

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!

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This screenshot shows a Zoom meeting interface. On the left is a presentation slide with a light beige background and food illustrations. A white callout box with a chef's hat icon contains the text 'CLICK + DRAG THIS BAR TO THE LEFT!' and a red arrow points from the box to a horizontal bar on the slide. To the right of the slide is a vertical strip of four small video thumbnails of participants.



ADJUST TO SEE THE KITCHEN VIEW!

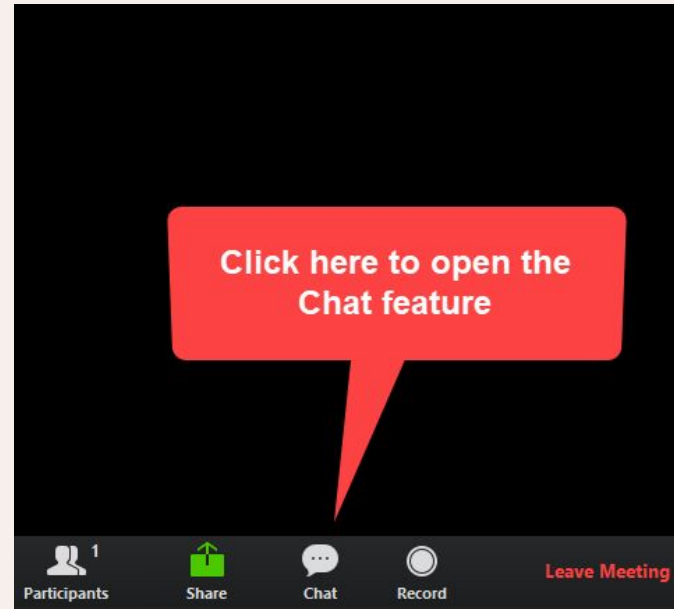
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This screenshot shows the same Zoom meeting interface as the previous one, but the presentation slide is now in a 'kitchen view' where the text is smaller and the food illustrations are larger. A white callout box with a chef's hat icon contains the text 'ADJUST TO SEE THE KITCHEN VIEW!' and a red arrow points from the box to the horizontal bar on the slide. To the right of the slide is a larger video thumbnail of a woman with long dark hair, wearing a black shirt, who is smiling.

Please Participate!



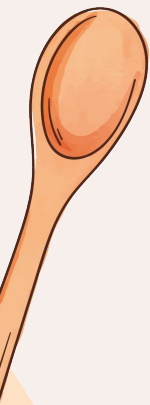
Land Acknowledgement

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.



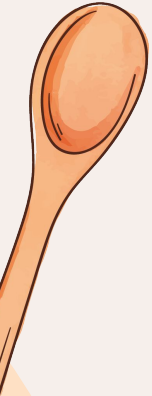
Jenn A.



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
- Disease 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?



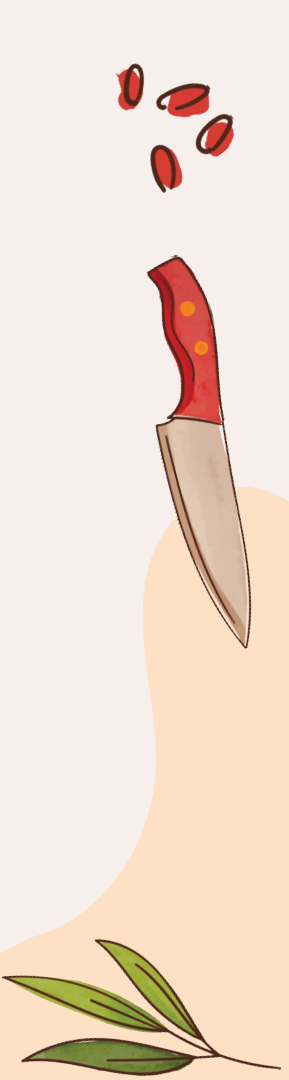
Challenges Cooking for One/Two

- 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

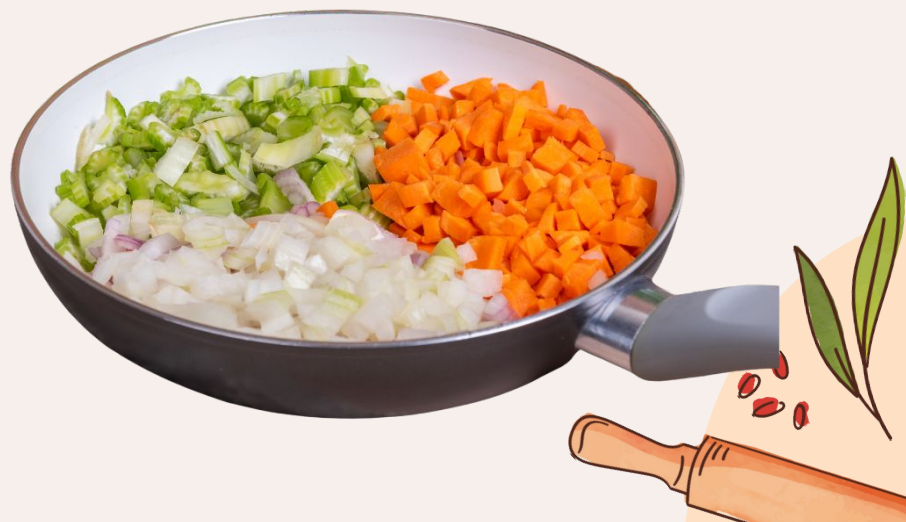
- 2 tablespoons olive oil
- Veggies: 1 onion, 1 large carrot, 4 ribs of celery
- 4 cloves garlic
- 1 carton vegetable stock (900 mL or 4 cups)
- 1 can (15 oz) of diced tomatoes
- 2 cans of any beans (kidney, black, pinto)
- 1 can of corn (or 1 cup frozen)
- 1 packet chili seasoning (choose no salt added)



