Prairie County Homemakers,

Happy New Year! I trust you all enjoyed the holiday season, enjoying time with family and friends.

The Annual Extension Winter Series is scheduled for Thursday, January 25th. Featured presenters that Homemakers may be particularly interested in are Tara Andrews and Tylene Eaton. A full schedule is included in this newsletter. I hope you will be able to come and enjoy the presentations and join us for a supper sponsored by the Prairie County Chamber of Commerce.

Wishing you a happy and prosperous 2018!!

Sincerely,

Sharla Sackman
Prairie County Extension Agent
American Legion

3:00 – 4:00 p.m.  Water Quality and Irrigation Management
Jim Bauder, MSU Emeritus Professor of Soil Science & Water Quality
Jim Bauder led the soil and water quality Extension program from 1980 to 2014. He also directed an applied research program which focused on assessing and managing the impacts of large-scale land use practices on agricultural productivity. He has extensive knowledge and experience with irrigation management, particularly addressing use of limited water supplies and saline water.

4:15 – 5:15 p.m.  Controlling Marestail and Narrowleaf Hawksbeard
Chet Hill, Agronomist with Hefty Seeds
Chet Hill spent 8 years as County Extension Agent in Culbertson, MT and 14 years as Area Extension Specialist at the Williston Research Extension Center, prior to his current position as an agronomist with Hefty Seeds. Hill will discuss strategies to control marestail and narrowleaf hawksbeard, two weeds that are increasingly becoming a concern in eastern Montana.

5:30 – 6:30 p.m.  Cropping Strategies to Reduce Soil Salinity
Ryan Buetow, Dickinson Research Extension Center Area Cropping Systems Specialist
Ryan Buetow attended North Dakota State University, where he pursued an undergraduate degree in crop and weed science and a master’s degree in plant sciences with work in nitrogen management in soybean and dry bean. He is currently working on observing the effects of rotation, nitrogen, and fungicide on foliar diseases of wheat, strategies to reduce soil salinity/sodicity, nitrogen management of soybean, effect of plant population of soybean, and dust management in different cropping systems.

6:30 – 7:30 p.m.  Supper sponsored by the
PRAIRIE COUNTY CHAMBER OF COMMERCE
3:00 – 5:00 p.m.  **Mastering the Pressure Cooker**  
*Tara Andrews, Custer County Extension Agent*

Do you have one of the new pressure cookers and don’t quite know what to do with it? This will be a hands-on class with samples of a variety of foods cooked in the pressure cooker. The fee for the class is $10, and enrollment is limited. Many people are scared at the thought of using a pressure cooker, but the new electric and stove top models have many safety features that make them extremely safe to use. Pressure cooking can save you time and money while producing food that is ultra-tender, low in fat and full of flavor. The pressure cooker reduces cooking times by 1/3 or more, allowing you to get a delicious and nutritious meal on the table quickly. It also retains more nutrients than other type of cooking and uses less energy. Clean up is a breeze because you are cooking in a sealed container so there are no oven or stove spills to clean up, and the interior pot of the cooker is usually dishwasher safe!

5:15 – 6:15 p.m.  **Life Stories, Family Treasures**  
*Tylene Eaton, Prairie County Public Health Nurse*

Family histories and family stories are in an important part of understanding our loved ones. Their experiences and their family histories shaped them just as they do us. Learn the importance of sharing your story and some ideas how to capture your story or those of other family members.
Caring for House Plants During the Winter
by Toby Day, MSU Extension Horticulture Specialist

As we end the gardening season, our perennial beds have been cut back and the produce has been stored, canned, or eaten. The leaves are raked, the lawn fertilized, the mower is winterized and put away and the irrigation system has been blown out. The compost pile is cooking, the fruiting canes of the raspberries have been cut back and the garden is tilled. Flower pots are put away and the garden hoses are drained. All is done until next year. Or so you thought...

Despite having put the yard and garden to bed, there are always house plants that need attention, especially going into winter. Light is significantly reduced during the winter months, the air is drier, and there are drafts from windows and doors that can really affect houseplant health. Try these simple tips to help houseplants thrive, not just survive, during the winter months.

