



# Cooking for One or Two

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One- and two-person households are a growing sector in North Dakota and the United States. About 37% of U.S. two-person households (ages 45 to 64) were empty nesters. Eighty percent of those 65 and older were in two- or one-person households, according to the Population Bulletin, 2019.

They all have something in common: They need to eat!

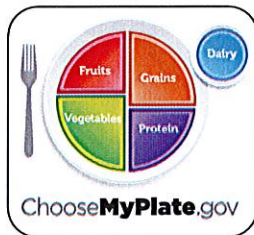
Sometimes, cooking for one or two may seem like it's not worth the trouble; however, everyone needs a variety of foods to stay healthy. Homemade meals usually are more nutritious, better tasting and more economical, compared with restaurant meals.

## Use MyPlate to Help Guide Your Food Choices

Nutrition and physical activity play a vital role in maintaining good health. The latest U.S. Department of Agriculture food icon, MyPlate, provides individualized plans to help guide your food choices. Visit the website at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) and enter your gender, age and physical activity level to print out a personalized plan. Use this guide to help plan your menus to meet your nutritional needs.

Remember these key messages:

- Make at least half your grains whole
- Vary your veggies
- Focus on fruit
- Get your calcium-rich foods
- Go lean with protein



## Enjoy Your Meals

Eating is a source of great enjoyment. Take time to savor the flavors, colors and textures of a variety of foods. Try these ideas to add to the enjoyment of eating:

- Set and eat at a table. Use your fancy glasses and dishes.
- Add a centerpiece, light some candles and play some music.
- Try a new recipe.
- Invite a friend over to a two-person potluck.

## Plan for More Convenient and Economical Cooking

Planning makes a difference in eating healthy meals. Set a goal to plan menus for a week at a time, and incorporate your “planned-overs.” For example, making a small roast on Sunday could provide the planned-over meat for a sandwich on Monday and a vegetable beef stir-fry on Tuesday.

To help plan, read your recipes ahead of time and refer to the grocery store fliers for other ideas. Organize your shopping list based on the grocery store layout. Keep a list on the refrigerator so jotting down when you need flour, sugar or other items is easy.

## Reduce Your Favorite Recipes

Choose recipes that fit with your tastes and time requirements. Whether you're a 20-something single person or an “empty nester couple” with grown children, you don't need to throw out your favorite family recipes. You can adapt many of them to fit your current household size.

Try these tips to help reduce your recipes:

- Choose recipes that are easy to divide mathematically. In recipes calling for three eggs, use two eggs and remove 2 to 4 tablespoons of liquid (if present) from the recipe. Consult Table 1 to help you reduce recipes.
- If a recipe calls for a can of beans or soup and you would like to divide the recipe in half, use what you need and either refrigerate or freeze the remaining food. Label the container with the contents and date.
- Add seasonings gradually. Sometimes you may need to add more (or less) of the spice to reach the desired flavor.
- Check for doneness of halved recipes five to 10 minutes sooner than the original recipe.
- Keep notes about what works—and what doesn't!

### Table 1. Reducing Recipes

#### Making Half a Recipe

When the recipe calls for:	Use:
1/4 cup.....	2 tablespoons
1/3 cup.....	2 tablespoons and 2 teaspoons
1/2 cup.....	1/4 cup
2/3 cup.....	1/3 cup
3/4 cup.....	6 tablespoons
1 tablespoon.....	1 1/2 teaspoons
1 teaspoon.....	1/2 teaspoon
1/2 teaspoon.....	1/4 teaspoon

#### Making One-third of a Recipe

1/4 cup.....	1 tablespoon + 1 teaspoon
1/3 cup.....	1 tablespoon + 2 1/3 teaspoons
1/2 cup.....	2 tablespoons + 2 teaspoons

## Equip Your Kitchen

For quick cooking, organize your kitchen so your equipment is within easy reach. Many foods can be prepared quickly in a microwave oven or toaster oven, so those appliances are handy when cooking for one or two. If you're assembling a kitchen or downsizing, be sure to have these items on hand:

- Pots and pans
- Knives and plastic cutting board(s)
- Measuring cups and spoons
- Mixing bowls
- Stirring spoons, whisk, can opener
- Electric mixer, microwave oven, toaster oven, coffee maker

## Stock Your Pantry, Refrigerator and Freezer

Avoid the "there's nothing to eat" dilemma by having some items on hand in your pantry:

- Flour, sugar, baking soda, baking powder
- Condiments, herbs and spices
- Rice and pasta
- Dried beans and lentils
- Canned tomatoes and sauce

Keep some time-saving ingredients available, too. Consider purchasing prewashed, pre-cut fruits and vegetables if that fits your budget. While usually more expensive than buying the whole product, they may be in more convenient amounts for your needs. Frozen or canned fruits and vegetables are other options available in containers of various sizes.

