

meals for one

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Meals

for

One

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Create an Atmosphere

Meals eaten alone can be very pleasant, nutritious, and economical.

A table by a window with a pleasant view, where the neighborhood children or the animals and birds may be seen, may reveal many friends that would not otherwise be known. These friends can be shared with others at a proper moment.

Good music is good company and is relaxing. Television and radio provide information and the sound of human voices.

Some things that contribute to successful eating alone are:

- Have a regular time to eat. Regularity in eating and sleeping are essential for best health.
- Allow time to eat with enjoyment.
- Eat a variety of foods that add up to a balanced diet.
- Have simple meals with variety from day to day. A "tray meal" by the living room window or on a cheerful porch lends variety.
- Prepare and eat meals with a bit of style. Use a tablecloth or placemat with napkin, silver, and glassware. Arrange food attractively and have a spot of color. Standing by the kitchen sink is a poor way to enjoy good food.
- Plan buying and preparation to reduce drudgery, monotony, and waste.

Consider a noted physician's advice "Eat less, but eat well, so you can live longer to eat more."

We all need:

Protein for growth and up-keep of all body tissues including bones, muscles, organs, blood, skin, teeth, and hair.

bread	100	meat	50
rice	25	eggs	60
apple	10	vegetables	100
potatoes	70	fruit	10
chicken	80	nuts	25
beef	100	oil	100
		fat	100

Vitamins and Minerals for growth and proper functioning of the body. Practically every process that goes on in our bodies requires the help of one or more vitamins and minerals. They help our bodies make good use of the other food we eat.



Calories for energy and warmth. "Calories" is a term used to measure energy and heat in food. All foods contain calories or energy material. Some foods, such as sweets and fats, provide little besides calories. Vegetables, fruits, meat, eggs, milk, and whole or enriched grains provide vitamins, minerals, and protein along with the calories.

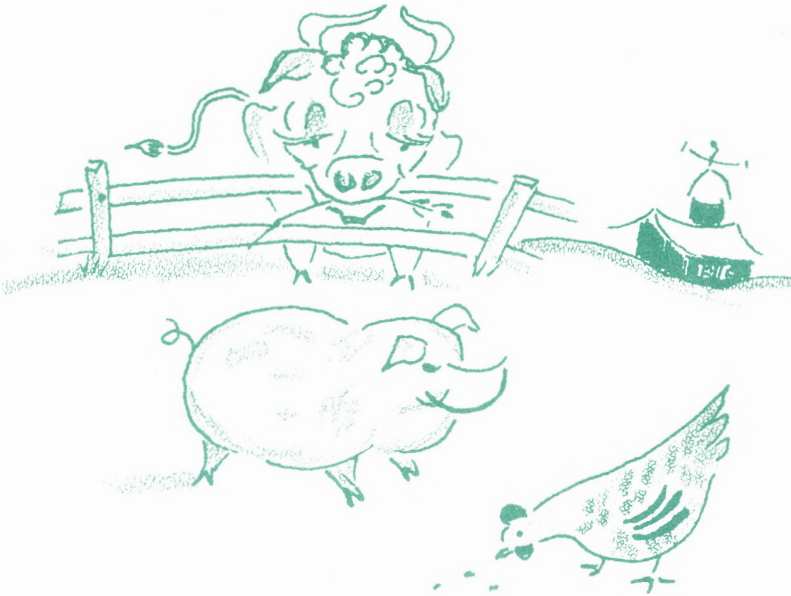
Plan To Eat Each Day--

At least the minimum number of servings given for the following four groups of food.

MILK: 2 OR MORE CUPS

Milk is our best known source of calcium to keep bones strong, nerves healthy, and to help muscle action, blood clotting, and other functions. It is also an excellent source of protein and contains vitamins and minerals and calories for energy to help keep our bodies sound and healthy. It may be whole, skim, evaporated, buttermilk, or dry milk, or you may eat it as cheese or ice cream. One and $\frac{1}{3}$ ounce cheddar cheese, $\frac{3}{4}$ pound cottage cheese or 1 pint of ice cream count as alternates for 1 cup of milk.





**MEAT—POULTRY—FISH—EGGS:
2 OR MORE SERVINGS**

Eat at least 1 serving of meat each day and 4 or more eggs a week. Count 2 or 3 ounces cooked lean meat as a serving. Dried beans, peas, and nuts may be used occasionally as alternates. They are used better by the body if some meat, egg, milk or cheese is eaten at the same meal, for example, beef with chili, ham with beans, or milk with a peanut butter sandwich.