Watering
Houseplants don’t transpire or photosynthesize as much in the winter, therefore they need much less water than in the summer months. Overwatering of houseplants, especially in the winter months, is the number one reason for houseplant death. Water sparingly, but don’t let them dry out completely. Each plant has different watering needs, but I find that I water about half as much during winter. The best way to test for water is to lift the pot. If it is light, it is too dry. If heavy, wait to water. If it pooled in the saucer, dump it out so the plant isn’t sitting in water.

Fertilization
Fertilization of houseplants is rarely recommended in winter months. If you have to fertilize, only use one-half the recommended amount. Remember, these plants aren’t real active in winter, so they don’t need much fertilizer. Once there is new growth in the spring, you can start fertilizing again.

Light
Most plants do not need much light, but in winter the amount of light in a home is reduced due to less daylight. You may want to add additional lighting, however, most just may need to be moved closer to the window. Another winter project is to remove all the dust that has accumulated on the leaves, reducing ability to photosynthesize. I usually run my plants under the shower for a minute to wash off the summer dust, or you can wipe them with a sponge. A plus of doing this is the plant looks healthier too!

Temperature and Humidity
Even though the thermostat in a house is set for relatively the same temperatures, approximately 50 to 80°F, there can be incredible drafts during winter. An open door or a leaky window can drop the temperature significantly. Registers and radiators can have the opposite effect by raising the temperature too high around plants. With that in mind, place houseplants away from leaky windows and especially away from outside doors, and try to keep them away from vents, registers, heating stoves or radiators. Don’t let the foliage touch the glass of a window, it is way too cold for a houseplant. Finally, the air inside a house is often very dry in winter months. You may want to invest in a humidifier for areas where most of the houseplants reside.

TOP TEN EASY HOUSEPLANTS
The number one reason many people do not have houseplants is they believe they don’t have a green thumb. I often hear, “all I have to do is look at a plant and it will die.” Following is a list of my top ten recommendations for easy-to-grow houseplants.

**SNAKE PLANT, OR MOTHER-IN-LAWS TONGUE (Sansevieria):** can withstand significant abuse. There was one in an office at a mechanic shop I worked at that was badly neglected; I think it lived on coffee that was dumped in the pot. It is still alive 25 years later.

*Continued on next page ……. 
SPIDER PLANT (Chlorophytum comosum): only needs some light, is forgiving to colder winter temperatures and warm summers, and can withstand periods of drought.

CHINESE EVERGREEN (Aglaonema): can be placed in an area of little to no light and withstand extended periods of time without watering. It is a perfect beginner houseplant.

POTHOS (Epipremnum aureum): can withstand low light and irregular watering. The biggest issue with this one is that the vines sometimes overtake the space. Vines can be cut back as needed.

ALOE VERA (Aloe Barbadensis Miller): does well in dry conditions, but does need indirect light. A kitchen windowsill is a suitable place for this plant.

DRACAENA (Dracaena): loves warm temperatures, infrequent waterings, and indirect light. Place near a window and water sparingly.

CAST IRON PLANT (Aspidistra elatior): survives in low-light, poor soils, a wide range of temperatures and can go lengthy periods of time without water.

CHRISTMAS CACTUS (Schlumbergera): may never be as pretty as when you bought it last holiday season, but with little water and some light, it will live forever. I’ve seen Christmas cacti that are over 100 years old.

PHILODENDRON (Philodendron): nearly impossible to kill, unless you over-water it. It likes low light and there are literally hundreds of species to choose from.

ZZ PLANT (Zamioculcas): grows in almost all conditions and, due to its bulbous stem that retains water, can go weeks without water.

Finally, for those that forget to water their plants (although the #1 killer of houseplants is over-watering), there are several apps available for smart phones. Whether Apple or Android, a quick download may help remind you when to water.

Cranberry Turkey Wrap
This healthy recipe comes from the Midwest Dairy Association.

