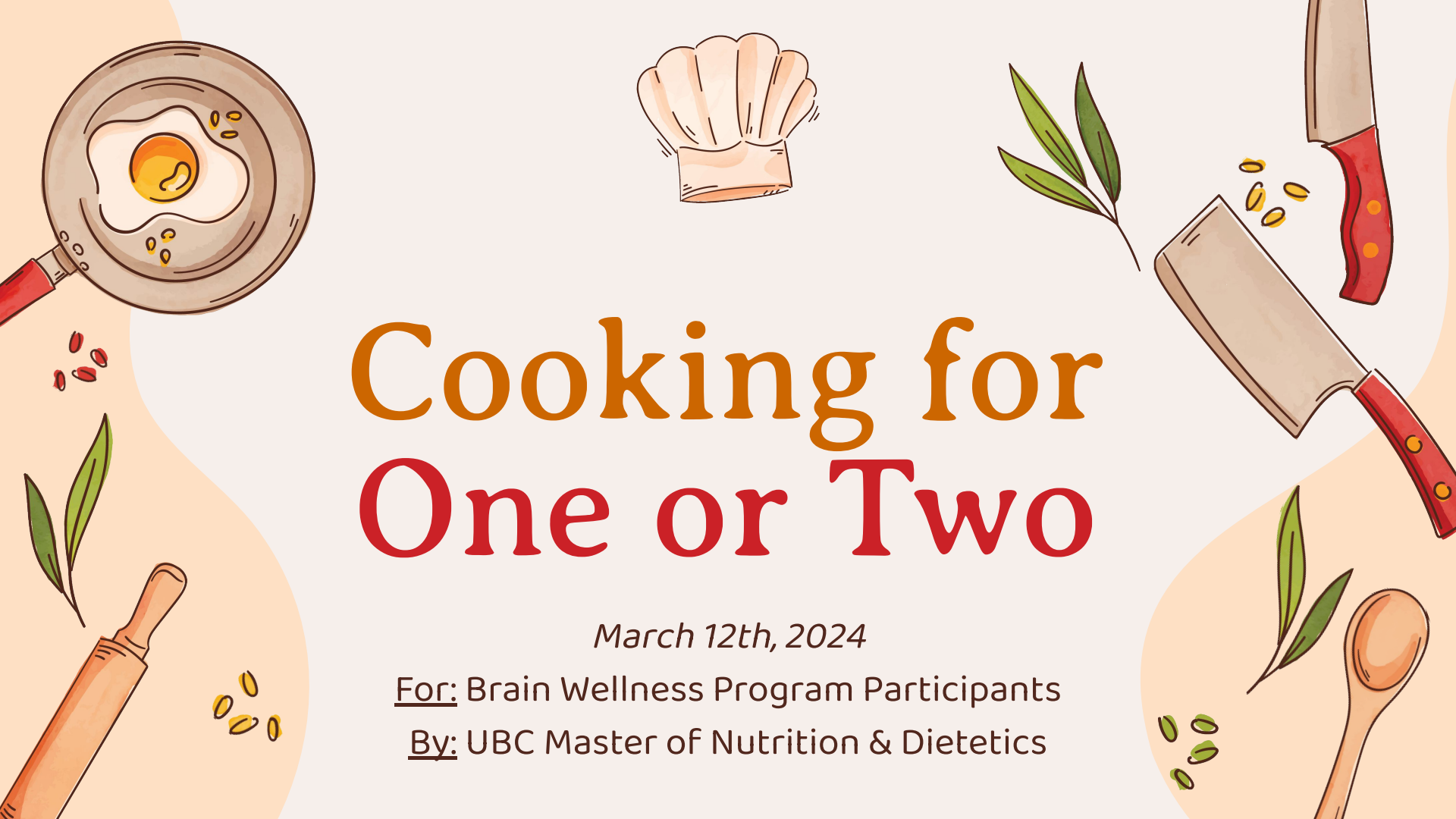




Cooking for One or Two

March 12th, 2024

For: Brain Wellness Program Participants

By: UBC Master of Nutrition & Dietetics

Before we begin...