Beef, pork, poultry, and fish are all different in flavor and food values. So, for a good balance and appetizing meals, try to have a serving of each every week. Include some liver, heart, tongue, and other organ meats.

**VEGETABLES AND FRUITS:
4 OR MORE SERVINGS**

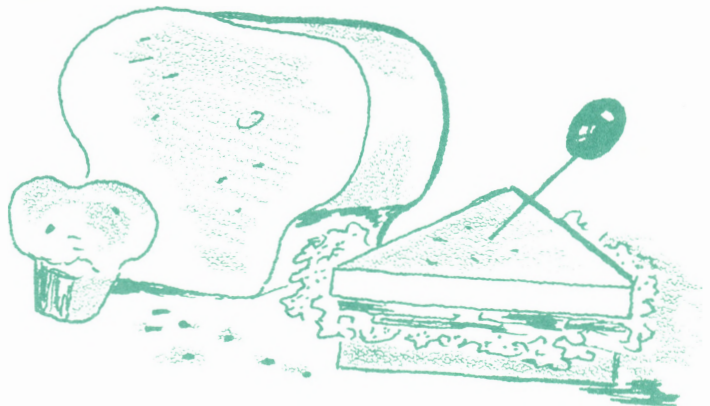
Plan to have citrus fruit or some other Vitamin-C-rich-food at least once a day and a serving of a dark green or yellow vegetable every other day. Potatoes provide worthwhile amounts of minerals, vitamins, and calories, and go well with most foods. They may well be included in each day's meals. Carefully prepared fruits and vegetables add appetite appeal to meals with their color, flavor, texture, and form.

There are many fruits and vegetables from which to choose. They are quite different in food value, and their quality and prices vary with the seasons. One-half cup of fruit or vegetable is usually considered a serving, as is one potato, one banana, an orange, or an apple.



**BREAD AND CEREALS:
4 OR MORE SERVINGS**

For greatest value, use whole grain or enriched or restored grain products. Count as a serving 1 slice of bread, 1 cup of ready-to-eat cereal or $\frac{1}{2}$ to $\frac{3}{4}$ cup of cooked cereal, rice, spaghetti or noodles.



What Is Lacking?

Vitamins A and C, calcium, and iron are nutrients most often lacking in diets. To supply these, include plenty of bright yellow and dark green foods, milk, eggs, and citrus fruits. Potatoes provide some vitamin C, but considerable quantities are needed for an adequate amount.

Snacks can be fitted into the day's food plan. They can provide calories plus milk, eggs, vegetables, fruits, meat and other foods to reduce the amounts of these foods needed at regular meals.

PLAN FOR VARIETY

The person preparing meals and eating alone can follow the same guides as a larger family, but on a smaller scale.

Plan for variety in:

FORM—some round, some flat, some long

TEXTURE—some soft, some crisp, some liquid

COLOR—white, green, red, yellow, brown

FLAVOR—sweet, tart, spicy, bland

TEMPERATURE—hot, cold, moderate

Adjust the size of servings and of snacks to avoid or reduce undesirable weight. For additional information on nutrients in foods, get a copy of "Nutritive Value of Foods" H & G No. 72, available from your County Extension Center.

BUYING FOOD FOR ONE

- Do you eat most of your meals at home, or do you frequently eat away? Can you expect to use planned-overs before they spoil or lose flavor?
- Buy for your needs and the storage space that you have.
- Is your refrigerator adequate for fresh fruits, vegetables, and meats?
- Do you have storage for frozen food at a temperature of 0°F? If not, plan to keep foods frozen for only a few days.
- Do you have storage for quite a variety of canned foods? Freeze-dried soups require even less space.
- Think of fresh meats that are just as delicious when cooked for one as in larger portions such as steaks, chops, liver, or ground beef, or consider those that are good when reheated or served cold such as swiss steak, stew, baked ham, boiled beef tongue, cold cuts.
- Split peas, dried beans, and peanut butter are good protein foods for main dishes if some milk, meat, egg, or cheese is included in the meal.
- Cottage cheese, liver, and fish are bargains in food value while bacon is lower in nutrient value.
- Carbonated drinks, potato chips, olives, salted nuts, and out-of-season foods are relatively expensive in proportion to the food value they provide.
- Cookies, puddings, and other simple desserts made at home are likely to be less expensive than ready-made desserts.
- Buy in portions you can enjoy. A big economy-sized package, or a large amount of a specially-priced food is no bargain if you tire of it or if it spoils.
- Loose-pack frozen fruits and vegetables allow removal of any portion for use while still frozen and return the unused portion to the freezer.

