

SOLO *made simple*

SHOPPING AND MEAL TIPS FOR ONE OR TWO

THINK AHEAD

- Plan out your menu on a weekly basis
- Plan meals that use common ingredients to avoid waste
- Be sure to freeze perishable items you won't need immediately
- Thaw frozen leftovers or other foods in the refrigerator 2-3 days in advance

LEARN TO LOVE LEFTOVERS

- Freeze them in small containers to eat later
- "Make-over" leftovers: Turn yesterday's rotisserie chicken into today's chicken tacos

KEEP IT FUN & EASY

- Make one-dish dinners
 - » Chili, soups, casseroles, stir-fries, etc.
- When you're short on time or tired of cooking, turn a snack into a meal
- Invite friends over for a meal
- Start a cooking club to share the load
- Find a new recipe or ingredient to try
- Have a couple of healthy frozen meal options or prepared foods on hand for times you get in a bind

SHOP WISELY

- The salad bar: avoid waste by buying veggies in just the amounts you need
- Buy individual portions of salads, cooked chicken or salmon at the delicatessen counter
- Smaller portions of meat and fish can be found at the service counter
- Buy bread by the half loaf or slice at Harmons' bakery
- Pureed herbs are available in the produce or freezer section for better shelf life
- Use whole wheat pitas or English muffins for pizza
- Frozen fish, veggies, fruits are all great options
- Get just the right amount in the bulk department



Baked Fish, Spinach, and Tomatoes in Foil Packets

makes 2 servings

Two 6-ounce fish fillets, about 1-inch thick

2 large handfuls baby spinach leaves

1 quarter red onion, thinly sliced

20 or so cherry tomatoes, halved

4 sprigs fresh thyme

½ lemon, cut into 2 wedges

Salt and pepper

Olive oil

Preheat the oven to 400°F. Check the fish and remove any pin bones.

Lay out two sheets of aluminum foil, each about 12-14 inches long. Pile a large handful of baby spinach leaves in the middle of each piece of foil. Lay one fish fillet on each bed of spinach. Season to taste with salt and pepper.

Lay a few slices of onion over the top of each fillet and scatter the cherry tomatoes on and around the fish. Lay two sprigs of thyme over top. Give each packet a squeeze of lemon and a drizzle of olive oil.

Fold the sides of the foil inwards around the fish. Then fold in the top and bottom of the foil and pinch them closed, creating a neat package. Set them side-by-side on a baking sheet and bake for 18 to 22 minutes, until the fish is opaque.

Open the packets carefully to avoid spilling the juices. Eat straight from the packets or transfer to a plate with a slotted spatula. Spoon some of the juices over top and serve immediately.

Hearty Tomato Soup

makes 4 servings

2 tablespoons canola oil

1 onion, peeled and chopped

2 carrots, peeled and chopped

2 cloves garlic, chopped

1 15-ounce can no sodium-added cannellini or great northern beans, drained

1 28-ounce can no-sodium added diced tomatoes

1 8-ounce can no-sodium added tomato sauce

3 cups no-sodium added chicken or vegetable broth

1 bay leaf

1 sprig of fresh rosemary or a pinch of dried rosemary

¼ - ½ teaspoon red pepper flakes

¼ teaspoon salt

½ teaspoon freshly ground black pepper

In a large soup pot, heat the oil over medium-high heat. Add the onion, carrots, and garlic and cook until the vegetables are tender, about 4 minutes. Add the

beans, tomatoes, broth, bay leaf, 1 teaspoon rosemary, and red pepper flakes. Bring the soup to a boil over high heat, and then reduce the heat to low and simmer for 30 minutes, covered.

Puree the soup in a blender in batches, being careful to remove and discard the bay leaf and stem from the rosemary. Return the soup to a soup pot and keep warm over low heat. Season with salt and pepper.