Prepared pasta sauce, boneless chicken breasts and frozen bread dough are "speed scratch" ingredients that can make "homemade" meals fast to prepare. Frozen vegetables and chicken breasts allow you to use just what you need, too.

## Shop for Good Nutrition and Value

Most grocery stores carry thousands of items. While at the grocery store, try these tips to reduce time and choose nutritious items.

- Shop during off-hours. Try not to shop while you're hungry because you might be encouraged to add extra items to your cart.
- Consider buying items in bulk if you can repackage and store the items. Items such as fruit may spoil before you can eat it all.
- Compare Nutrition Facts labels to get the most nutrition for your money.
- Compare "unit prices" on foods. Sometimes the item that has the lower unit price isn't the "best deal" if you tire of the food before you use it all. You also may want to bring a calculator to help compare prices.



## Choose Healthy Cooking Methods

Baking, broiling, steaming and stir-frying are examples of heart-healthy cooking. Try using cooking spray instead of shortening to grease pans. Make a one-pot meal by adding vegetables to cooking meat and pasta. Save time by cooking items in a microwave or by steaming.

## Use Your Leftovers/"Planned-overs" Creatively

Making family-sized recipes can provide you with leftovers for future meals. Freeze the remaining food in meal-sized containers. Be sure to label the containers with the contents and date to avoid "surprise meals" later!

What if you don't like "leftovers"? Consider them as "planned-overs" and try them in completely different recipes. For example, add leftover fruit to muffin, quick bread or pancake batter. Freeze planned-over vegetables and use in stews, soups and other dishes. Use extra bread to make French toast, bread pudding or stuffing. Use planned-over meat in tacos, soup or stir-fry, or on salads.

## Liven Up Your Menus With These Ideas:

- Use planned-over macaroni to make pasta salad or quick casseroles. Add planned-over vegetables or meat.
- Make minipizzas by topping English muffins with planned-over spaghetti sauce, vegetables and shredded cheese.
- Add chopped onions, mushrooms, peppers and cooked meat to canned spaghetti sauce. Serve spaghetti sauce over noodles one day, then add kidney beans and chili seasoning for another meal.
- Top a microwave-baked potato with planned-over chili and cheese.
- Mix chopped yellow squash, green peas and grated carrots with a prepared rice mix.
- Spice up canned tomato soup by adding chopped green onion, celery and some garlic powder.

## Adjusting Recipe Yield

Some websites provide recipes or let you adjust their recipes to smaller yields:

[www.allrecipes.com](http://www.allrecipes.com) (search for "cooking for one")

For more information, visit the NDSU Extension website:

[www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

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### **Hungry Girl's Healthy Buffalo Chicken Mug**

Entire recipe: 280 calories, 11g total fat (5.5g sat. fat), 818mg sodium, 13g carbs, 4g fiber, 6g sugars, 33.5g protein

Prep: 5 minutes Cook: 5 minutes or less Servings: 1

#### **Ingredients:**

1 c. frozen riced cauliflower	1/4 c. shredded carrots
2 T. light/reduced-fat cream cheese	2 t. grated Parmesan cheese
1/4 t. garlic powder	1/4 t. onion powder
Dash cayenne pepper	3 oz. cooked and chopped skinless chicken breast
2 1/2 t. Frank's RedHot Original Cayenne Pepper Sauce, or more for topping	
1 T. chopped scallions	

#### **Directions:**

Place cauliflower and carrots in a large microwave-safe mug. Cover and microwave for 1 1/2 minutes, or until cauliflower has thawed. Add cream cheese, 1 tsp. Parm, and seasonings. Mix until uniform. In a medium bowl, toss chicken with hot sauce. Spoon over the cauliflower mixture. Microwave for 1 minute, or until hot. Top with scallions and remaining Parmesan cheese

### **Sweet Potato Hash in a Mug**

Prep Time: 7 mins Cook Time: 4 mins Servings: 1

#### **Ingredients:**

1 small sweet potato (around 6 oz/1 cup)	Water , enough to cover the potatoes
2 peppers, chopped	1 T. red onion , chopped
2 T. grated cheese	A pinch of salt and pepper
2 t. rosemary , fresh or dried	¼ T.

