

One thing that is very common in this neighborhood is that most of us are cooking meals for one or two people each day. Even if you like to cook this can challenge the creative and be downright boring!

Since Stillwaters Estates is an independent living community we don't offer meals to residents. Each home in Stillwaters is individual and, as such, each of us either cheerily or grudgingly, go about the task of planning and preparing our own meals. Week in. Week out!

This week I set about exploring some meal planning resources for the one or two person household.

Planning ahead is one of the keys to managing recipes for five or six.



Storing in the fridge for eating later in the week is easy or you might package well and freeze for a later date. Either way it makes cooking for yourself or for two pretty efficient.

You can get some great ideas from a website called eatright.org. Click **HERE** to go directly to the website. Here is one of their ideas for a quick and healthy meal.

"Eggs can make a meal happen in a flash, anytime! They are an excellent source of protein and contain a bounty of nutrients such as vitamin D and choline. You can hard-boil a few on the weekend to have as an easy breakfast, snack or quick salad addition."

As a person who enjoys reading cookbooks and finding great new recipes, I thought I would also look and see what was out there in Amazon world in the

way of cookbooks for two. Here is just a sample of what I found:

1. **The Complete Cooking for Two Cookbook** – By America’s Test Kitchen. Published April 2014. America’s Test Kitchen took favorite recipes from their many cookbooks and re-engineered them as recipes for two. If you have ever watched America’s Test Kitchen on PBS you know that these have to be good! 
2. **Healthy Cookbook for Two: 175 Simple, Delicious Recipes to Enjoy Cooking for Two.** By Rockridge Published November 2014. The website says: “...*Healthy Cookbook for Two* features fast, flavorful recipes using fresh, affordable ingredients that are tailored for your two-person table.” 
3. **The Complete Slow Cooking for Two: A perfectly Portioned Slow Cooker Cookbook.** By Linda Larsen. Published September 2015. Think crock pot when you see the term slow cooking. 

Other Ideas:

A Local Class on Cooking for One or Two: Hosted by WSU Lewis County 4-H Food Resource Leaders. This is a free workshop on budget friendly and healthy tips on cooking for one or two. Saturday, February 10th from 10 am to 12 pm. The class will be at the Borst Park Kitchen #2 in Centralia. Pre-registration is encouraged. Call 360-740-1212.



Cooking Up a Good Time! | 3

Book n' Brush, our wonderful local bookstore in Chehalis is a great resource for books of all sorts. On their website I see that they have the Linda Larsen "slow cooking for two" book.

Click [HERE](#) to check out their website for others. Their street address is 518 N Market Blvd, Chehalis, WA 98532.



Timberland Library (Chehalis, Centralia or Online) is also a great resource. The Centralia library is located at 110 S. Silver Street Centralia, WA 98531-4218. Click [HERE](#) for their website.

Quote of the Week:

"The only time to eat diet food is while you're waiting for the steak to cook." -Julia Child

Happening next Week:

Thursday, February 9th: Movie Night here at Stillwaters. The movie this month is "Eddie the Eagle". Join us here at the Gathering Place at 6 p.m. for the movie, and come early for the scoops of ice cream at 5:45 p.m.

Have a great week ahead and Bon appetite!