CLICK + DRAG THIS BAR TO THE LEFT!

Cooking for One or Two

March 12th, 2024

For: Brain Wellness Program Participants
By: UBC Master of Nutrition & Dietetics

This screenshot shows a Zoom presentation window. On the left, there is a vertical sidebar with four small video thumbnails of participants. The main presentation area displays a slide with a light orange background and various kitchen-related illustrations (a frying pan with an egg, a rolling pin, a spoon, and some seeds). A red arrow points from a text box at the top to a horizontal bar on the right side of the slide.



ADJUST TO SEE THE KITCHEN VIEW!

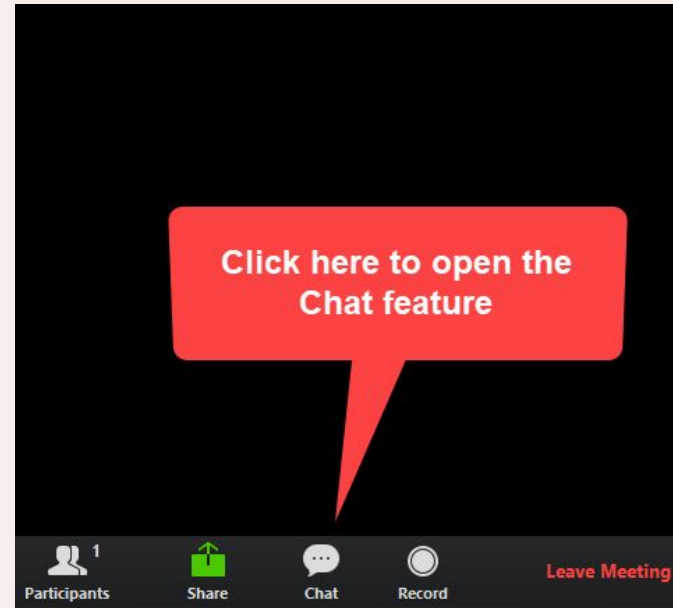
Cooking for One or Two

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This screenshot shows the same Zoom presentation window, but the sidebar is now hidden. A red arrow points from a text box at the top to a horizontal bar on the right side of the slide. The main presentation area is the same as the previous screenshot, but the sidebar is no longer visible.

Please Participate!



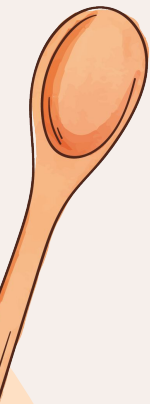
Land Acknowledgement

This webinar is being held on the UBC Point Grey (Vancouver) campus, which sits on the traditional, ancestral, unceded territory of the x^wməθk^wəyəm (Musqueam) First Nation.

More info:

<https://www.fnha.ca/Documents/FNHA-Territory-Acknowledgements-Information-Booklet.pdf>

<https://native-land.ca/>



Who Are We?



Jen Y.



Jenn A.