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

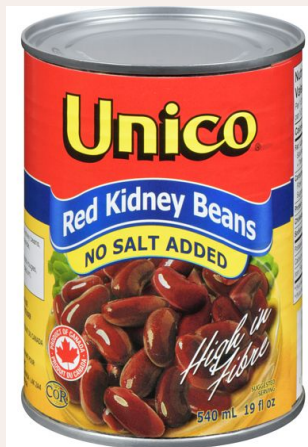
- Add 2 tbsp olive oil to a large pot
- Cook veggies until soft, 5-8 mins
- Add in garlic + spices, 2 mins



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

- *[Add garlic + spices, 2 mins]*
- 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/blend if needed



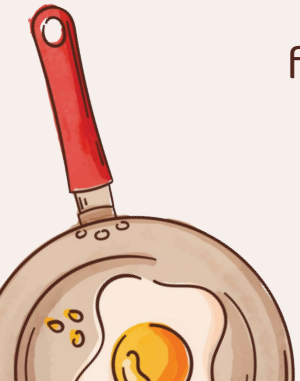
An illustration featuring various kitchen items and ingredients. On the left, a chef's hat with a red band is positioned next to a silver slotted spatula and a wooden spoon. Above them are green leaves and red chili peppers. On the right, a red pot with a silver lid is shown with yellow steam rising from it. Above the pot, a small glass bottle of spices is tilted, with seeds falling into it. A knife is positioned above the bottle, and more green leaves and yellow seeds are scattered nearby. At the bottom center, a few red chili peppers are scattered on a light orange circular background.

**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

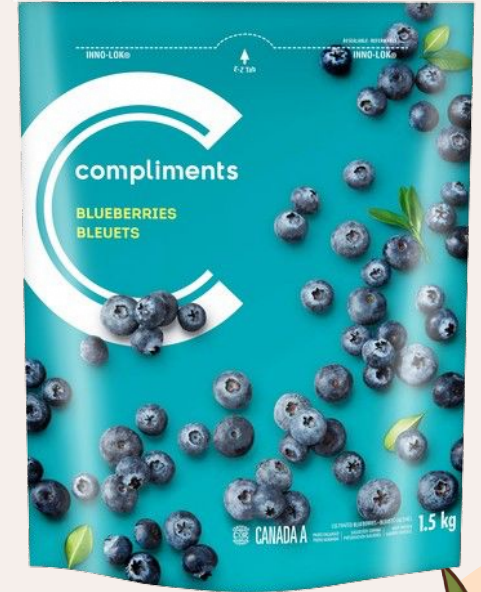
- In a small bowl with a fork, mix the instant oatmeal and melted margarine until it resembles a crumble topping.



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.



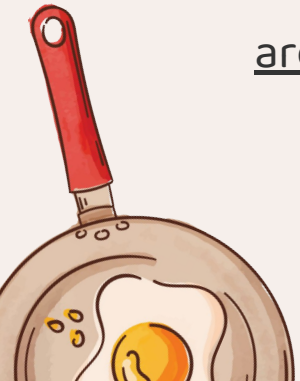
Microwave Berry Crisp Demo

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

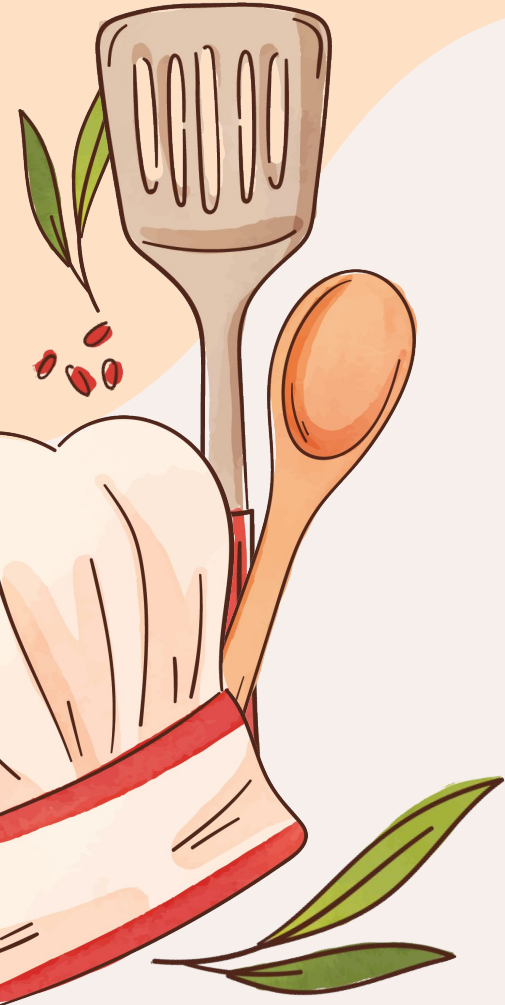
- Let cool slightly before adding your toppings

