



Easy One Pot Meals

When You're Cooking for One or Two

Discover 9 quick prep recipes for breakfast, lunch and dinner

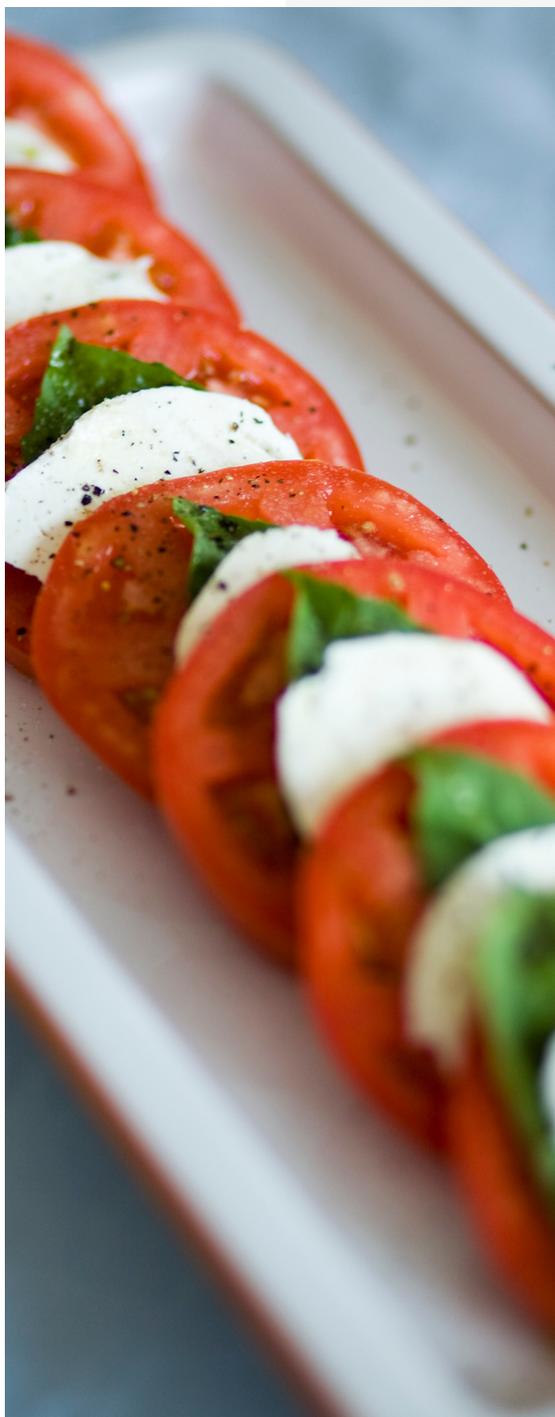


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Introduction to One Pot Meals

Discover a simpler way of cooking when you live in a small home, condo, apartment, or RV and space is limited. Instead of using multiple kitchen appliances and cooking gadgets we've simplified these recipes down to a single pot, pan, or bowl.

Easy Prep Meals for Seniors

Part of staying healthy as you age is eating well. Meal prep doesn't have to be a chore even if you live in a tiny house with a small kitchenette.

We've got you covered with great ideas for easy-to-make meals that require minimal culinary equipment. All you need is one pot, one pan, or one bowl to start cooking delicious, healthy meals for yourself or for you and your partner.





BREAKFAST RECIPES

Follow our ideas for simple meals that don't take a lot of time to cook or prepare. This eBook contains 9 recipes total: 3 each for breakfast, lunch and dinner. Depending on your appetite, each recipe makes an individual serving or enough to share with a friend, neighbor, or family member.



AVOCADO TOAST

Fancy up this classic breakfast dish with your favorite add-ons such as a fried egg, hot sauce, or bacon.

Ingredients

- 2 slices bread
- 1 small to medium avocado
- 1 clove garlic – minced
- 1 tablespoon lemon juice
- salt and pepper – optional
- 1 dash hot sauce – optional
- Add ons: cilantro, basil, cherry tomatoes, sun dried tomatoes, feta cheese. etc.



Directions

- Toast the bread
- Slice the avocado in half lengthwise
- Twist the avocado open then remove and discard the large seed
- Scoop out the avocado and place in the bottom of a mixing bowl
- Add the garlic and lemon juice to the bowl and smash together with a fork
- Stir in a dash of hot sauce if using
- Spread the avocado mash on top of the toast
- Sprinkle with salt and pepper if desired
- Eat as-is or top with one or more add-ons

OVERNIGHT OATMEAL

Did you know you don't have to cook oatmeal to enjoy a yummy breakfast treat?

