

# GUIDE TO COOKING FOR TWO



Perhaps you're a single who has become a twosome, a couple whose kids have grown and flown, roommates, life-mates... whatever. You're health-conscious and you love good food, but you don't have the time or desire to spend a major portion of every day shopping and cooking to get a good meal on the table. You want to avoid the nutritional and economic downsides of the supermarket's prepared entrees and take-out restaurant food—you want the satisfaction of a delicious and healthy home-cooked meal. These organization and shopping tips will help you prepare nutritious meals for yourself and your dinner companion.

**TOP SHOPPING TIPS WHEN YOU'RE COOKING FOR TWO:** Buying grocery items in bulk may seem like a way to save money, but soggy salad greens and mystery meats in the back of the refrigerator mean wasted dollars! Here are the top tips for saving time and money at the supermarket when planning fast and healthy meals for two.

**RIPE FRUITS AND VEGETABLES ADD MUCH MORE FLAVOR THAN THEIR IMMATURE COUNTERPARTS.** But how do you tell what's ripe? There is, in fact, one cardinal rule for almost all fruits and vegetables: if it doesn't smell like anything, it won't taste like anything. Forgo the smell-less stuff and go for what's ripe, fresh and ready to cook.

**AVOID WASTE, USE THE SALAD BAR!** A full container of cherry tomatoes or a whole bag of shredded cabbage may be an impractical purchase, so select just what you need at the salad bar.

**BUY TIME-SAVING, WASTE-MINIMIZING PRECUT OR FROZEN FRUITS AND VEGETABLES.** If your choice is between a whole head of broccoli and bulk or frozen florets, you may want to choose the latter and just use what you need when you need it. Of course, you wouldn't use frozen vegetables in a recipe that showcases fresh ones, but you can take them right from the freezer to your skillet for any cooked dish.

**SIX-OUNCE BAGS OF GREENS,** such as spinach, arugula, watercress and mixed salad greens, are perfect for serving a pair.

**IF SEVERAL TYPES OF HERBS** are on your week's shopping list but you need just a little of each, look for packages of mixed fresh herbs—sold variously as “poultry seasoning,” “soup seasoning” or “Italian seasoning.” You'll get a couple of sprigs of a few varieties without having to commit to an entire bunch of each.

**THE 6- OR 7-OUNCE CANS AND POUCHES** of tuna, salmon, sardines and crab are perfect for two.

**IF YOU NEED SHRIMP,** buy peeled frozen tail-on shrimp. These are usually sold in 2-pound bags but you can take out what you need when you need it without having to defrost the whole amount. Some supermarkets also have bulk freezer bins of shrimp.

**MAKE FRIENDS WITH YOUR LOCAL BUTCHER!** Order exactly the amount of meat, chicken, fish or seafood you need. Ask the person behind the counter if you can smell before you buy. Fish and shellfish should smell like blue ocean at high tide on a spring morning, never like the tidal flats on an August afternoon. Meat should smell clean and bright, not like copper, soured yogurt or runny cheese. If your local supermarket only sells prepackaged meats, wrap the extras tightly and freeze them.

**ONE 14-OUNCE CAN OF BROTH WORKS WELL WHEN MAKING SOUPS** for two. When you only need part of the can for a recipe, freeze the rest of the broth to add to sauces and soups at a later date or try using a low-sodium bouillon, such as Herb-Ox.

**THE 7- AND 8-OUNCE CANS** of beets, chickpeas and regular and no-salt-added tomato sauce are just the right size and convenient to have on hand for dinner.

**SMALL DRINK BOXES OF 100% JUICE** are convenient for making sauces and salad dressings, without a lot of extra juice left over.

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**SUBSTITUTE WHOLE-WHEAT PITA BREADS FOR A LARGE BALL OF DOUGH WHEN MAKING PIZZA.** It's quicker, and you won't be tempted to eat more than your share. Leftover pitas freeze well too.

**BUY SMALLER SERVINGS OF DAIRY PRODUCTS**—pints of milk, 6- and 8-ounce containers of yogurt, 4-ounce containers of cottage cheese and 3-ounce blocks of cream cheese.

## RECIPES

Check the Price Chopper Recipe Cards Rack, or go to [www.pricechopper.com](http://www.pricechopper.com).

**BLOODY MARY WITH SHRIMP**

**CARAMELIZED BANANAS**

**CHICKEN BREASTS WITH MUSHROOM CREAM SAUCE**

**CHILI-RUBBED STEAKS & PAN SALSA**

**GRILLED PEACH SUNDAES**

**OLD-FASHIONED FRUIT CRUMBLE**

**OVEN FRIES**

**SAUTEED SPINACH WITH RED ONION, BACON & BLUE CHEESE**

**SEAFOOD SALAD WITH CITRUS VINAIGRETTE**

**TEX-MEX TACO SALAD**



Caramelized Bananas



Bloody Mary with Shrimp

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