Kiana



Kiara



Webinar Outline



Importance of
nutrition



Cooking
challenges



Chili demo



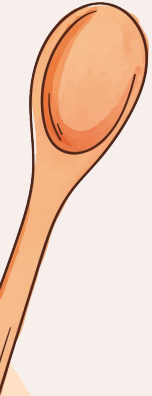
Microwave fruit
crisp demo



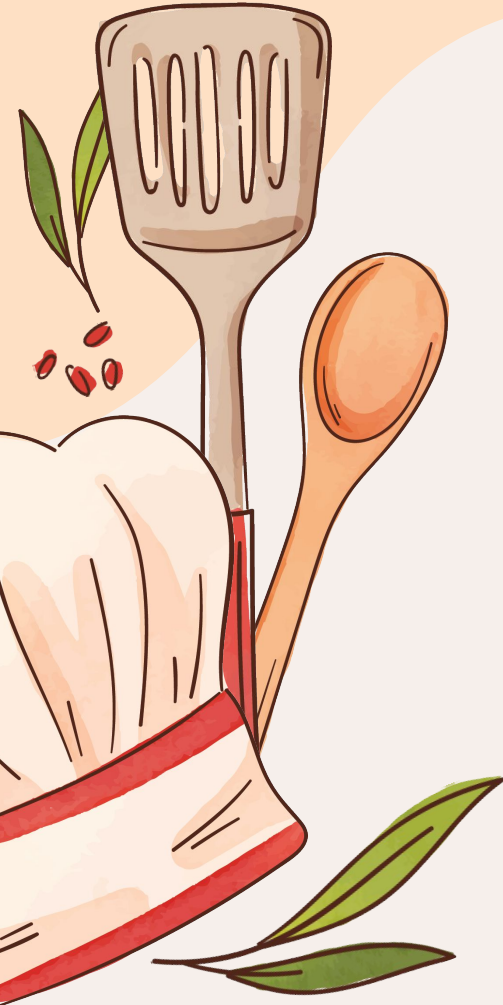
Takeaway tips



Resources



Why should I
care about my
nutrition?



Importance of Nutrition

- Energy and vitality
- Disease and prevention
- Physical and mental health

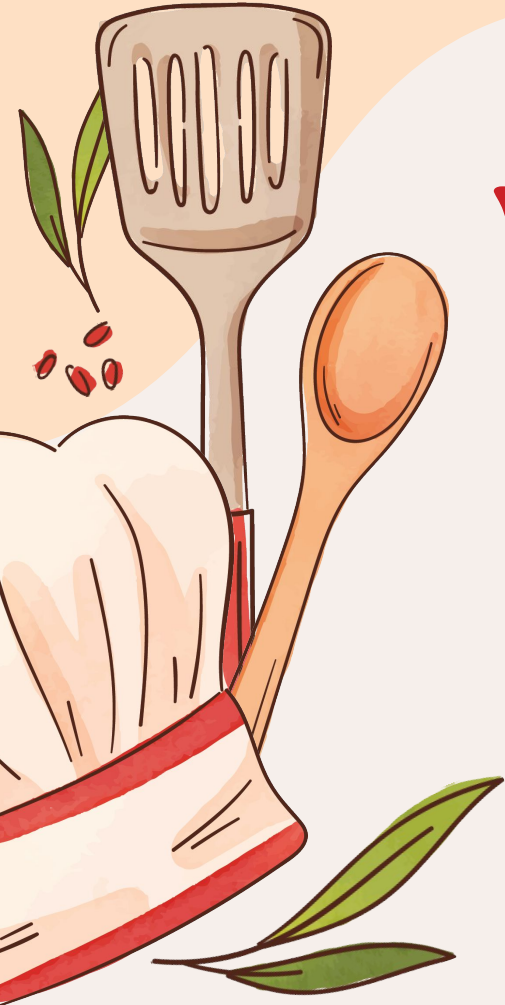


Nutrition for Healthy Aging

- 1) Nutrient dense foods
- 2) Protein to decrease muscle mass loss
- 3) Fruits & veggies for vitamins, minerals, and fiber!



What challenges
do you have
cooking for
one/two?