Save Time and Energy

- Compare prices on the basis of cost per meal rather than cost per pound. A pound of fresh peas in pod will make 2 servings, a pound of canned or frozen peas is 4 or 5 servings. While a pound of ground beef or liver is 4 or 5 servings, a pound of spareribs yields about 1-½ servings.
- Some convenience foods such as instant tea, coffee, and mashed potatoes are economical for one person.
- Nonfat dry milk is a convenient, low-cost form of milk. It keeps well on the kitchen shelf and is easy to mix or to use without mixing.
- Other convenience items include single portions of meat patties, meat pies, turnovers, pizza, shrimp, ice cream, pudding mixes, canned biscuits. The small added cost for this convenience may be a good investment if time is a factor or if one does not feel well.
- Canned meats and fish may be more convenient and cheaper than fresh meats. They keep on the shelf and are handy, but they must be changed and varied to keep them interesting.

Keep a Reserve

- A well stocked "pantry" reduces the need for frequent shopping and supplements perishables for balanced meals.
- A few cans of soup, baked beans, chicken or fish, fruits and vegetables, mixes for baking, some pickles or sweets, pudding mixes, gelatin, and dried milk are handy for company and for an appetite that calls for a change.
- Cheese, salad dressings, jam, nuts, will keep a long time in the refrigerator. If proper frozen food storage is available, extend the reserve to ice cream, baked foods, and frozen fruits and vegetables.
- Economize sometimes, so you can splurge another time on a favorite food and 'whet' your appetite.

COOKING FOR ONE

Cooking for one can be very easy because only one person must be pleased and exact quantities are easy to calculate.

Several foods may be cooked at the same time in the oven with little watching. Foods cook more quickly on top of the stove, but require more attention.

Cooking utensils that fit the quantity of food being prepared save nutrients, storage space, and clean-up time. Utensils with flat bottoms and well-fitting lids usually serve best.

Containers that go from the refrigerator to the oven to the table save nutrients and work. Some go from the freezer to the oven.

A few good recipes in portions for one or two meals are more usable than family-size recipes that must be divided. If handy, they can serve as a reminder of a favorite dish or a method of preparation

or seasoning. Labels on containers are handy and suggest variations.

Small leftover bits of cheese, meat, or vegetable may be added to a crisp raw vegetable salad, to sandwiches, casseroles, to soups, or even meat loaf for a bit of variety and flavor.

An individual meat loaf, casserole, or dessert makes food attractive.

With adequate freezer facilities, even greater interest and convenience is gained by freezing foods for future meals in portions for one meal.

Raw fruits and vegetables permit easy portion control with no leftovers.

Herbs and spices add flavor and interest to replace fats and sweets. Why not experiment a little? It could be fun and no one fusses if the blend is not exactly right the first time.

RECIPES FOR ONE OR TWO

Ideas for Breakfast:

Cornmeal Mush

2 cups water
½ cup corn meal
1 cup milk

1 tsp. salt
½ cup chopped meat
or bacon

Measure 2 cups water in saucepan and bring to a boil. Mix corn meal, salt, and milk and pour into the boiling water. Stir continuously until it thickens, then reduce heat and continue cooking about 10 minutes, stirring occasionally.

Serve some of it hot with milk as a cereal.

Add bits of cooked meat or bacon to the remainder. Pour into a small rectangular refrigerator dish, chill and cut into ½ inch slices. Coat with cornmeal and brown in fat. Serve hot with honey, jelly, or syrup for two meals of scrapple.

A "Different" Scrambled Egg

1 Tbsp. butter or margarine
½ cup squares (½ inch cubes)
of bread

1 egg
¼ tsp. salt
2 Tbsp. milk

Melt fat in small skillet over low heat. Add bread squares and cook to golden brown. Beat egg, milk, and salt; pour over bread; and cook, scraping egg from bottom of pan until you get soft, golden mounds. Serve immediately.

