
COOKING FOR ONE

Healthful meals are easier than you think!

Keep Sizes Small:

When it comes to fresh fruits and veggies, choose foods that are in season so that you get produce that at its prime.

Remember, you don't need a lot, so just buy one or two of each food. Once you get home, put your purchases in prominent places on your counter or in your refrigerator. That way, you won't forget about them.

If you're buying dairy products, think small too. It's better to go back to the store every few days for milk, yogurt, and other staples than to throw a bunch of food away.

Take It Out:

If you're only cooking for yourself, then you're the boss. Get a few ready-right-now foods from your favorite store and dress them up with a side of fruit or a salad -- or both.

Stock Your Freezer:

The freezer is your friend. By purchasing ready-to-eat cuts of fish, meat, and poultry, you can freeze them so that they're standing by and ready to cook when you need them.

Follow the directions on the package so that you don't overcook them. The golden rule for cooking a piece of fish or chicken in the oven is to let it spend about 20 minutes at 375 degrees as long as it has been thawed first. (Thawing is easy - use the defrost button on the microwave). Frozen rice and veggies also reheat nicely.