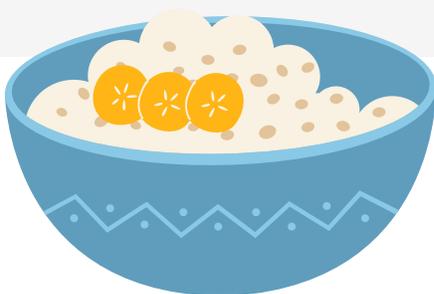
Ingredients

- 1/2 cup yogurt – regular, or dairy-free
- 1/2 cup old fashioned rolled oats
- 1/2 cup regular or non-dairy milk
- 1 tsp chia seeds
- 1/3 cup fresh raspberries, blueberries, or blackberries
- 1-2 tablespoons chopped nuts (optional)
- 2 teaspoons honey or Agave syrup (optional)



Directions

- Add all ingredients to a Mason jar or small plastic storage container with lid
- Stir until all ingredients are well combined
- Place the lid on the jar or container and place in the fridge overnight
- Prior to serving, give the oatmeal a stir and add additional milk if necessary
- Top with sunflower seeds, pecans or sliced almonds if desired
- NOTE: if you're using unsweetened plain yogurt, you may want to add a teaspoon or two of sweetener



PERFECT OMELET FOR ONE

Omelets are a classic dish to serve for breakfast or as part of your Sunday brunch menu. This recipe makes a filling meal for one or serve it with hash browns and fruit salad if you're craving breakfast for dinner or eating with a friend.

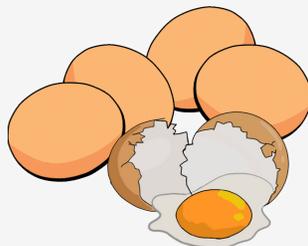


Ingredients

- 2 eggs
- 1 tablespoon minced fresh herbs - choose from dill, chives, or parsley
- 1/4 cup shredded mozzarella
- 1/4 cup cooked vegetables - choose from sliced mushrooms, broccoli florets, wilted spinach leaves, asparagus tips, etc.
- 2 teaspoons Butter
- Salt and pepper (optional)

Flavor Variations

- Florentine - sauteed mushrooms, chopped spinach and Swiss cheese
- Veggie - diced tomatoes, bell peppers, onions and cheddar cheese
- Mediterranean - black olives, roasted red pepper, parsley and feta cheese



Directions

- Add the eggs to a small bowl and whisk in the herbs of your choice
- Place a non-stick frying pan on top of the stove, add the butter and turn the heat to medium
- Once the butter has melted turn the heat down to medium low and pour in the egg mixture
- Slide the pan back and forth to evenly spread the egg mixture over the bottom of the pan
- Continue cooking until the eggs have almost set then flip the omelet over
- Add your favorite cheese and other toppings, then fold the omelet in half
- Carefully slide the omelet onto a plate adding salt and pepper and additional fresh herbs if desired



LUNCH RECIPES

What to do when a recipe makes more food than you can eat in a single meal? Invite a friend over, save leftovers for later, or take a meal over to a housebound neighbor. You can also freeze individual servings for those times when you are too tired or just don't feel like cooking from scratch.





MINI PIZZA FOR ONE OR TWO

Using a pre-made crust is key to making your own quick and easy pizza at home.



Ingredients

- Mini Boboli or other small pre-made pizza crust
- ¼ cup spaghetti sauce
- 1/2 cup shredded mozzarella
- Choose your favorite pizza toppings:
pepperoni,
mushrooms, black olives, onions,
peppers, diced ham,
pineapple, etc.
- 1 tbsp chopped fresh herbs (optional)

Directions

- Preheat your oven to 450°
- Place the pizza crust on a cookie sheet or baking pan
- Spread the sauce evenly on the crust
- Top with the shredded cheese
- Add the toppings of your choice or leave off for a plain cheese pizza
- Place in the oven and bake for 8 to 12 minutes or until the cheese is nice and melted and beginning to turn golden brown on top
- Remove from the oven and sprinkle with chopped fresh herbs such as basil or parsley if desired
- Use a pizza wheel to cut the pizza into 4 slices



LEMON FLORENTINE RICE

Take regular rice up a notch with this creamy, risotto-like dish.

Ingredients

- 1 tbsp olive oil
- 1/4 cup onion - chopped
- 1/4 cup celery – chopped
- 1 clove garlic – minced
- 1/2 cup jasmine or basmati rice
- 1-2 tsp lemon peel
- 1 1/2 cups - low-sodium vegetable or chicken stock
- 1/4 cup milk or unsweetened dairy-free milk
- 1 1/2 cups – baby spinach leaves
- 1 tbsp parmesan cheese (optional)



Directions

- Add the olive oil to a large pot and place over medium heat
- Add the chopped onion, celery and garlic to the pan and stir occasionally
- Once the veggies start to soften, stir in rice and lemon peel and cook for a 2-3 minutes until the rice begins to turn golden
- Stir in the stock and place the lid on the pan
- Turn the heat up to high and bring to a boil, then turn the heat down to medium low and let simmer for about 15 minutes until most of the stock has been adsorbed
- Stir in the cream and spinach, replace the cover and cook for another 5-7 minutes
- Turn off the heat and stir in the parmesan cheese right before serving
- TIP: Store leftovers for 3 to 4 days. Simply reheat on the stove, adding a bit more stock if necessary

EASY CAPRESE SALAD

You only need a few minutes to make a delicious salad featuring mozzarella, vine ripe tomatoes and fresh basil that's finished with splash of olive oil and seasoning.