Ingredients

- 4 (7-inch) whole-wheat flour tortillas
- 8 slices turkey breast (about 1 1/2 ounces per serving)
- 4 slices cheddar cheese (4 ounces), cut into thirds
- 1/3 c. dried cranberries
- 8 leaves parsley or fresh basil (optional)

Directions

Alternate a slice of turkey, one-third of a slice of cheddar cheese and another slice of turkey breast down the center. Sprinkle one-fourth of the dried cranberries on top of turkey and top with cheese. Fold tortilla into thirds. Place seam side down on microwave-safe serving plate. Repeat with remaining tortillas. Place a piece of cheese on top of each sandwich and microwave each tortilla on high for 30 seconds to one minute (until cheese melts). Cool slightly and slice in half. Place two or three dried cranberries and a sprig of parsley or basil on both halves.

Makes four servings. Each serving has 330 calories, 13 grams (g) fat, 18 g protein, 33 g carbohydrate, 3 g fiber and 750 milligrams sodium.
2018 Bake Sale and Luncheon
Proceeds: Fallon Fire Hall Bathroom Project

February 9, 2018 from 9:00 a.m. to 2:00 p.m. at the American Legion Hall in Terry
Rolls, pie and coffee will be served in the morning.

Menu: Roast beef, ham, baked beans, salads, pies, coffee, lemonade and water.

Please make your salads large ones. Also if you sign up to bring a salad PLEASE make sure that you follow through or
make arrangements so we are not short on homemade salads! It would be more convenient if all pies are in foil pans. Mark your
dishes and please pick them up after 2:00 p.m. Anything left in your bowl will be sent home with you. Be sure to mark your pies that
will be used during the Luncheon. Thanks!

Bake Sale: Every member is asked to donate baked items for the bake sale table. Be sure these are in disposable pans or plates.
Please remember to mark your items. There has been a request for more cakes and for cookies and cakes for diabetics.
Also, a volunteer is needed to make the decorated cake for the cake raffle.
Please contact Patty Trask (635-2134) or Dorcas Lee (486-5528) if you would like to do this.

Workers will be needed from approximately 9:00 a.m. to 3:00 p.m. Each club is asked to have 2 members there for all three
shifts. We would also like at least 2 members from each club to work at the bake sale table.
The chairpersons will not be working any of the shifts below.

9:00 a.m. - 11:30 a.m. - First Shift - Set Up 2 members from each club
1. Start making coffee and lemonade
2. Set up tables and chairs (tablecloth, salt, pepper, and butter)
3. Set up bake sale. Price List will be available. 2 members at the bake sale table.
4. Set up: Cleaning table, Pie table, Cake raffle, Treasurer and a helper for the raffle from another club.
5. Whole pies can be sold early. Please specify pies for the bake sale or lunch

11:30 a.m. - 1:00 p.m. - Second Shift - Serving 2 members from each club
1. Set up food counter, Serve hot food, Replenish other dishes
2. Be sure to check plates and silverware in case you need to wash ahead
3. Pour coffee, water and lemonade
4. Wash dishes, dry, put away
4. Continue bake sale - check with the ladies at the Pie for pies to be sold whole.

1:00 p.m. - 2:00 p.m. - Third Shift - Clean Up At least 2 members from each club
1. Do dishes
2. Wash urns
3. Take down tables and put chairs away.
4. Empty trash
5. Return supplies to proper boxes to be returned to Extension Office

Your generous donations of food and workers have made the sale a success in the past years and we know we can count on your
continued support for the 2018 Bake Sale and Luncheon.
NOTES from the 2017 Homemakers Luncheon and Bake Sale
Feb 7, 2017

Chair: Stephanie Eayrs
Co-Chair: Patty Trask

- Overall it went very well. So well in fact, that they had to go buy salad stuff and make more salads because they ran out about midway into the rush!

- Cooked 40# of roast beef and there was very little left so that amount was good.

- Cooked 20# of ham & there were leftovers of that, could maybe go down to cooking 15#.

