with another piece of aluminum foil and pinch edges together to seal tightly. Place salmon foil packed on an ungreased baking sheet.

Place baking sheet in oven and bake 25 minutes until salmon is cooked through and flakes easily with a fork. Transfer to a medium plate, unwrap from foil and enjoy.

Cajun Shrimp and Vegetable Foil Pack

½ of a medium size yellow summer squash, diced
½ small red pepper, seeded and chopped
2 slices of peeled medium yellow onion
4 ounces medium shrimp, peeled and deveined
¼ teaspoon Creole and/or Cajun seasoning

¼ teaspoon lemon juice

Preheat the oven to 375 degrees. Place all the ingredients on a large piece of heavy-duty aluminum foil, then fold up the sides and press them together to create a packet. Place this packet on a rimmed baking sheet and bake for 10 minutes. Remove packet from oven, open very carefully since it will have steam inside, and enjoy you Cajun Shrimp and Vegetable dinner.

Cheesy Vegetarian Pasta Bake

2 cups cooked pasta (any leftover pasta will do)

¼ cup frozen corn

¼ cup frozen green beans

1 cup spaghetti sauce, divided

½ teaspoon dried basil

1/8 teaspoon kosher salt

1/8 teaspoon freshly ground black pepper

1 cup grated mozzarella cheese, divided

Preheat the oven to 350 degrees. Place the leftover pasta in a large bowl. Add the corn, green beans, ½ cup sauce, dried basil, salt and pepper. Toss to combine. Now add ½ cup of the mozzarella cheese and stir to mix everything together.

Spoon this mixture into a 5" x 5" baking dish lightly greased with either butter or oil. Spread out evenly in pan and then top with remaining sauce and mozzarella cheese. Bake uncovered 30 minutes or until cheese is melted. Remove from oven and enjoy.

Tomato Bisque

½ tablespoon oil

¼ cup peeled and chopped yellow onion

¼ cup chopped celery

1 clove garlic, peeled and minced

¼ teaspoon smoked paprika

¼ teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
1 (14-ounce) can diced tomatoes, including juice
½ cup vegetable broth
1 teaspoon pure honey
2 Tablespoons heavy cream

In a 2 quart pot over medium heat, heat oil for 30 seconds. Add onions and celery and cook until onions are translucent, about 3 minutes. Add garlic, paprika, salt and pepper and cook, stirring frequently for an additional minute. Add tomatoes and broth and bring to a boil over high heat, then reduce heat to low and simmer, stirring occasionally, 20 minutes.

Stir in honey and using an immersion blender, puree the soup. Pour soup into soup bowl and stir in cream. Enjoy.

Peach Crisp

For the Filling:

1 large peach, pitted and diced
1 tablespoon light brown sugar
1 teaspoon all-purpose flour
1/8 teaspoon ground ginger

For the Topping:

3 tablespoons all –purpose flour
3 tablespoons rolled oats
1 tablespoon light brown sugar
2 tablespoons butter, melted

To make the filling – mix together peaches, brown sugar, flour and ginger in a small bowl. Transfer this mixture to a 5” x 5” baking dish or 8-ounce ramekin greased with cooking spray.

To make the topping – in another small bowl, mix together the flour, oats, brown sugar and melted butter. Scatter topping evenly over peaches and bake for 33

minutes or until topping is golden brown. Remove from oven and allow the crisp to cool for several minutes prior to eating.

Deep Dish Chocolate Cookie For One

2 tablespoons butter, softened
2 tablespoons light brown sugar
1 tablespoon granulated sugar
1 large egg yolk
¼ teaspoon vanilla extract
1/3 cup all-purpose flour
1/8 teaspoon baking soda
1/8 teaspoon kosher salt
¼ cup semi-sweet chocolate chips
2 tablespoons chopped walnuts

Preheat oven to 350 degrees. Mix together butter and sugars in a small mixing bowl. Add egg yolk and vanilla and continue mixing until well combined. Add in flour, baking soda, and salt and stir until just combined. Fold in chocolate chips and chopped walnuts.