Challenges Cooking for One/Two

- Hard to buy small amounts of an ingredient
- Too tired / low motivation
- Not feeling safe in the kitchen
- Not knowing what to cook
- Bored of eating the same thing
- Unsure how to make leftovers exciting





Recipe Spotlight: Chili

- Great for batch cooking → leftovers freeze really well!
- 1 pot meal → fewer dishes!
- Lots of vegetables → add whatever you have
- Uses lots of canned items → beans, tomatoes, corn
- With or without meat → plant + animal protein
- Can be repurposed in many ways → tacos, pasta sauce, with salad



Chili Demo

Step 1: Assemble your ingredients

- 2 tablespoons olive oil
- Veggies: 1 onion, 1 large carrot, 4 ribs of celery
- 4 cloves garlic
- 1 carton vegetable stock (900 mL or 4 cups)
- 1 can (15 oz) of diced tomatoes
- 2 cans of any beans (kidney, black, pinto)
- 1 can of corn (or 1 cup frozen)
- 1 packet chili seasoning (choose low/no salt)



Chili Demo

Step 2: Chop your veggies

- 1 onion, 1 large carrot, 4 ribs of celery (Option: Frozen, pre-cut)
- 4 cloves garlic (Option: Pre-minced)



Chili Demo

Step 3: Sauté your veggies

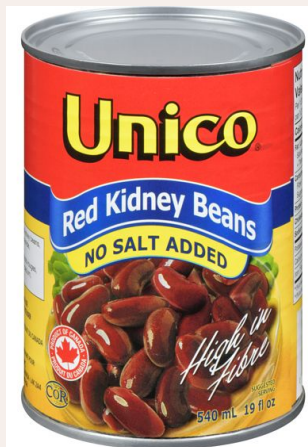
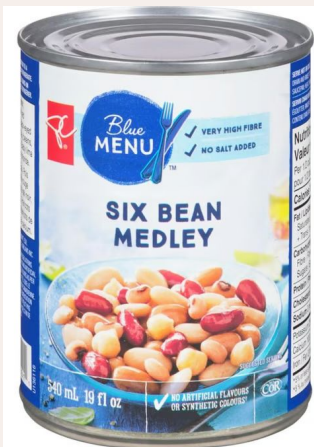
- Add 2 tbsp olive oil to a large pot
- Cook veggies until soft, 5-8 mins
- Add in garlic + spices, 2 mins



Chili Demo

Step 4: Open your cans

- 1 can diced tomatoes (Tip: try fire roasted!)
- 2 cans any beans (Option: 1 cup dried lentils)
- 1 can corn (Option: frozen)





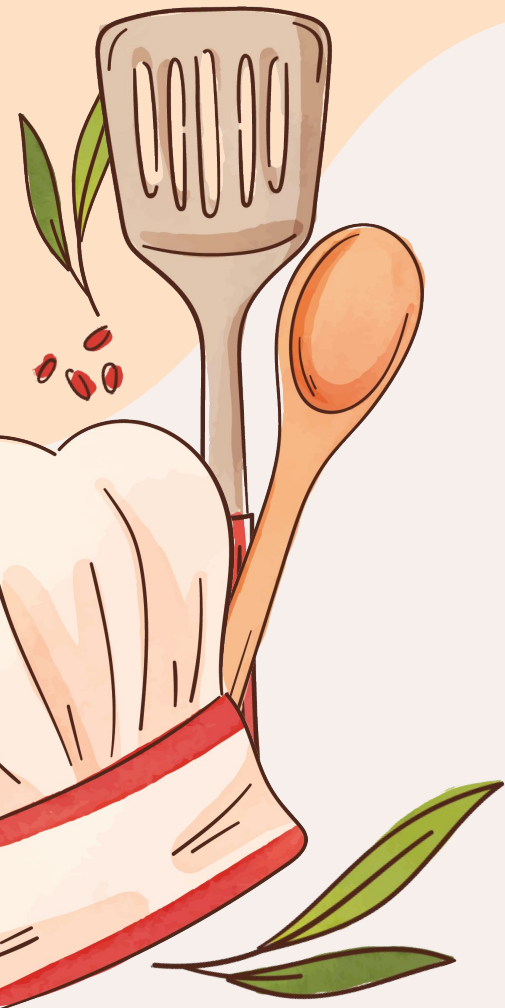
Chili Demo

Step 5: Add in your liquids

- Dump in tomatoes, beans (with liquid), corn
- Add 1 carton veggie stock
- Bring to a boil, then simmer on low for 15 minutes to 1 hour
- Add water if needed