#### **Instructions:**

Peel and chop small cubes of sweet potato (the smaller you cut the pieces the faster the potato will cook). Add into a large microwave safe mug and cover totally with cold water. Use a large mug as the water might bubble up in the microwave. Cook for 3-4 minutes in the microwave until it is tender. It will turn an orange color when done. (Check the potatoes halfway and stir so it doesn't get too hot and overflow) Drain off the water and add in the peppers, onion, cheese, butter, rosemary, salt and pepper and mix everything well together. Put back in the microwave and heat these ingredients together for another 40 seconds until hot and the cheese melts.

#### **Recipe Notes**

You can make it up the night before and store in the fridge until ready for it.

Take care not to overcook as your mug cake will get rubbery

## **Microwave Lasagna In A Mug**

No longer will you need to bake large pans of lasagna when you only want dinner for one. And no more washing up like you fed an army. Whether you are cooking for one, have a small kitchen (or no kitchen), or you want to control your portions, this Homemade Microwave Lasagna recipe is for you! Another good thing about this Mug Lasagna is that you can customize the flavors with what you already have on hand.

This Microwave Lasagna can be made up the day before and cooked off the next day to make your life easier.

Prep Time: 5 mins Cook Time: 6 mins Servings: 1

### **Ingredients:**

2 pasta lasagna sheets

¾ cup water

1 t. olive oil

3 T. pizza sauce

4 T. ricotta cheese

3 T. spinach , uncooked

2 T. cooked sausage , optional

1 T. grated cheddar cheese

### **Instructions:**

Roughly break the pasta sheets and place in a large microwavable mug. Cover with water and olive oil. The olive oil stops the lasagna sticking together while cooking. Microwave for 3-4 min or until the pasta is tender. Check on it half way through and stir. Once cooked drain away the cooking water and remove the pasta from the mug. Add 1 tablespoons pizza sauce and spread on the bottom of your mug. Then do a layer of pasta, layer of spinach, sausage (optional) and ricotta. Repeat the layers all the way to the top of the mug.

Once you get to the top, sprinkle grated cheddar on top. Place in the microwave and cook for 2 1/2 - 3 minutes or until the lasagna is heated through. (Cooking time is based on my 1200W microwave so your timing might vary) Always keep a close eye on your mug while in the microwave so it doesn't over flow or over cook. Let cool for a couple minutes and enjoy!

Use a large mug because the water can bubble up in the microwave

They can be mixed up in advance for an even speedier meal

Cooking time will vary greatly depending on your microwave and the width and depth of the mug

You can bake them in the oven at 350oF for roughly 10-12 minutes. However every mug is different so I advise checking on it after 10 and then make a call.

## French Toast in a Mug Recipe

YIELD: 4 servings PREP TIME: 5 minutes COOK TIME: 1 minute TOTAL TIME: 6 minutes

### INGREDIENTS

1/3 cup whole milk	2 large eggs
1 t. Vanilla Extract	½ t. ground cinnamon
1 T. butter, softened	4 slices sandwich bread, cubed
1 T. of toppings per mug (mini chocolate chips, dried tart cherries, raisins, chopped pecans)	
powdered sugar and maple syrup for serving	

### DIRECTIONS

In a large glass measuring cup (or spouted batter bowl) whisk together milk, eggs, Vanilla Extract and cinnamon. Set aside.

Lightly grease the inside of 4 microwave safe 8 ounce mugs with softened butter. Divide half of the bread between the mugs. Top bread with half of the toppings. Repeat the layering with remaining bread and toppings.

Gently pour milk mixture over the top of each mug, dividing evenly between the cups.

Microwave each mug on high for about 1 minute and 15 seconds or until milk mixture is set. Watch carefully because the French toast will puff in the microwave.

Serve warm with powdered sugar and maple syrup. Enjoy!

**Minute Omelette** in a mug: Breakfast for one? Short on time? Make a super fast, protein filled healthy and tasty omelet in a mug! It's so easy and fast. The eggs come out perfectly, plus your omelet will be ready in 2 minutes flat.

### Ingredients

2 to 3 eggs	1 T. of meat, diced (chopped ham, sausage link, etc)
1 T. of salsa	1 T. shredded cheese
olive oil or cooking spray	salt and pepper
microwave safe mug	

### Instructions

Coat your mug with olive oil or cooking spray. Add eggs to mug and whisk together with a fork

Add diced meat, salsa, cheese, salt and pepper. Whisk till all ingredients are completely mixed together.

