

Eating Well when Cooking for One or Two

Do you find yourself cooking for one or two? Whether you are single, have a traveling spouse or an “empty nest”, you should not abandon the kitchen for takeout. You can eat well and have healthy meals at home that suit your lifestyle, taste and budget.



Eating well helps keep your body strong, your mind sharp and your energy levels up. No matter your age or your previous eating habits, it's never too late to make changes.

Dinner for One Success

- Try a new recipe in portions of one or two. You could also reduce your favorite recipes by cutting ingredients in half or one third.
- Buy small quantities of fresh fruit that are ready to eat now and some that will ripen in a few days.
- Use convenience foods to make cooking easier. Try ready-cut vegetables and fruit, stir fry meat strips or pre-cooked chicken.
- Use items that are frozen as single pieces so you can take out what you need. Try fish fillets, chicken breasts, shrimp or scallops.
- Create an atmosphere to make meals more enjoyable. Invite friends over, use fancy dishes or play music.

Love your Leftovers

- Cook once, eat twice! Cook more food than you need at one time. Freeze the leftovers in single servings so you can reheat when you don't feel like cooking or just need a quick meal.
- Are you tired of repeating the same meal? Reinvent your leftovers by serving your food in a different way. Try using leftover chicken in soups or sandwiches, fish in fish cakes, or chili in a burrito.

Food of the Month

Frozen Vegetables are Hot!



Veggies from the freezer are fast, easy and convenient. They are ready to cook and require zero prep.

Also, there is no food waste since you can eat everything. There are no cores, peels or seeds to throw away.

Frozen veggies have just as many nutrients as fresh. The vegetables are picked when they are ripe and frozen to lock in color, nutrition and taste.

Variety is the spice of life! Frozen vegetables are available in a wide variety of delicious blends, combining different vegetables in one bag.

Hamburg Soup

Serves 8

Ingredients:

½ lb	(227 g)	Ground beef, extra lean
½ cup	(125 ml)	Onion, chopped
2 cups	(500 ml)	Tomatoes, canned, diced, no added salt
1 cup	(250 ml)	Water
2 cups	(500 ml)	Beef broth, sodium reduced
½ cup	(125 ml)	Tomato soup
1 cup	(250 ml)	Carrots, chopped
½ cup	(125 ml)	Celery, chopped
1		Bay leaf
1 tsp	(5 ml)	Thyme, dried
½ tsp	(2 ml)	Pepper
¼ cup	(60 ml)	Barley, pearl

Directions:

1. Add ground beef and onions to a large pot. Cook until meat is browned and onions are soft.
2. Add rest of ingredients, except barley, to the pot. Simmer for at least 1½ hours.
3. Add barley and cook for 30 minutes more

Tip: Try this recipe with potato instead of barley.

Nutrition Information per Serving (1¼ cups or 300 ml):

Calories	108
Fat	2 grams
Carbohydrate	14 grams
Fibre	3 grams
Protein	8 grams
Sodium	263 milligrams

Did you know?

Perfect Pairings... Some foods were simply made for each other.

For example, combine plant foods like beans, pumpkin seeds, or leafy greens with a source of vitamin C to increase your absorption of iron. Vitamin C can be found in peppers, broccoli, strawberries, citrus fruits, etc.

In Your Kitchen

Meals Made Easy

Are you tired of the same old meals? Try these quick and easy meal ideas:

- Baked beans, toast and coleslaw
- Oatmeal with fruit, yogurt and nuts
- Boiled egg, toast and applesauce
- Egg and cheese on a whole wheat English muffin with fruit
- Microwaved-baked potato topped with leftover chili and cheese
- Sandwich with canned salmon, red and green pepper slices and a glass of milk
- Whole grain toast, fruit and an omelet with mushrooms, spinach and Swiss cheese
- Homemade pizza made from a flatbread or bagel topped with tomato sauce, diced vegetables and shredded cheese



Pharmacy Corner

High blood pressure is a serious threat to the health of all Canadians. It is the number one risk factor for stroke and a major risk factor for heart disease.

Nearly a quarter of Canadian adults have been diagnosed with high blood pressure. Many more people have it and don't know it, because the condition has no symptoms. The only way to know if your blood pressure is within the normal range is to have it tested. The test is simple, painless, and takes only a minute or two.

If you have any questions about high blood pressure or if there is anything you don't understand about your medications, stop by the pharmacy and ask our Pharmacist.



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