



Recipes for One

(or Two)

RECIPE BOOK



eat smart.
— be well. —





BREAKFAST

Dutch Baby Pancake with Berries

Servings

1

INGREDIENTS

½ Tbsp. butter
1 large egg
¼ cup milk
½ tsp. vanilla extract
1 tsp. granulated sugar
¼ cup flour
¼ cup raspberries

DIRECTIONS

1. Heat oven to 400 degrees.
2. Put butter in the bottom of a small oven safe skillet and place in a preheated oven.
3. In a small bowl, whisk together egg, milk, vanilla and sugar. Add in the flour and a pinch of salt.
4. Remove hot skillet from oven. Make sure butter coats then bottom completely. Add raspberries to skillet and pour batter on top. Cook until pancake is puffed in the center and golden brown along the edges.
5. Top with additional berries for serving.

BREAKFAST

Granola Breakfast Pizza

Servings

2

INGREDIENTS

¾ cup granola
¼ cup chopped almonds
¼ tsp. ground cinnamon
¼ cup peanut butter
½ cup vanilla yogurt
toppings of choice:
raspberries, strawberries,
blueberries, shredded
coconut, etc.

DIRECTIONS

1. In a large bowl, mix together granola almonds cinnamon and peanut butter until well combined.
2. Split the granola mixture into 2. Press each granola half into a small round crust on parchment paper. Chill for an hour to set.
3. Top with yogurt, fruit and toppings.

Ham and Cheese Bagel Quiche

Servings

2

INGREDIENTS

4 large eggs
½ cup. almond flour
2 oz. cream cheese, softened
1 tsp. ground cinnamon

DIRECTIONS

1. Preheat the oven to 350 degrees. Spray a baking sheet with non-stick spray. Hollow out the bagel halved by using your fingers to gently pull out the soft part of the bagel.
2. Next, whisk eggs, salt and pepper in a mixing bowl.
3. Place bagel halves on baking sheet. Add 2 Tbsp of ham, onion and cheese to each bagel half. Slow pour the egg mixture into each bagel half. Bake in the oven for 20 minutes.

BREAKFAST

Stuffed Breakfast Potatoes

Servings

2

INGREDIENTS

2 large baking potatoes, cooked and cooled (*bake an extra the night before when serving potatoes for dinner, perhaps)

½ cup sharp cheddar cheese, shredded

2 Tbsp. chopped veggies of choice (broccoli, mushroom, spinach, bell pepper, etc.)

1 strip bacon, cooked and crumbled

DIRECTIONS

1. Heat oven to 400 degrees. Cut off the tops on the potatoes. Using a spoon, hollow out the insides creating a potato boat. Save the insides to repurpose in another meal.
2. Place a pinch of cheese, ¼ bacon, ½ Tbsp. veggies and a pinch of salt and pepper in each potato boat. Crack an egg directly into the potato boat. Bake for 20 minutes or until egg is cooked to your liking.

Coffee Cake in a Mug

Servings

1

INGREDIENTS

¼ cup flour

2 Tbsp. sugar

¼ tsp. baking powder

¼ tsp. ground cinnamon

2 Tbsp. butter, melted

¼ cup milk of choice

½ tsp vanilla extract

TOPPING

¼ tsp. ground cinnamon

2 Tbsp. flour

1 Tbsp. butter, melted

1 Tbsp. brown sugar

DIRECTIONS

1. Add the flour, sugar, baking powder, and cinnamon to a large mug. Stir.
2. In a small dish melt 2 Tbsp. butter. Add to flour mixture. Pour in milk and vanilla and stir to mix completely.
3. In a separate bowl, mix topping ingredients. Sprinkle this mixture into your mug on top of your batter. Microwave for 90 seconds.