Microwave on high for one minute. Stir and break up any large chunks of egg.

Cook for another 45 to 60 seconds or until eggs are set.

Top with a bit more cheese, salt and pepper

### Chia and Flaxseed Microwave Oatmeal

I found that this quickly became my favorite go-to breakfast. It's quick, easy and personally, I think it tastes better than stove-cooked oatmeal. The addition of chia seeds and flaxseed meal to this recipe gives it a new twist and provides you with healthy omega-3s, fiber and protein.

Prep Time: 1 minute Cook Time: 3 minutes Total Time: 4 minutes Servings: 1

#### Ingredients:

1/3 cup rolled oats	1/2 cup milk of choice
1/2 T. chia seeds	1 T. flaxseed meal
1 T. nut butter	
Cinnamon and honey, to taste	
Toppings of choice (pepitas, nuts, dried and/or fresh fruit)	

**Directions:** Using a microwave-safe cup, add in the oats, milk and chia seeds. Microwave on regular for 3-4 minutes (3 minutes gives you a chewier oats; whichever you prefer). Add flaxseed meal, a little extra milk if you prefer, honey, cinnamon, nut butter and whatever toppings you want. Enjoy!

**Variations:** Banana Nut: Add ½ large banana to the first step and omit the honey for natural sweetness. Add nuts. Chocoholic: Add ½ tablespoon all-natural cocoa powder and 1 tablespoon dark chocolate chips.

Tropical Sunrise: Add ½ tablespoon coconut oil, omit the nut butter, and add dried mango and pineapple.

### Blueberry Muffin

#### Ingredients:

¼ c. flour	2 T. sugar
1/8 t. baking powder	3 T. milk
1 T. vegetable oil	pinch of baking soda
Blueberries	brown sugar to taste

#### Directions:

Mix all ingredients except berries and brown sugar until combined. Add berries and stir. Sprinkle brown sugar on top. Microwave 1 minute.

## PIZZA MUG CAKE

Servings: 1 Prep time: 4 MINUTES Cook time: 1 MINUTE

This easy savory mug cake has a muffin-like texture and is great when you want to satisfy a pizza craving.

### INGREDIENTS:

¼ c. all purpose flour	1/8 t. baking powder
1/16 t. baking soda	1/8 t. salt
1/2 t. Italian seasoning	3 T. fat free milk
1 T. vegetable oil	2 T. shredded mozzarella cheese, divided
14 mini pepperoni	
side of marinara sauce	

### INSTRUCTIONS

Mix flour, baking powder, baking soda, salt, seasoning, milk, and oil with a small whisk. You can make this in a microwave safe mug or in a 6-oz ramekin. If using ramekin, make sure to stir slowly, letting flour incorporate a little at a time. Mix until batter is smooth. Add in 1 T. of shredded cheese and 7 mini pepperoni and mix into batter. Sprinkle 1 T. of cheese evenly across surface of batter. Add the remaining mini pepperoni on top. Cook for approximately 1 minute in microwave. Eat with marinara sauce (either drizzle on top, or dip in spoonfuls).

## Homemade Chicken Noodle Soup Recipe in a Microwave

Nothing compares to homemade chicken noodle soup, but if you are living alone or, frankly, can't spend the time hovering over the stove top, then check out this single-serving chicken noodle soup (cooked in a microwave). This recipe comes together in about 10 minutes and tastes infinitely better than anything out of a can. Your cold will thank you.

Leftover chicken takes on a new life in this cozy soup. Since the ingredients are few, be sure to use a high-quality chicken broth. If you aren't using leftover noodles, cook the noodles in salted water for the shortest amount of time recommended on the package, usually about 3 minutes. Serve with toast or crackers. Editor's note: I cooked the noodles in the microwave, like Easy Mac! Simply fill the mug 2/3 full with hot salted water and add the noodles. Microwave on high for 3 minutes. Carefully drain out the water before adding the remaining soup ingredients. I also used parsley instead of dill, because I prefer the taste!

### INGREDIENTS

1 c. chicken broth	
1/2 c. shredded rotisserie chicken or shredded leftover chicken (skin removed)	
1/4 c. very thinly sliced carrots (about 1/2 carrot)	1/4 c. cooked small egg noodles
1 T. plus 1 t. thinly sliced trimmed scallions (light green and dark green parts)	
1 t. fresh lemon juice	1/8 t. kosher salt
2 grinds of black pepper	1 T. finely chopped fresh dill

### DIRECTIONS

In a small bowl, stir together the broth, chicken, carrots, noodles, scallions, juice, salt, and pepper. Pour into a 16-oz. mug. Cover and microwave until the carrots are tender, about 7 minutes. Stir in the dill.