- Need to stress that the salads need to be big ones and the proper number of them needs to be brought. They counted 13 salads & that was with Stephanie bringing an extra one & there should have been 14 total according to the lists put out to the clubs. People don’t really come for the meat but for all the good homemade salads and sides so we need to make sure that we have plenty.

- There were no leftovers from the bake sale at all. All the pies were used and they didn’t need to throw any cut pieces away like has happened occasionally in the past.

- There needs to be a few more people staying for cleanup, it is mostly a timing issue as there are a lot of people there from the start but at the very end it dwindles down and just a few more hands at the last of the cleanup would be very helpful.

- There was lots of extra traffic this year partly due to the fact that the Dizzy Diner is closed and the Scoop Shop was not open either, it would be a good idea to check ahead of time to see if the restaurants are going to be open as that affects the people who come in. They had a few random construction workers that were probably planning on eating at the café but since it wasn’t open they came to the Luncheon.

- Moving the Bake Sale table from where it usually is was very good and worked well for helping everything to sell.
**Prairies County Homemakers Bake Sale Price List ~ 2018**

**Breads:**
- White Loaf: Small $3.50, Large $5.00
- Whole Wheat: Small $3.50, Large $5.00
- Rye: $5.00
- Fruit, Nut, Date, Banana, Pumpkin, Zucchini: Small $4.00, Large $5.00

**Rolls:**
- Tea or Dinner, white or wheat: $4.00 per dozen
- Norwegian Dunkers: $6.00 per dozen
- Cinnamon or Caramel Rolls: Small $6.00, Large $9.00
- Bismarks, raised doughnuts & Maple sticks: $5.50 for 6
- Coffee Cake or Kuchen: 8” $7.00, 9” $9.00

**Cakes:**
- Chiffon: $7.00 (frosted), $5.00 (unfrosted)
- Angel: $5.00 Small, $8.00 Large
- Decorated Cakes: $10.00 (and up)
- Other frosted cakes: $6.00 (9x13), $7.00 (layer cake)
  - Cupcakes: $.75 each
  - Cake doughnuts: $.50 each
  - Jelly Roll: $7.00 (depends on filling)

**Cookies:**
- Sugar, Peanut Butter, etc.: $5.00 per dozen, $6.00 (large cookies)

**Bars:**
- Brownies, frosted bars: $3.00 per 6, $.50 each
- Rice Crispy bars or balls: $5.00 per 12 large pieces
- Brownie Bites: $5.00 (30 pieces)

**Pies:**
- Fruit, Berry: 8” $9.00, 9” $10.00, 10” $11.00
- Cream: $7.00 $ 8.00 $ 9.00

**Candy:**
- $.50 per piece
- Popcorn Balls: $1.00 each
- Carmel Corn: $3.50 1-1/2 quart bag, $5.00 1 gallon bag

**Eggs:**
- $2.50 dozen

Thank you! This is a fund raiser.
We appreciate club members pre-pricing Bake Sale items.
Solid Finances Webinar Series

Solid Finances is a series of free financial education webinars beginning this fall and continuing through the winter and spring. The webinars are designed to empower you to take control of your finances by improving your knowledge of personal finance topics. This year's topics will range from Money Management, Student Loans, Retirement to Investor Protection. A full list of this year's sessions is available at [http://www.msuextension.org/solidfinances/schedule.html](http://www.msuextension.org/solidfinances/schedule.html). The sessions will be taught by faculty from the University of Idaho, South Dakota State University and Montana State University.

Although the series is free, registration is required. More information can be found on the Solid Finances website at: [http://www.msuextension.org/solidfinances/](http://www.msuextension.org/solidfinances/).

January Topics:

**January 17 Asset Allocation**

Joel Schumacher  
Montana State University Extension

Asset allocation is an important tool to manage risk while achieving an acceptable rate of return on your investments. This session will explain why asset allocation is important and how you can evaluate what the best asset allocation is for your situation.

