

Living Well: Cooking for One or Two

April 2020

Meatless Dishes

Spanish-Style Stuffed Peppers

Spicy Broccoli Frittata

Crunchy Breakfast Tacos

Caprese Pizzas

Harvest Brown Rice Salad

Persian Chickpea Salad

Spanish-Style Stuffed Peppers

Ingredients:

½ cup brown rice, cooked
1 small red pepper
1 small tomatoes
½ small green bell pepper
1 green onion
2 Tbsp. Cilantro
1 tsp Olive oil
1 clove garlic clove, pressed
¼ cup shredded Mexican cheese
2 tsp. Water

Directions:

Slice bell peppers in half lengthwise; remove & discard stem & seeds.

Microwave covered & cook on high 2 minutes or until crisp-tender. Carefully remove bell peppers and pat dry with paper towels.

Core tomato and scoop out seeds. Dice tomatoes & poblano pepper. Slice green onion, chop cilantro.

Add oil to a skillet, heat over medium heat for 1-3 minutes or until shimmering.

Add tomatoes, poblano pepper, green onion, half of the cilantro, garlic, cook 1-2 minutes or until onion is tender.

Stir vegetable mixture into the saucepan, add 1 Tbsp. Cheese. Place bell pepper cut side up into skillet. Spoon rice mixture evenly into each pepper and top with remaining cheese. Add water to skillet. Cover skillet and heat over medium-low heat for 3-5 minutes or until cheese is melted. Sprinkle with remaining cilantro.

Serves: 1

Calories: 240, CHO: 33 g, Protein: 9 g, Fat: 8 g, Sodium: 560 mg, Fiber: 2 g

Spicy Broccoli Frittata

Ingredients:

1 oz. cream cheese, softened
2 eggs
2 tsp. Water
1 tsp. Dijon mustard
1 green onion with tops
½ plum tomato
1 tsp. Butter
Pinch of red pepper flakes, to taste
1/3 cup broccoli florets
¼ cup shredded mozzarella cheese, divided

Directions:

Preheat oven to 350 degrees F.

Whisk cream cheese until smooth, gradually add eggs, water & mustard, whisk until smooth.

Slice green onions into ½ inch pieces; thinly slice tomatoes.

Place butter and red pepper flakes into a skillet; add broccoli & onions, cook 1-2 minutes or until onions begin to soften.

Pour eggs into skillet; cook and stir 3-4 minutes or until eggs are almost set. Top evenly with half of the cheese and tomato slices; sprinkle with remaining cheese.

Bake 12-15 minutes or until center of egg mixture is set but still moist and internal temperature reaches 155 degrees. Remove frittata from oven & let stand 5 minutes.

Serve immediately.

Serves: 1

Calories: 240, CHO: 4 g, Protein: 16g, Fat: 18 g, sodium: 310 mg, Fiber: 1 g

Crunchy Breakfast Tacos

Ingredients:

Tomatillo Salsa:

2 oz. tomatillos, husks removed (1)

1 jalapeño pepper, stemmed

2 Tbsp. Cilantro

Tacos:

1 Tbsp. Cilantro , chopped

1 tomato, small

2 hard taco shells

¼ cup shredded Mexican cheese blend, divided

2 eggs

2 tsp. Water

1 tsp. Butter

Directions:

Preheat oven to 350 degrees F.

For salsa, add water, tomatillos & ¼ of the jalapeño, cook 5 minutes or until tomatillo is tender.

For the tacos: chop the cilantro & dice tomato, set aside.

To finish salsa, transfer tomatillos from saucepan to blender container. Remove jalapeño pepper from saucepan. Test for spiciness, blend until smooth; add cilantro. Note: if do not want to make salsa, may use store-bought salsa.

To finish tacos: fill with half of the cheese. Bake 5 minutes or until cheese is melted. Remove from oven.

Whisk eggs & water in a small bowl. Place butter in a small skillet; heat over medium heat 1-3 minutes or until foamy. Add eggs, cook & stir 2-3 minutes or until eggs begin to set. Add 1 Tbsp. Salsa, cook 1-2 minutes or until eggs are completely set.