### TRIPLE COCONUT MUG CAKE

If you love coconut, this is the cake for you. It's light, fluffy, and full of coconut flavor from coconut oil, milk, and sweetened flakes. Plus, it takes just minutes to make in the microwave.

Servings: 1 Prep time: 4 MINUTES Cook time: 1 MINUTE

#### INGREDIENTS:

1 T. solid coconut oil	1/2 T. vegetable oil (see note)
2 1/2 T. fat free milk (see note)	2 T. canned coconut milk
6 T. all purpose flour	4 t. granulated white sugar
1/2 t. baking powder	
1 T. sweetened coconut flakes plus additional flakes for topping	

#### INSTRUCTIONS:

In an oversized microwave safe mug (must hold at least 12 oz), scoop in the coconut oil. Microwave for about 20 seconds and then whisk until it becomes liquid and chunks dissolve. Add in vegetable oil, milk, coconut milk. Then add in flour, sugar and baking powder. Stir with a small whisk until batter is completely smooth. Add in coconut flakes and stir a few times. Microwave cake for approximately 1 minute and 30 seconds. Top of cake should be dry to the touch. Careful not to cook the cake too long. Let cake cool a few minutes before serving as is, or garnishing.

For toppings, you can either use regular whipped cream and some toasted coconut flakes or you can make a coconut whipped cream (but this will need preparation ahead of time).

#### NOTES

I found that if you only using coconut oil, the cake comes out a little dry which is why this recipe uses both vegetable and coconut oil. Usually other milks work for my recipes but I found when I tried using whole milk, the recipe came out too dry so I recommend fat-free milk.

### CINNAMON ROLL MICROWAVE MUG CAKE

Yield:1 MUG CAKE Prep time:5 MINS Cook time: 1 MIN

This easy cinnamon roll microwave mug cake is the perfect treat when you're craving a little something sweet!

#### INGREDIENTS:

1/4 c. all-purpose flour or Kodiak Cakes pancake mix*	1/4 t. baking powder
2 T. unsweetened vanilla almond milk or other milk + 1-2 tablespoons more, as needed	
1 T. maple syrup	1/4 t. vanilla extract
1 t. coconut oil or melted butter**	1 T. brown sugar or coconut sugar
1/4 t. ground cinnamon	

#### INSTRUCTIONS:

Spray a microwavable mug with cooking spray and then mix together flour (or pancake mix), baking powder, milk, maple syrup, vanilla and oil (or melted butter) inside. Add 1-2 tablespoons more of milk, if needed for desired consistency. You want the batter to stay thick, but not dry. In a small bowl, whisk together brown sugar and cinnamon and sprinkle over the top of the mixture in mug. Use the tip of a knife to swirl cinnamon mix into the top of the batter. Microwave on high for about 1 minute and 25 seconds. Take out of the microwave and if desired, transfer muffin to a plate. Enjoy!

#### NOTES

\*All-purpose flour or (my personal favorite) Kodiak Cakes Flapjack mix will yield the best results. I've also successfully used spelt flour. Other flours will likely work, but may change the texture of the cake. If using pancake mix, leave out the baking powder.

\*\*Any oil or melted butter will work.

Please note that ALL microwaves are different therefore can yield different results and can overcook this mug cake if you aren't careful. When trying this recipe for the first time, you might want to start with a 60-70 second cooking time at 100% power.



## **MICROWAVE MACARONI AND CHEESE IN A MUG**

Servings: 1 Prep time: 1 MINUTE Cook time: 3 MINUTES

This macaroni and cheese in a mug is ready in less than 5 minutes. It makes a quick, easy meal for one.

### **INGREDIENTS**

1/2 c. small elbow macaroni

1/2 c. water

1/2 c. finely shredded cheddar cheese

salt and pepper or hot sauce optional, adds more flavor

### **INSTRUCTIONS**

Add water and macaroni into an extra large mug (I recommend at least 20 ounce mug/2.5 cups). Place the mug on a large plate (this is to catch the overflow of water that occurs when cooking). Your macaroni should only rise to 1/3 or at the most 1/2 of the mug. Microwave at full power for 1 minute. Remove mug and stir macaroni, making sure to loosen any macaroni that may be stuck to the bottom of the mug.