You can easily double this recipe to make more servings.



Ingredients

- 1 medium to large ripe tomato
- 4 oz. fresh mozzarella
- Handful of fresh basil leaves - chopped
- 1-2 tbsp extra virgin olive oil
- 1 tbsp lemon juice or aged balsamic vinegar
- Salt and pepper (optional)
- Sliced baguette or loaf of French bread

Directions

- Cut the tomatoes and mozzarella into 1/4 inch thick slices
- Arrange the tomatoes and mozzarella on a large plate, alternating between the two
- Sprinkle the basil across the top
- Drizzle with the olive oil and lemon juice or balsamic vinegar
- Sprinkle with a bit of salt and pepper if desired
- Serve with lots of crusty bread to soak up all the juices





DINNER RECIPES

If you are following a low sodium diet, shop for reduced-sodium or unsalted vegetable or chicken broth. When using canned beans or vegetables, drain into a colander and rinse with water before adding to your recipes. For a salt-free vinaigrette dressing - whisk together 1/3 cup olive oil with 1/2 cup red wine vinegar, 1 tbsp lemon juice and 2 tsp dried Italian seasoning.



SHEET PAN CHICKEN DINNER

Sheet pan meals let you cook both your entree and vegetables in the same pan for easy prep and quick clean-up.



Ingredients

- 2 tbsp olive oil
- 1 tsp mixed dried herbs - rosemary, oregano, thyme, or sage
- 2 chicken thighs - bone-in and skin-on
- 1/2 of a small to medium onion - peeled and sliced
- 1 cup carrots - peeled and sliced
- 1 cup broccoli florets
- Salt and pepper to taste

Directions

- Preheat your oven to 425 degrees
- Place the vegetables on a large baking sheet
- Drizzle with the oil and toss to coat
- Add the chicken thighs to the pan of veggies
- Sprinkle the dried herb mixture over the top
- Cook for 30 to 35 minutes or until the veggies are well roasted and the internal temperature of the chicken reaches 170 to 175 degrees
- Season with salt and pepper if desired





CLASSIC SALAD NICOISE

You can alter this recipe according to taste – try adding marinated mushrooms, artichoke hearts, or sun-dried tomatoes for a nice change.



Ingredients

- 1 can tuna or chicken
– drained and chunked
- 1 cup cooked green beans or 3-bean salad
- 1 cup sliced cooked potatoes
- 12 cherry tomatoes – sliced in half
- 1/2 cup sliced black olives (optional)
- Bibb or romaine lettuce
- 2 hard boiled eggs – peeled and quartered
- ¼ cup Italian dressing

Directions

- Tear up the lettuce leaves into bite-size pieces until you have enough to cover the bottom of a large plate
- Place the chunked tuna or chicken on top of the lettuce in the center of the plate
- Arrange the potatoes, green beans, tomatoes, hard-boiled eggs and black olives around the outside edges of the plate
- Drizzle the salad dressing on top of the salad right before serving
- TIP: This recipe makes 2 generous-sized servings. Cover any leftovers with foil and store in the fridge for up to 1 day



BAKED LEMON DILL SALMON

There's nothing better than fresh fish cooked with a bit of butter, lemon, herbs and garlic. Use foil to make clean up quick and easy.

Ingredients

- 2 salmon fillets
- 1-2 tbsp melted butter or olive oil
- 2 cloves garlic - minced
- 1 small lemon - sliced
- 2 fresh dill sprigs
- Salt and pepper (optional)
- Aluminum foil
- Cooking spray
- TIP: For a complete meal serve this dish with a garden salad and brown rice



Directions

- Preheat your oven to 375°
- Tear off a large piece of aluminum foil and fold up the sides to make a packet big enough to enclose the fish
- Lightly spray the foil with cooking spray to prevent the fish from sticking
- Place the salmon in the middle of the foil
- Spread the butter or olive oil and minced garlic evenly across the top of each fillet
- Sprinkle with salt and pepper if desired
- Cover with the lemon slices then place the fresh dill across the top
- Close the foil packet to tightly seal in the fish
- Place the fish packet on a small sheet pan or oven-proof casserole dish
- Place the pan in the oven and bake for 15-20 minutes or until the fish is flakey
- Carefully open the foil packet and serve immediately



BON APPETIT!

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