

Cooking for One – Rock the Crock, or Even Better, the Air Fryer!

Nutrition Notes by Jeannine

Cooking for one can be challenging at times. It is easy to fall into the monotony of eating the same food because of the lack of ideas or motivation. I think most of us have asked the question, “what should I cook for dinner?” I want to share with you some tips and tools to make cooking for one a more enjoyable experience.

A good place to start is by looking at various recipes in a recipe book or on the internet. Another option is to ask a friend or family member for meal ideas. Knowing what to cook can help you plan your shopping at the grocery store. It can also ensure you eat a variety of foods throughout the day. Try a new fruit or vegetable each week! Vary the color, shape, and texture of the foods you eat. The more varied the foods that you eat from all the food groups (fruits, vegetables, grains, protein, dairy), the more vitamins and minerals you will get.

Some small kitchen appliances like an air fryer or a slow cooker are popular to cook meals for a good reason. They are affordable and easy to use. They come in many sizes and prices, and they are excellent for cooking fun meals for one person. It is very convenient too. Easy to clean, user friendly, and can potentially save in energy costs.

While we have used crock pots for few generations, air fryers are new to most of us. An air fryer works like a convection oven, but it is a countertop kitchen appliance. It circulates hot air at a very high speed. You select the temperature needed to cook your food. Just add a drizzle of olive oil to the food. This will help the food have a browning and crisping texture. The result is a crunchy exterior with little added fat. The benefit of using less fat is healthier for you.

Here are some great ideas taken from the Food Network website to get you started. If you want the recipes, give Senior Nutrition a call at (530)

621-6160 or stop by our office, and we will send them your way!

- *Air Fryer Teriyaki Salmon Fillets with Broccoli*

The perfect one-pot meal: Salmon is brushed with a teriyaki glaze and cooked to perfection on top of broccoli florets.

- *Air Fryer French Fries*

These homemade French fries come out perfectly golden and crisp and only use one teaspoon of oil. They are quick and easy to make.

- *Air Fryer Roast Chicken*

The skin gets deliciously crispy while the inside stays moist and packed with flavors.

- *Air Fryer Hard-Boiled Eggs*

An air fryer can make perfect soft, medium, or hard cooked eggs. It is fast and it does not require boiling water.

- *Sweet and Spicy Air Fryer Carrots*

Add cayenne pepper, black pepper and chili powder to the carrots for a nice kick. You can also get creative and add a brown sugar and butter mix for a sweet caramel flavor. This side dish cooks in just 10 minutes.

- *Air Fryer Stuffed Mushrooms*

This is another easy to make side dish. Mushrooms stuffed with garlicky and cheesy breadcrumbs.

- *Air Fryer Spinach, Pepper and Havarti Frittata*

Yes, it is possible to make a frittata in an air fryer! The result is a brown crust with a soft interior. Havarti, Cheddar or Jack cheese gives a mild flavor. It is delicious and again, easy to make.

Enjoy!