Microwave for an additional 1 minute and stir again. During this 2nd minute is when the water tends to overflow a little. If it's only a little water, then it should be fine. If it's a lot of water you may need to add a little water to your macaroni later. Macaroni should be almost cooked after the 2nd minute mark and most of the liquid should be almost gone, but your macaroni should still be moist. How much more you need to cook will depend on your microwave. Continue to cook the macaroni at 30 second intervals, stirring in between. If your macaroni gets very dry, add 1 T. of water. However, adding water will increase cooking time so you only need to add the water if your macaroni is dry. If it's moist but not watery, do not add more water. The microwave will cook the moist macaroni. After the first 30 seconds, my macaroni was just cooked but still al dente. Almost all the water was evaporated though the pasta was still very moist. I then microwaved for 30 more seconds. At this point my noodles were completely cooked and soft and no water remained. My macaroni cooked for a total of 3 minutes.

Working quickly, add in cheese and stir until cheese completely melts and evenly coats the macaroni. Add salt, ground black pepper or hot sauce if desired. Eat immediately.

Because microwaves vary in power, your times may not be exactly the same. My microwave is 1200 watts. If you have a stronger microwave, you may need to do less time or even reduce the power rather than cooking at full power. If your microwave is less powerful, you may need to cook your pasta longer.

Your macaroni can still cook with just a little water so don't keep adding water unless it's drying out. Adding too much water will actually make it take longer to cook. If you lost more than a few T. of water in overflow, then you may need to add 1-2 T. of water, otherwise the 1/2 cup should be enough.

## **Microwave Fettuccine Alfredo Mug For One**

PREP TIME: 5 mins COOK TIME: 5 mins

### **INGREDIENTS:**

1/3 c. fettuccine

1/3 c. water

1/3 c. parmesan

2 T. heavy cream

salt and pepper to taste

### **INSTRUCTIONS:**

Put the pasta in a big mug and fill it with water and add salt. Cook in a microwave at first 4 minutes (then mix), then 2 minutes (then mix) and one. Add grated cheese and heavy cream. Stir and cook in the microwave for 45 seconds. Serve with grated black pepper.

### **Microwave Lasagna In A Mug**

No longer will you need to bake large pans of lasagna when you only want dinner for one. And no more washing up like you fed an army. Whether you are cooking for one, have a small kitchen (or no kitchen), or you want to control your portions, this Homemade Microwave Lasagna recipe is for you! Another good thing about this Mug Lasagna is that you can customize the flavors with what you already have on hand.

This Microwave Lasagna can be made up the day before and cooked off the next day to make your life easier.

Prep Time: 5 mins Cook Time: 6 mins Servings: 1

#### **Ingredients:**

2 pasta lasagna sheets	¾ cup water
1 t. olive oil	3 T. pizza sauce
4 T. ricotta cheese	3 T. spinach , uncooked
2 T. cooked sausage , optional	1 T. grated cheddar cheese

#### **Instructions:**

Roughly break the pasta sheets and place in a large microwavable mug. Cover with water and olive oil. The olive oil stops the lasagna sticking together while cooking. Microwave for 3-4 min or until the pasta is tender. Check on it half way through and stir. Once cooked drain away the cooking water and remove the pasta from the mug. Add 1 tablespoons pizza sauce and spread on the bottom of your mug. Then do a layer of pasta, layer of spinach, sausage (optional) and ricotta. Repeat the layers all the way to the top of the mug. Once you get to the top, sprinkle grated cheddar on top. Place in the microwave and cook for 2 1/2 - 3 minutes or until the lasagna is heated through. (Cooking time is based on my 1200W microwave so your timing might vary) Always keep a close eye on your mug while in the microwave so it doesn't over flow or over cook. Let cool for a couple minutes and enjoy!

Use a large mug because the water can bubble up in the microwave

They can be mixed up in advance for an even speedier meal

Cooking time will vary greatly depending on your microwave and the width and depth of the mug

You can bake them in the oven at 350oF for roughly 10-12 minutes. However every mug is different so I advise checking on it after 10 and then make a call.

### **3-2-1 Mug Cake**

1 box of angel food cake mix and 1 box any kind of cake mix. Chocolate is a favorite. Mix both boxes together. Put 3 T. of the mix in a microwave safe mug. Stir in 2 T. water and heat in microwave for 1 minute. May add toppings if so desired.