To serve: Spoon eggs evenly into shells, sprinkle with remaining cheese, cilantro and tomato. Serve with remaining salsa.

Serving: 1

Calories: 370, CHO: 18 g, Protein: 18 g, Fat: 25 g, sodium: 495 mg, fiber: 3 g

Caprese Pizza

Ingredients:

1 small tomato
2 tsp. Fresh basil, chopped
1 tsp. Olive oil
2 oz. fresh mozzarella cheese
Coarsely ground black pepper

Crust:

¼ bistro style flatbread
1 garlic clove, pressed
2 tsp. Fresh Parmesan cheese
½ tsp. Olive oil

Directions:

Preheat oven to 425 degrees.

For toppings: slice tomato into ¼ inch slices. Place on paper-towel lined cutting board. Sprinkle with a pinch of salt on both sides, let stand 15 minutes.

On parchment paper, place flatbread, lightly brush with olive oil. Press fresh garlic onto crust. Grate Parmesan cheese evenly over dough.

Bake until lightly brown.

Chop basil, combine with oil & set aside. Blot tops of tomato slices.

Slice mozzarella cheese into ¼ inch slices. Arrange tomato & cheese overlapping rows on baked crust. Return to oven; bake an additional 4-5 minutes or until cheese melts.

Remove from oven. Brush basil mixture over pizza. Top with Coarse black pepper to taste.

Yield: 1

Calories: 350, CHO: 33 g, Protein: 15 g, Fat: 17 g, sodium: 775, fiber: 2 g

Harvest Brown Rice Salad

Ingredients:

2 tsp. Olive oil
½ cup uncooked brown rice
½ cup apple cider vinegar
1/8 cup sweetened dried cranberries
1 tsp. Butter
1 small red baking apple, such as Jonathon
1 tsp cinnamon
½ cup radicchio
1 stalk celery
1 tsp, fresh chives
1/8 cup toasted walnuts
2 Tbsp. Crumbled feta cheese

Directions:

For the rice mixture: Add 1 tsp. Oil to a small saucepan, heat, add rice; stir until well-coated with oil. Stir in cider. Bring to a boil. Cover, reduce heat to low. Simmer 5 minutes; remove from heat. Stir in cranberries; cover and let stand 5 minutes.

Meanwhile, for apples, heat grill pan over medium heat. In a small bowl, melt butter. Core Apple & slice crosswise into ¼ inch rings. Brush both sides of Apple rings with butter; sprinkle with cinnamon. Chop remaining Apple rings into quarters; add to rice mixture.

Add mixture to a mixing bowl; cool slightly. Thinly slice radicchio.

Thinly slice celery on a bias. Toss vegetables with remaining oil with the rice mixture.

To serve: Spoon salad onto a plate with a radicchio leaf, garnish with walnuts& reserved Apple. Sprinkle with goat cheese.

Serves: 1

Calories: 475, CHO: 55 g, Protein: 11 g, Fat: 25 g, sodium: 300 mg, fiber: 7 g

Persian Chickpea Salad

Ingredients:

Dressing:

1 lemon

1 tsp. Olive oil

1/8 tsp. Cinnamon

1/8 tsp. Ground cumin

Pinch of cayenne pepper

Salad:

1 can chick peas (19 oz)

½ small red onion

1-4 inch cucumber

1 plum tomato

2 tsp. Fresh mint, thinly sliced

1/8 cup feta cheese

Toasted pita bread

Directions:

For dressing: juice lemon to measure 1 Tbsp., Whisk together lemon juice, oil, cinnamon, cumin & cayenne pepper in a medium bowl.

For salad: drain & rinse chickpeas in a small colander. Chop onion.

Chop cucumber, seed & chop tomato. Add 1/3 can of chickpeas, onion (1 Tbsp), cucumber and tomatoes to dressing; toss to coat. Thinly slice mint and fold into salad.

Serve salad topped with feta cheese and pita bread, if desired.

Serves: 1

Calories: 170, CHO: 17 g, protein: 8 g, Fat: 4 g, sodium: 320 mg, fiber: 7 g