Personalize your crisp with these toppings!

- For added protein, choose Greek yogurt, hemp hearts, nut butter
- For more fiber, choose chia seeds
- 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



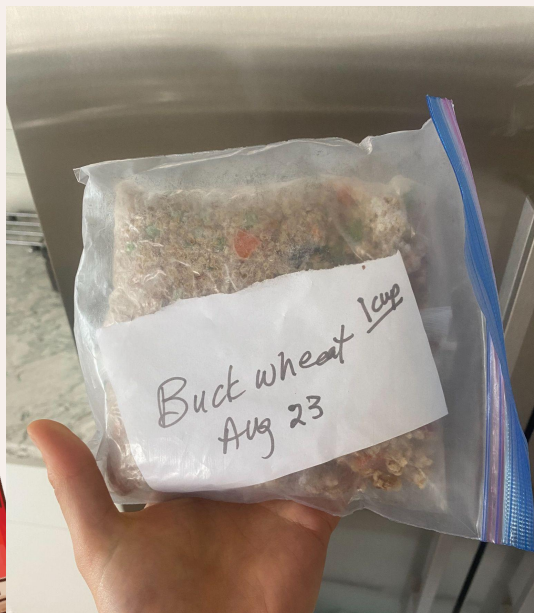
Chili Demo

Step 8: Repurpose leftovers!

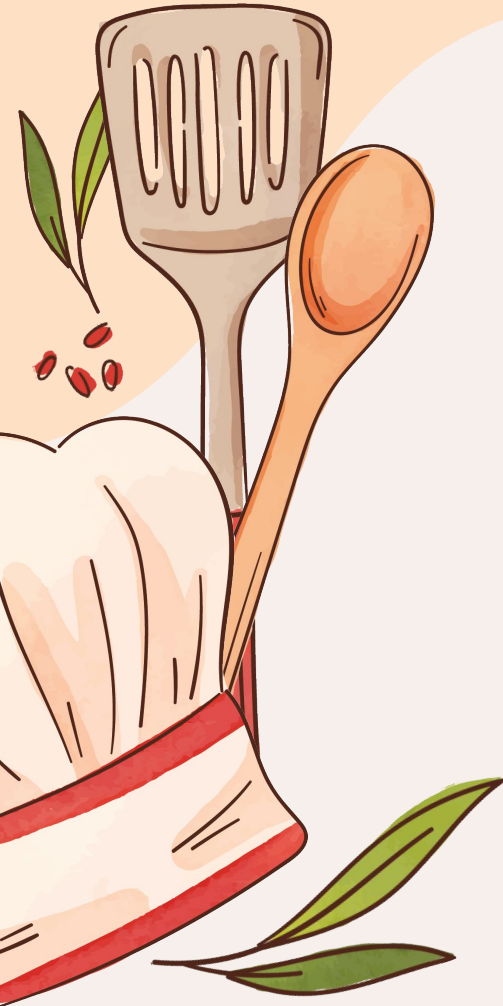


Chili Demo

Bonus: Freeze other staples for easy meals



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



Takeaway Tips

Power Hour

Batch cook
and Freeze

Microwave

Reinvent
Leftovers



Resources: MyPlate

An official website of the United States government [Here's how you know](#) Log in | Register

USDA MyPlate
U.S. DEPARTMENT OF AGRICULTURE

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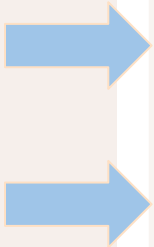
Displaying 1 - 20 of 101 [En español](#)

5 A Day Bulgur Wheat
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 ...
★★★★★
\$\$\$\$

late.gov Feedback

Filter food groups + nutrients!



Feedback Survey (2 min)



A colorful illustration of kitchen items and ingredients. On the left, a white chef's hat with a red band is next to a wooden spoon and a metal spatula. Above them are green leaves and red beans. On the right, a red pot with a red handle contains a yellow liquid. Above the pot is a small glass bottle with a brown cap and a label, and a knife. There are also green leaves and yellow beans scattered around the pot.

Questions? Thank you!

A copy of these slides will
be emailed to you 😊