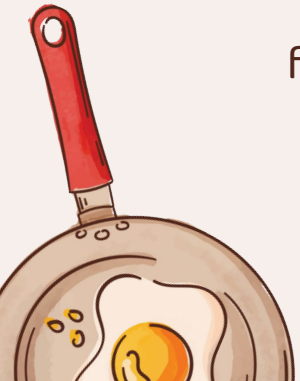
While the chili
simmers...
Onto recipe #2!





Recipe Spotlight: Microwave Berry Crisp

- Great for single serving → made in 1 bowl/mug!
- Can be for breakfast, snack, or dessert!
- Made in minutes - in the microwave!
- Adds fruit to your diet → fresh or frozen!
- Toppings can be versatile to add extra healthy fats, fiber, and protein!



Microwave Berry Crisp Demo

Step 1: Assemble your ingredients

- 1 packet of flavored instant oatmeal **OR** 1 tbsp brown sugar and $\frac{1}{3}$ cup of quick cooking oats
- 1 tbsp of melted margarine
- $\frac{3}{4}$ cup of blueberries (fresh or frozen)
- $\frac{1}{2}$ tsp of cornstarch





Microwave Berry Crisp Demo

Step 2: Melt the Margarine

- Measure out 1 tbsp into a microwave-safe bowl
- Microwave in 10-second intervals





Microwave Berry Crisp Demo

Step 3: Mix your ingredients for the crumble

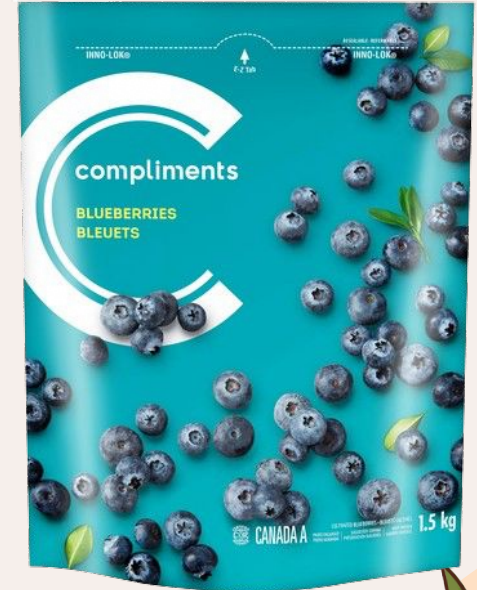
- In a small bowl with a fork, mix the instant oatmeal and melted margarine until it resembles a crumble topping.



Microwave Berry Crisp Demo

Step 4: Add your Fruit!

- **Add** the fresh or frozen blueberries to the mug
- **Toss** with cornstarch (optional)
- **Fill** the mug to the brim with berries
- **Spread** the topping over the top.



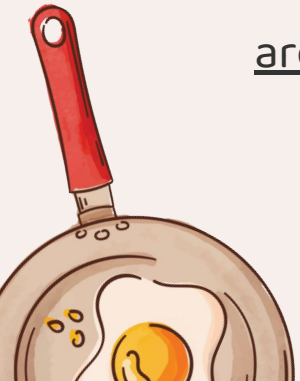
Microwave Berry Crisp Demo

Step 5: Microwave!

- Microwave for about 1 minute.
- Continue to microwave in additional 30-second increments until the blueberries are bubbling.



What else would
you make in
the microwave?