**January 24 Index Funds**

Luke Erikson  
University of Idaho Extension

You've heard that you should invest for the future. You've even been convinced to open an IRA or 401(k). Now what? There are thousands of investment options to choose from when investing for retirement and unless you're a professional stock broker it can be really difficult to decide which funds are best for you. This session will focus the investment options and strategies that work best for those saving for retirement.

**January 31 Investing in Bonds**

Joel Schumacher  
Montana State University Extension

Are bonds intimidating? Do you feel like articles about bonds are written in a foreign language? Bonds often play an important role in a balanced investment portfolio. This session will help participants understand the basics of the bond markets and increase their ability to evaluate the role of bonds in their investment portfolio.
Prairie Fare: Do Microwave Ovens Zap Nutrients in Foods?
By Julie Garden-Robinson, NDSU Extension Service Food and Nutrition Specialist

The other day, I received a message when I returned to my desk after a meeting. Someone had called to ask about microwave ovens and nutrition.

As I listened to the question, I decided that I was settling a bet. When people are making wagers about nutrition, I don’t mind being involved.

The gentleman caller’s friend had said that microwaving food destroyed the nutrients. He didn’t agree, but he wanted proof in writing.

My first option was to go online to see what people were finding. Sure enough, lots of articles are out there that say that microwave ovens zap nutrients.

I pictured all the folate (a B vitamin) flying out of broccoli and being caught in a nutrient trap hidden in a microwave.

No, a nutrient trap doesn’t exist on your microwave. I just made that up.

I found even scarier, unproven things about microwave ovens in my search, but I also found good information. As we know, we can’t believe everything we read. Unfortunately, the amount of misinformation is escalating.

Then I consulted the “gold star” reference of truthful information: peer-reviewed journal articles. These articles provide factual, science-based information that we can trust. Our job in the Extension system is to translate the science so you can put it to use in your daily life.

In one study, a group of scientists in China studied the effect of various cooking methods on the nutrients in broccoli, including vitamin C and glucosinolates (the compounds linked to many health benefits in broccoli, including reducing the risk for cancer). The scientists cooked broccoli by steaming, boiling, stir-frying or microwaving, then they determined the methods that preserved the most nutrients by testing the nutrient content in their laboratories.

Microwaving wasn’t the “best” method, but it wasn’t the worst. Steaming (cooking in a small amount of water) preserved the most nutrients in broccoli, while boiling in water and stir-frying caused the greatest nutrient losses.

Other scientists have shown that microwave ovens have minimal effects on protein, fat and minerals in foods. Cornell University scientists reported that spinach cooked in a microwave oven retained almost all of its folate, but spinach lost nearly 80 percent of the folate when boiled in water on a stove.

Bottom line: To preserve the most nutrients, including vitamins, use as little liquid as possible and heat for the shortest amount of time. A microwave oven can fill that prescription for healthful cooking.

Be sure to cut vegetables into uniform-sized, larger pieces. Cutting into small pieces means that more surface area is exposed to heat, which can result in more nutrients lost. Peel thinly, if at all, because many nutrients are right under the peeling.

However, remember that vegetables and fruits prepared in any way provide health benefits. On average, we adults need at least 4 1/2 cups of fruits and vegetables (total) per day.

Also, keep in mind food safety when cooking food in the microwave. Foodborne illness outbreaks have occurred when people haven’t cooked protein foods properly in microwave ovens.

To be sure that your food cooks evenly in a microwave oven, follow these steps:
• Rotate food in the microwave as it is cooking.
• Interrupt the cooking halfway through the heating time and stir or turn food.
• Arrange food items evenly in a covered dish.
• Cover the dish with a microwave-safe lid or plastic wrap to help distribute the heat evenly inside the container. Allow enough space between the food and the top of the dish so that plastic wrap does not touch the food. Loosen or vent the lid or wrap to allow steam to escape.
Always allow standing time at room temperature, which completes the cooking, before checking the internal temperature with a food thermometer.

For more information about microwave ovens in a fun, interactive format, see [http://viewer.zmags.com/publication/7aedd26c#/7aedd26c/1](http://viewer.zmags.com/publication/7aedd26c#/7aedd26c/1), which is an online publication with videos. I had fun working on the project with my colleagues at the University of Nebraska. Here’s one of the easy microwavable recipes included in the publication.