BREAKFAST

Lemon Blueberry Ricotta French Toast

Servings

2

INGREDIENTS

½ cup ricotta cheese
¼ cup honey
2 tsp. lemon zest
8 slices ½ inch thick French bread
¾ cup blueberries
1 egg, slightly beaten
⅓ cup milk
¼ tsp. salt
¼ tsp. vanilla extract
⅛ tsp. ground cinnamon

DIRECTIONS

1. Heat oven to 400 degrees. Line small pan with foil and spray with cooking spray.
2. In a small bowl, mix ricotta, 2 Tbsp. honey, lemon zest. Spread evenly amongst all slices of bread. Place small spoonful of blueberries on top of 4 slices of bread. Top with remaining bread to make sandwiches.
3. In a shallow bowl, beat egg, milk, salt, vanilla and cinnamon. Place sandwiches in egg mixture and allow them to soak up mixture. Transfer to pan. Bake 15 minutes until golden brown. Drizzle with honey and top with additional berries.

BREAKFAST

Breakfast Skillet

Servings

2

INGREDIENTS

4 cups frozen hash brown

½ cup sharp cheddar cheese,
shredded

4 eggs

salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 400 degrees.
2. On the stovetop, heat 2-3 Tbsp. oil of choice in cast iron skillet over medium high heat. Cook hash brown until golden brown, 10 minutes.
3. Sprinkle with cheese and crack eggs on top of hash browns.
4. Transfer skillet to oven and cook for additional 8-10 minutes, until the white are set.

Baked Oatmeal

Servings

2

INGREDIENTS

1 cup old-fashioned oat

¼ tsp. baking powder

¼ tsp. salt

¼ tsp. ground cinnamon

1 egg

¾ cup milk

¼ cup maple syrup

½ cup frozen mixed berries

1/3 cup walnuts, chopped

6 oz. vanilla yogurt.

DIRECTIONS

1. Preheat oven to 375 degrees. Spray a loaf pan with non-stick cooking spray.
2. In a medium bowl, mix together oats, baking powder, salt and cinnamon. In a small bowl, beat egg, milk and syrup. Fold egg mixture into oat mixture. Add berries and walnuts. Stir well.
3. Pour into loaf pan. Bake for 25 minutes or until oatmeal is set. Serve with yogurt.

BREAKFAST

Banana Walnut Bread for One

Servings

1

INGREDIENTS

- 1 serving
- 3 Tbsp. all-purpose flour
- 2 Tbsp. granulated sugar
- 1 Tbsp. milk
- 1/4 mashed ripe banana
- 1/4 cup walnuts, chopped
- 1 Tbsp. butter, melted
- 1 tsp. vanilla extract
- 1/4 tsp. baking powder
- 1/2 tsp. ground cinnamon

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine flour, sugar, baking powder and cinnamon in a bowl. Mix well. Add in mashed banana, butter, vanilla, milk and walnuts
3. When well combine, pour into a small oven safe container, greased.
4. For a 4-inch container, bake 10-12 minutes; adjust cooking time as needed.
5. Bake until toothpick comes out clean.





LUNCH / DINNER

Chicken and Dumplings

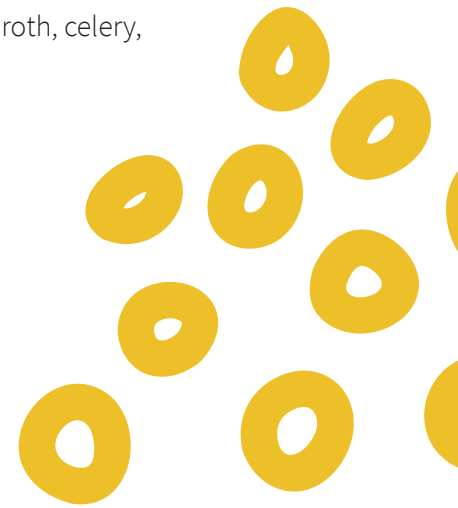
Servings

2

INGREDIENTS

2 cups chicken broth
6 oz. boneless skinless chicken breast
1 stalk celery
½ yellow onion
1 cup carrots
1 can cream of chicken soup
½ tsp. ground sage
salt and pepper, to taste
¾ cup Bisquick baking mix
¼ cup milk