Microwave Berry Crisp Demo

Step 6: Cool and serve

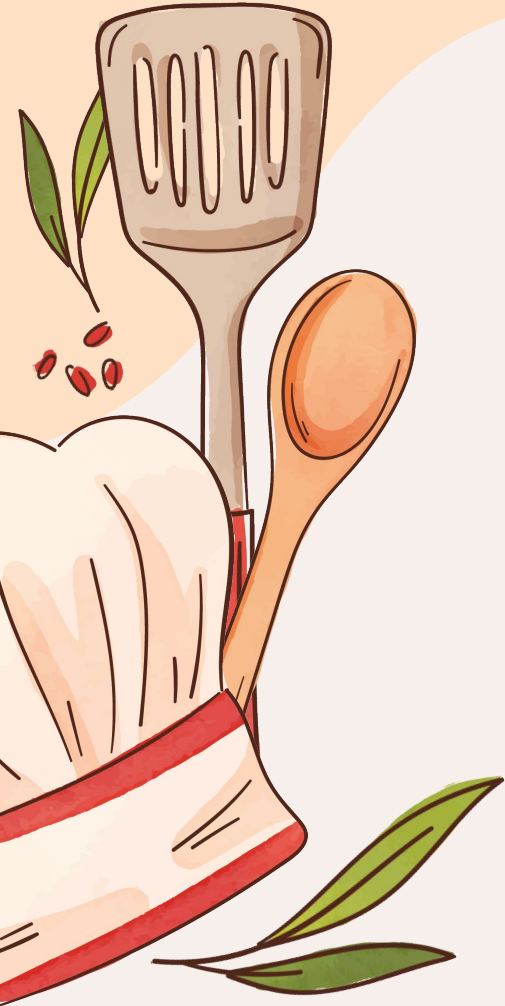
- Let cool slightly before adding your toppings

Personalize your crisp with these toppings!

- For added protein, choose Greek yogurt, hemp hearts, nut butter
- For more fiber, choose chia seeds, fruits
- For healthy fats, choose flaxseed, nuts and seeds, dark chocolate!



Back to the chili!
What are your
favourite
toppings?



Chili Demo

Step 6: Make it your own!

- Seasonings: Salt, lime juice, hot sauce
- Toppings: green onion, greek yogurt, cilantro, low fat cheese, jalapeños
- More additions: Avocado, eggs, ground turkey, roasted sweet potato
- Serve it with: whole wheat pasta or bread, rice, salads



Chili Demo

Step 7: Freeze individual portions



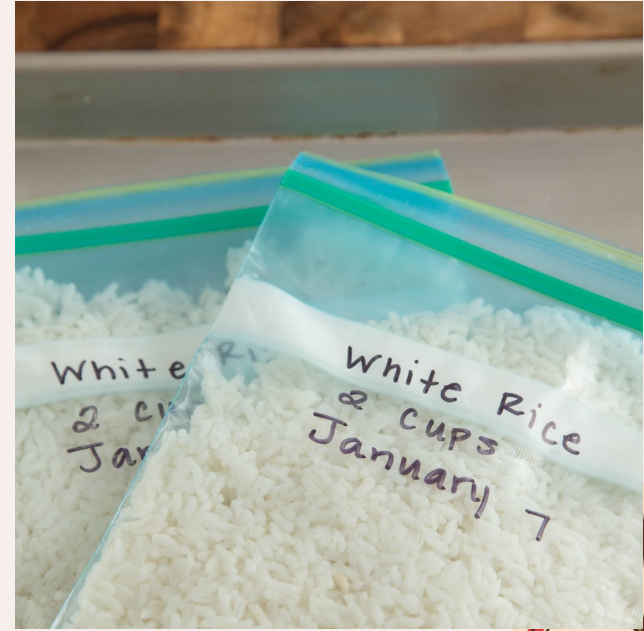
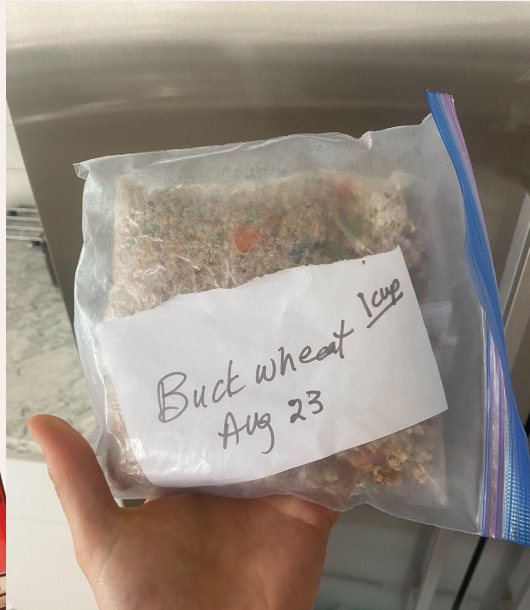
Chili Demo