**Microwave Oatmeal**

2 c. rolled oats (quick or old-fashioned)  
4 c. low-fat milk (or water)  
1/8 tsp. salt

Mix together oats, milk (or water) and salt in a large microwave-safe bowl. Microwave on high for five to six minutes, stirring every two minutes, until oats are soft and most of the liquid has been absorbed. Spoon into bowls and serve while hot. Top with brown sugar and milk if desired.

Try these variations:

**Apple Cinnamon Oatmeal**: Add two unpeeled apples, chopped, 1 teaspoon vanilla and 1 teaspoon ground cinnamon to the oats and milk.

**Pumpkin Spice Oatmeal**: Add 1/2 cup pumpkin puree, 1/4 cup raisins, 3 tablespoons brown sugar, 1 teaspoon vanilla flavoring, 1/2 teaspoon ground cinnamon and 1/2 teaspoon pumpkin pie spice.

**Banana Walnut Oatmeal**: Add one large mashed banana, 1 teaspoon vanilla and 1 teaspoon ground cinnamon to the oats, water or milk and salt. Cook according to directions. Stir in 1/2 cup toasted chopped walnuts and serve.

Makes five servings. Each serving of the original recipe has 206 calories, 4 grams (g) fat, 11 g protein, 32 g carbohydrate, 3 g fiber and 150 milligrams sodium.

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**Winter Warm Up**

*By Julie Garden-Robinson, NDSU Extension Service Food and Nutrition Specialist*

Here’s a homemade special coffee drink to chase away the winter chills. This delicious beverage recipe is courtesy of the Midwest Dairy Council. If you want to cut back on your caffeine intake, prepare it with decaffeinated coffee. A serving provides about 15 percent of the daily calcium recommendation from the milk.

**Hazelnut Cafe-au-Lait**

3 c. low-fat milk (1 percent)  
2 c. brewed coffee (regular or decaf)  
3 Tbsp. hazelnut-cocoa spread (such as Nutella, found near peanut butter)  
Dash ground cinnamon  
3 Tbsp. whipped cream

Microwave milk, coffee and hazelnut spread in a large heat-proof glass bowl on high for two minutes or until mixture is hot, not boiling. Whip with a hand mixer or whisk until frothy. Pour into three serving cups. Top with whipped cream and dust with cinnamon. Makes three servings.

Each serving has 140 calories, 7 grams (g) fat, 7 g protein, 13 g carbohydrate, 2 g fiber and 330 milligrams sodium.
Reducing the Size of Recipes

Alice Henneman, MS, RD, Extension Educator

Many recipes can be cut in half or thirds. Here are some guidelines to help you adapt a larger recipe to a smaller one.

✓ It may be easier to make the entire recipe for baked goods and freeze half.

✓ When reducing recipes, you may need to use smaller saucepans, skillets and baking pans. The time for baking smaller amounts of food may be less.

✓ The standard size egg for recipes is the large egg. To halve an egg, break it, mix it together with a fork and use 2 tablespoons. Refrigerate the rest and use in an omelet or scrambled eggs within two days.

✓ A 9 x 2 x 13-inch pan holds 14 to 15 cups; when halving a recipe use a square 8 x 8 x 2-inch pan or a round 9 x 2-inch pan. When using a different pan size, try and keep the depth of food the same. Reduce the oven temperature by 25°F when substituting a glass pan for a metal one.

✓ Two Web sites that let you adjust their recipes to smaller serving sizes are:
  - www.mealsforyou.com
  - www.allrecipes.com

✓ To help divide recipes, remember:
  - 1 cup = 16 tablespoons
  - 1 tablespoon = 3 teaspoons
  - 1 cup = 8 fluid ounces
  - 1 fluid ounce = 2 tablespoons
  - 1 pound = 16 ounces (weight)
  - 1 pint = 2 cups
  - 2 pints = 1 quart
  - 1 quart = 2 pints

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Planning Healthy Meals for One or Two — a Checklist

Alice Henneman, MS, RD
UNL Extension Educator
ahenneman1@unl.edu

Sometimes, it can be hard to get motivated when cooking a meal for just one or two people. Here is a checklist to help you get the most value for your time and money if you are cooking for two, or just you!