DIRECTIONS

1. Dice chicken, celery, onion and carrots. In a medium size pot boil the chicken, broth, celery, onion and carrots for 15 minutes.
 2. Stir in cream of chicken soup, sage, salt and pepper to taste. Bring to a boil.
 3. In a medium bowl, mix together baking mix and milk. Drop spoonful's of mix into the hot mixture. Cook uncovered for 10 minutes on low heat. Cover and cook 10 more minutes.
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LUNCH / DINNER

Pulled Pork Crescent Cups

Servings

2

INGREDIENTS

8 oz. Martin's Signature
Smokehouse BBQ Pulled Pork

½ can (8 oz.) Pillsbury crescent
dough sheet

1/24 cup Martin's creamy
coleslaw

1 Tbsp. green onions

shredded cheddar cheese,
optional

DIRECTIONS

1. Heat oven to 375 degrees. Spray 8 regular-size muffin cups with cooking spray. Cut cooked pork into smaller pieces.
2. On a large cutting board, unroll dough sheet; cut into 8 squares with sharp knife or pizza cutter. Line each muffin cup by pressing 1 dough square in bottom and up side of cup. Divide pork mixture evenly into dough-lined cups. Optional to top with shredded cheddar cheese.
3. Bake 14-18 minutes or until dough is golden brown and filling is heated through. Cool 5 minutes in pan; remove from pan with spatula. Top with coleslaw and green onions.

Unstuffed Cabbage Rolls

Servings

2

INGREDIENTS

1 Tbsp. olive oil

8 oz. ground pork

1 cup onion, chopped

2 cloves garlic, minced

2 medium tomatoes chopped

2 cup chopped cabbage

½ cup marinara sauce

¼ cup water

2 tsp. apple cider vinegar

2 tsp. raw honey

2 cup basmati rice, cooked

DIRECTIONS

1. Cook rice according to package instructions.
2. Heat skillet over medium heat. Add pork, onions, garlic, and tomatoes and cook until pork is browned and onions are soft, 5 minutes.
3. Add the cabbage to the pan. Stir in sauce, water and vinegar. Bring to a boil, then reduce to low, cover and simmer for 5-7 minutes. Add in honey. Stir over cooked rice.



LUNCH / DINNER

Mini Meatloaf

Servings

2

INGREDIENTS

2 Tbsp. olive oil
½ cup onions, diced
2 cloves garlic, minced
2 tsp. dried thyme
½ tsp. salt
¼ tsp. black pepper
12 oz. ground beef
¼ tsp. Worcestershire sauce
2 eggs
6 Tbsp. bread crumbs
½ cup ketchup
2 Tbsp. molasses

DIRECTIONS

1. Heat oven to 350 degrees.
2. In a large skillet, add oil and cook onions until opaque. Add in chopped garlic, dried thyme, salt and pepper. Stir together. Remove from heat.
3. Place ground beef in a medium bowl. Pour seasoning mixture over. Add Worcestershire sauce, the egg and breadcrumbs. Mix until well combined. Shape into two small ovals and transfer to a baking dish. Bake for 30 minutes.
4. Remove from oven. Whisk together ketchup and molasses in a small bowl. Pour over top of meatloaves and bake an additional 15 minutes.

LUNCH / DINNER

Texas Toast Pizza

Servings

1

INGREDIENTS

2 slices Texas Toast

2 Tbsp. pizza sauce

½ cup mozzarella cheese,
shredded

pizza toppings of choice

crumbled cooked bacon, optional
for servings

DIRECTIONS

1. Preheat oven to 375 degrees. Place garlic bread on a cookie sheet that has been sprayed.
2. Add a tablespoon of pizza sauce to each slice of bread. Top with cheese and desired pizza toppings. Bake in oven for 5 minutes or until cheese is melted.



Enchiladas Verde

Servings

1

INGREDIENTS

¼ cup olive oil

3 corn tortillas

1 cup shredded cooked chicken
(*Martin's rotisserie chicken as
a quick option)

½ cup tomatillo sauce

¼ cup Monterey Jack cheese

toppings of choice: avocado,
tomatoes, sour cream, cotija
cheese, cilantro

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a skillet, add oil and heat until sizzling. Add tortillas one at a time until lightly browned. Set aside on a large paper towel-lined plate.
3. Place 1-2 Tbsp. tomatillo sauce at the bottom of a baking dish. Place one tortilla on top, then ½ cooked chicken and sprinkle with 2 Tbsp. cheese. Place another tortilla on top of cheese and repeat with remaining chicken and cheese. Place last tortilla on top. Cover with remaining tomatillo sauce and top with remaining cheese. Bake for 15 minutes.