Pour/spoon cookie dough into an 8-ounce ramekin greased with butter or non-stick cooking spray. Bake 24 minutes until top is golden and edges are set. Remove from oven and place on a cooling rack to cool for 10 minutes before eating.

Rum Raisin Rice Pudding

¼ cup raisins
2 tablespoons dark rum
¼ cup white rice
1 cup milk
2 tablespoons granulated sugar
1/8 teaspoon kosher salt
1/8 teaspoon ground cinnamon

¼ teaspoon vanilla extract
½ tablespoon room temperature butter

In a small bowl, combine raisins and rum, set aside. Now combine rice, milk, sugar and salt in a 1-quart saucepan over medium heat. Bring to a boil, stirring occasionally, until rice is tender and pudding is thick, about 20 minutes. (Note: Do not let the milk boil over)

Remove the pan from the heat and stir in the cinnamon, vanilla, rum raisin mixture, and butter. Enjoy warm.

Delightful Hot Chocolate for One

½ cup milk
½ cup heavy cream
2 tablespoons granulated sugar
1 tablespoon unsweetened cocoa powder
1/8 teaspoon ground cinnamon
1/8 teaspoon vanilla extract

Pour the milk and cream into a small saucepan over medium heat and heat to a simmer. Meanwhile, stir together sugar, cocoa powder, and cinnamon in a small bowl. Stir cocoa mixture into saucepan with milk. Simmer 5 minutes, being careful not to let the milk boil. Remove from the heat and stir in the vanilla. Pour into a large mug and enjoy!

Lemon Bars

For the Crust:

2 ½ tablespoons butter, softened
2 tablespoons granulated sugar
¼ cup all-purpose flour
1 tablespoon cornstarch
1/8 teaspoon kosher salt

For the filling:

- 1 large egg
- ½ cup granulated sugar
- 1½ tablespoons all-purpose flour
- 1½ tablespoons lemon juice

Preheat oven to 350 degrees. Grease a 5" x 5" baking dish or two 8.5 ounce ramekins with butter. Set aside.

To make the crust – mix together butter and sugar. Add flour, cornstarch, and salt and mix until combined. Press dough firmly into prepared baking dish or ramekins using the back of a spoon. Bake 18 minutes until lightly golden. Remove from oven and set aside.

To make the filling – in a small bowl, whisk together egg, sugar, flour, and lemon juice 2 minutes. Pour over crust and bake 16 minutes, until edges begin to brown lightly and center is not jiggly. Remove from oven and transfer to a rack to cool completely, about 15 minutes. Once cooled, cut the 5" x 5" pan into 4 bars and enjoy.

Mini Pineapple Upside-Down Cake

For Topping:

- 1 tablespoon butter, melted
- 1 tablespoon light brown sugar
- 1 pineapple slice (note: you may have to cut to fit container)
- 1 Maraschino cherry

For the Cake:

- 1 tablespoon butter, very softened
- 3 tablespoons granulated sugar
- 1 large egg yolk
- 1/8 teaspoon vanilla extract
- 3 tablespoons all-purpose flour
- 1/8 teaspoon baking soda
- 1/8 teaspoon kosher salt

1 tablespoon milk

To make the topping – preheat the oven to 350 degrees; grease side of an 8 or 10 ounce ramekin with butter. In a small bowl, mix together melted butter and brown sugar. Pour into ramekin and spread so entire bottom of ramekin is covered. Top with pineapple slice and place cherry in center of pineapple. Set aside. (Note: you may need to cut the pineapple slice (ring) to fit snugly into the ramekin.)

To make the cake – In a separate small bowl, mix together softened butter and sugar. Add egg yolk and vanilla and mix well. Add flour, baking powder, and salt and stir until just combined. Stir in the milk. Now pour batter into ramekin and use the back of a spoon to smooth over bottom layer. Bake 30 minutes until toothpick inserted into the center comes out clean. Place on a cooking rack and cool 15 minutes, then run a small knife around the edges and invert over a medium plate and enjoy.