General Tips

» Maximize your nutrition!
  • Make half your plate fruits and vegetables
  • Make at least half your grains whole grains
  • Switch to fat-free or low-fat (1%) milk

» Cook once, eat twice
  • Plan two meals from the same entrée
  • Separate out extra food BEFORE serving
  • Eat extras in 3–4 days or freeze

Consider individually packaged servings of items if you frequently have leftovers
  • String cheese, wrapped cheese slices
  • Single containers of tuna, soup, or fruit
  • Individual cartons of yogurt

Buy a smaller number of servings from meat counter
  • Enjoy one pork chop
  • Purchase a single salmon filet
  • Explore a different cut of beef

Buy fruit at varying stages of ripeness
  • Buy some fruit to eat immediately and some to ripen for later
  • Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, and plums continue to ripen after purchase

Buy frozen vegetables in bags
  • Pour what you need
  • Use in 8 months or per package guidelines
  • Toss into soups, casseroles, salads

» Thaw corn or peas in strainer under cool running water for salads
  • Taste and nutrition
  • Comparable to fresh
  • Often lower in salt than canned veggies

Can-do canned foods
  • Nutrition is comparable to fresh/frozen
  • No refrigerator space needed
  • Helpful in emergency; have manual can opener handy
  • Remove from can when storing unused portions
  • Check the “use by date” on cans for best safety/quality; after can is opened, use within 3–4 days
  • Low sodium versions available
  • Canned Food Alliance offers recipes at www.mealtime.org

Shop at supermarket salad bars
  • Purchase small amounts of fruits/vegetables
  • Buy individual salads
  • Use foods within 1–2 days of purchase for best quality

Continued on next page

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

Extension’s educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.
Reducing Recipe Size

Recipes can frequently be successfully reduced by 1/2 to 1/3. Some helpful equivalents include:

- 1 cup = 16 tablespoons
- 1 tablespoon = 3 teaspoons
- 1 cup = 8 fluid ounces (Note: measuring cups measure volume, not weight)
- 1 fluid ounce = 2 tablespoons
- 1 pound = 16 ounces (weight)
- 1 pint = 2 cups
- 1 quart = 2 pints

To change pan sizes:

- 9 x 2 x 13-inch pan holds 14 to 15 cups; for half, use:
  - Square 8 x 2-inch
  - Round 9 x 2-inch
- Reduce oven temperature by 25°F if substituting glass for metal pan

Freezer Storage Tips

- Store it, don’t ignore it — food is “safe” indefinitely at 0°F but “quality” lowers over time
- Use freezer quality containers for freezer storage
- Safest to thaw in fridge; it takes about 24 hours to thaw 5 pounds of food
- Foods that don’t freeze well include: watery foods such as cabbage, celery, lettuce, etc.; cream or custard fillings; milk sauces; sour cream; cheese or crumb toppings, mayonnaise; gelatin; and fried foods
- Store bread in freezer; remove a slice at a time and toast as needed.

Turkey or Chicken Soup

Yield: 2 servings

Note: Prepare an extra chicken breast one night and use it in the soup the next night.

1 cup chopped, cooked turkey or chicken
dash of pepper
1/4 chopped onion
1/4 cup chopped celery
2 thinly chopped carrots
1/4 teaspoon thyme
2 cups low sodium chicken broth
1 cup cooked pasta (such as bowtie, shells, macaroni, etc.)
OR 1 cup cooked rice

Add all ingredients, except pasta or rice to pan. Bring to a boil, reduce heat to a simmer and cook covered until vegetables are tender crisp, about 10 to 15 minutes.

Add cooked pasta or cooked rice and cook a few more minutes until pasta or rice is heated.