LUNCH / DINNER

Pasta Carbonara

Servings

2

INGREDIENTS

4 oz. dry spaghetti
2 pieces bacon
2 cloves garlic, minced
2 eggs
2 Tbsp. Parmesan cheese
salt and pepper, to taste
parsley, to garnish

DIRECTIONS

1. Cook pasta al dente. Drain pasta and reserve $\frac{1}{2}$ cup pasta water.
2. Cook bacon in a skillet. Remove and drain fat on a paper-lined plate. Add garlic to used skillet. Cook for 30 seconds. Add cooked pasta and toss until well combined. Remove from heat.
3. In a small bowl, whisk together eggs and cheese. Add mixture to pasta in skillet and whisk quickly until eggs thicken but do not scramble. Thin out sauce with reserved water. Salt and pepper, to taste. Top with fresh parsley.

LUNCH / DINNER

Chili for One

Servings

1

INGREDIENTS

2 tsp. olive oil
1/8 cup onions, chopped
1 bell pepper, chopped
1 clove garlic, minced
6 oz. ground beef
1/2 tsp. Italian seasoning
1/4 tsp. smoked paprika
10 oz. canned tomatoes
2 oz. canned black beans, drained
and rinsed
toppings: avocado, sour cream,
cilantro, tortilla chips

DIRECTIONS

1. Heat oil in a skillet over medium heat. Add onions and peppers. Cook until onions are opaque. Add in garlic and ground beef. Break up the meat and cook until no longer pink.
2. Add seasonings and stir together. Add in tomatoes and beans. Bring to a boil and then reduce heat to a simmer for 10 minutes. Add salt and pepper, as desired. Top with toppings of choice.





LUNCH / DINNER

Jambalaya

Servings

2

INGREDIENTS

1 Tbsp. olive oil
¼ cup onions, chopped
¼ cup celery, chopped
2 cloves garlic, minced
½ cup green bell pepper, diced
¼ tsp. cayenne pepper
½ lb. smoked sausage, sliced and cut in half
½ lb. shrimp, peeled and deveined
1 cup canned diced tomatoes
1 cup white rice
3 cups chicken broth

DIRECTIONS

1. In a medium skillet, heat oil. Add onions, celery, garlic, and peppers. Season with cayenne pepper. Cook until vegetables have softened.
2. Add sausage and cook, stirring for 2 minutes. Add shrimp and cook until opaque.
3. Stir in tomatoes, rice and broth. Bring to a boil. Reduce heat to low. Cover and cook until rice is tender and liquid is absorbed; 20 minutes. Serve hot.



LUNCH / DINNER

Salisbury Steak

Servings

2

INGREDIENTS

- 1 lb. ground beef
- 1 tsp. Worcestershire sauce
- 1 tsp. Italian seasoning
- ½ tsp. mustard powder
- ½ tsp. garlic powder
- 1 Tbsp. olive oil
- 1 Tbsp. butter
- 5 oz. sliced onions
- ½ tsp. Worcestershire sauce
- 1 cup beef broth
- 1 tsp. sour cream

DIRECTIONS

1. Place ground beef in a bowl. Add the Worcestershire sauce, Italian seasoning, mustard powder, garlic powder, salt and pepper. Mix together. Flatten into a round patty about ½ inch thick.
2. Heat the oil in a skillet. Add ground beef patty and cook 4 minutes per side until no longer rare. Remove from skillet and place on plate covered.
3. Return skillet to heat and reduce to medium. Add butter to pan. When butter has melted, add onions and cook until translucent. Add mushrooms and cook until softened. Stir in Worcestershire sauce and beef broth. Bring to a boil. Simmer on low. Add in sour cream and mix well. Add back in beef patty. Serve beef patty with extra sauce on top.