Step 8: Repurpose leftovers!

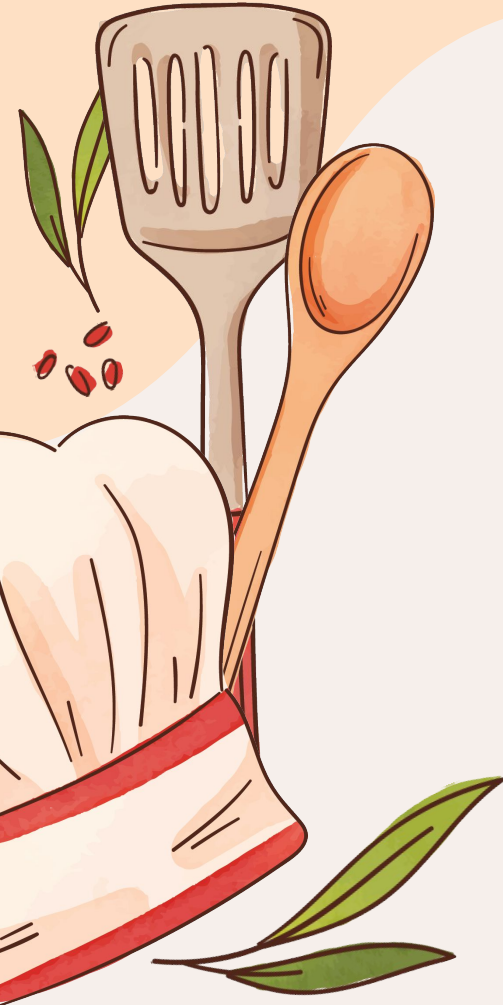


Chili Demo

Bonus: Freeze other staples for easy meals



Goal setting:
What meal/recipe
do you make
could be batch
cooked + frozen?



Takeaway Tips

Power Hour

Batchcook
and Freeze

Microwave

Reinvent
Leftovers



Resources: MyPlate

USA An official website of the United States government [Here's how you know](#) ▾

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Refine your search

Remove all × Eat more fruits and vegetables × Get more calcium ×

Program +

Course +

Nutrition Focus - Food Groups -
☒ Eat more fruits and vegetables (101)
☐ Eat more seafood (11)
☐ Eat more whole grains (56)
☐ Move to fat-free or low-fat dairy (23)
☐ Vary your protein routine (61)

Nutrition Focus - Nutrients -
☒ Get more calcium (101)
☐ Limit saturated fat (278)
☐ Reduce sodium (98)

Food Groups +

Search [] Search 20 Items per page Sort by Recipe Title (A to Z)

Displaying 1 - 20 of 101 [En español](#)

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Bulgur is the star whole grain of this simple and colorful salad.
★★★★★
\$\$\$\$

Asian Mango Chicken Wraps
Sweet and juicy ripe mangos are the perfect balance for the savory ingredients in this Asian ...
★★★★★
\$\$\$\$

Feedback

Filter food
groups +
nutrients!

Feedback Survey (2 min)



Questions? Thank you!

A copy of these slides will
be emailed to you 😊