Menu: Add citrus fruit or juice; toast; and coffee or milk.

For a Lunch or Supper Tray:

Potato Soup

1 medium-size potato
¾ cup water
2 tsp. flour
1 to 2 Tbsp. minced onion
¼ tsp. sugar
½ tsp. salt
Dash of pepper
1 cup milk

Peel and cut potato in small cubes. Cook with the onion in the water. Cook until potato is done, about 10 minutes. Mix milk, flour, salt, sugar and pepper. Add to potatoes. Cook two minutes. Serve immediately.

For color and flavor, add finely chopped parsley and a bit of butter or margarine or crumbled bacon.

Menu: Add crackers, toast or bread; fruit salad; tea, coffee, or milk.

Peanut Butter Sandwich

Mix peanut butter and jelly or jam. Spread on bread. Toast under the broiler until bubbly.

Main Dishes:

Cheese and Meat Fondue—2 servings

2 slices bread
1 slice sharp cheese
1 slice ham or corned beef
1 egg
1 cup milk
½ tsp. salt

Place cheese and meat between the slices of bread in small buttered baking dish. Beat eggs slightly; blend in milk and salt. Pour over bread and bake in slow oven 325°F. until puffy and brown. Lift to a hot plate and serve immediately.

Menu: Add a chopped vegetable salad; fruit; and coffee.

Creamed Eggs With Parsley

1 Tbsp. flour
1 Tbsp. butter or margarine
¼ tsp. salt
½ cup milk
2 hard-cooked eggs
2 Tbsp. minced parsley

Make a white sauce by melting butter or margarine, and blending in the flour and salt. Add milk and cook until flour is done (about 5 minutes), stirring constantly.

Cut egg in eighths. Add to the white sauce. Lift gently. Add parsley and serve.

Menu: Creamed eggs, toast, wedges of tomatoes, fresh fruit, tea.

Variations: In place of the hard-cooked eggs, ½ cup of canned tuna or chicken may be used or ½ cup shredded cheese may be added to the white sauce with a dash of prepared mustard.

Meat Loaf—for 2 servings hot and 2 servings cold

1 lb. ground beef
3 slices bread
1 tsp. salt
2 Tbsp. catsup
1 cup medium white sauce or
1 can creamed soup
a pinch of sage

Cut bread in small squares; blend with the undiluted soup (cream of mushroom, celery, tomato, or chicken soup) or white sauce. Add salt and beef, blend and pack in lightly buttered small loaf pan. Bake in moderate oven 350°F. about 1 hour. Let stand 5 minutes before slicing to serve hot.

Menu: Add a baked potato (baked in same oven), broccoli or green salad; and fruit.

Meal-in-a-Dish

1 pork chop
1 potato
1 onion
1 carrot

salt
1 Tbsp. butter or margarine
1 cup milk
Buttered bread crumbs

Brown pork chop in a small skillet. Place in a baking dish. Add one potato, peeled and sliced; one onion, thickly sliced; and one carrot, cut in strips. Add salt to taste, 1 tablespoon butter or margarine, and 1 cup milk.

Bake at 350° for about 40 minutes. Sprinkle with buttered crumbs and bake until crumbs are golden—about 20 minutes more. Serve immediately.

Menu: Add a dessert; and drink.

Meat and Rice Casserole

¼ lb. ground beef
1 Tbsp. minced onion
2 Tbsp. bread crumbs
¼ cup milk

2 Tbsp. fat
1 Tbsp. flour
1 cup milk
1 cup cooked rice

Combine ground beef, minced onion, bread crumbs and milk and make meatballs. Brown meatballs in 2 tablespoons fat, remove from skillet. Add 1 tablespoon flour to the fat in skillet, blend, and add 1 cup milk.

Cook until flour is done, about 5 minutes. Place 1 cup cooked rice in buttered small baking dish and add meatballs and gravy.

Top with buttered crumbs and bake in hot oven (375°F.) until crumbs are brown, about 20 minutes.

Menu: Add a tossed vegetable salad or a green or yellow vegetable; fruit; and tea, coffee, or milk.

How Do My Meals Measure Up ?

Do they meet my food requirements?

Do they look good?

Is the food prepared so as to keep its food value?

Are they served on time?

Does every meal have some animal protein such as milk, meat, egg or cheese?

Do I pay attention to *how* I eat as well as *what* I eat?

Am I maintaining correct body weight?



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