

Cooking for One

*Emphasis on microwave usage but can be adapted to
stove top.

Recipes compiled by K-State Research and Extension
and the East Central Kansas Area Agency on Aging

2023

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Omelet

Ingredients

2 eggs	¼ cup chopped spinach
½ bell pepper, diced	Salt, to taste
2 slices ham or bacon, diced	Pepper, to taste

Directions

1. Spray cooking oil inside of a microwavable mug.
2. Combine all ingredients in mug.
3. Cook for 1 minute, making sure the mixture doesn't boil over.
4. Stir.
5. Cook for 1 ½ minutes, making sure the mixture doesn't boil over.
6. Let cool and enjoy.

Veggie Omelet

Ingredients

2 eggs	¼ cup finely chopped vegetables *
2 Tbsp. milk	2 Tbsp. cheddar cheese
Salt & pepper, to taste	1 Tbsp. chopped bacon

Directions

1. Spray the inside of a 12-ounce microwave-safe mug with cooking spray.
2. Combine eggs, milk, salt and pepper in mug. Mix well with a fork.
3. Stir in vegetables, cheese and bacon.
4. Microwave on high for 45 seconds. Stir.
5. Return to microwave and cook on high for 60-90 seconds more, until the mixture is puffed and set. **

*Vegetables can be fresh, frozen or canned.

**Omelet may look wet on top but it will dry as it cools.

Southwest Scramble

Ingredients

2 eggs	1 ½ Tbsp. salsa
2 Tbsp. milk	Salt, to taste
2 Tbsp. cheddar cheese	Pepper, to taste

Directions

1. Crack eggs into a bowl and add all other ingredients.
2. Whisk together.
3. Spray a 12-ounce microwavable mug with cooking spray.
4. Pour mixture into mug.
5. Microwave on high for 30 seconds.
6. Stir and cook for another 1 minute 10 seconds or until eggs are set.

Pancake in a Mug

Ingredients

¼ cup flour	3 Tbsp. milk or water
1 ½ tsp. sugar	½ tsp. vanilla
½ tsp. baking powder	Toppings of choice

Directions

1. Spray cooking oil inside of a microwavable mug.
2. Combine flour, sugar, and baking powder in a microwavable mug.
3. Add vanilla and milk.
4. Mix well.
5. Microwave for 60 seconds.
6. Remove from microwave and top with desired toppings.

Apple Cinnamon Oatmeal

Ingredients

1 cups rolled oats*	1 peeled & chopped apple
2 cups milk	½ tsp. vanilla
Dash of salt	½ tsp. ground cinnamon

Directions

1. Mix all ingredients in a large, greased, microwave-safe container.
2. Microwave on high for 5-6 minutes, stirring every two minutes, or until oats are soft and most of the liquid has been absorbed.
3. Spoon into bowls and serve.
4. Top with desired toppings.

*Oats – use old fashioned for chewier texture or quick oats for a smoother texture.

Applesauce

Ingredients

6 apples, peeled, cored, and quartered	¼ tsp. cinnamon
¼ cup water	¼ cup sugar

Directions

1. Place apples and water in a 2-quart microwave safe dish and cover.
2. Cook on high for 10-12 minutes or until apples are soft enough to mash.
3. Use a potato masher or fork to make chunky applesauce.
4. Add the sugar to reach desired sweetness.
5. Add cinnamon.
6. Serve warm or chilled.
7. Store in airtight container in the refrigerator.

Apples with Cinnamon

Ingredients

1 small apple, peeled, cored, and quartered	¼ tsp. cinnamon
1 tsp. sugar	¼ tsp. cornstarch
¼ cup water	

Directions

1. Mix all ingredients in a microwave safe bowl and cover loosely.
2. Microwave on high for 2 minutes or until apple is soft.
3. Pour over pita chips, oatmeal, or ice cream.

Bread Pudding

Ingredients

1 Tbsp. butter	1 ¼ cups milk
3 slices bread	1 tsp. cinnamon
½ cup packed brown sugar	¼ tsp. salt
½ cup raisins	1 tsp vanilla
3 eggs, slightly beaten	

Directions

1. Butter bread and cut into small cubes.
2. Combine buttered bread, brown sugar, and raisins in a one-quart, greased microwave safe dish. Set aside.
3. Blend eggs, milk cinnamon, salt and vanilla in a microwave safe dish.
4. Heat on high for 2 to 3 minutes, until hot, not boiling.
5. Pour over bread mixture and lightly blend.
6. Microwave dish uncovered at 50% power for 5 to 8 minutes, or until edges are firm and dish is almost set.
7. Let rest for 10 minutes before serving.

Cinnamon Roll in a Mug

Dough Ingredients

1 ½ Tbsp. butter, melted	2 Tbsp. sugar
½ cup all-purpose flour	3 Tbsp. milk
½ tsp. baking powder	½ tsp. vanilla

Filling Ingredients

1 Tbsp. butter	2 Tbsp. brown sugar
½ tsp. cinnamon	

Glaze Ingredients

1/3 cup confectioner's sugar	1 Tbsp. milk or heavy cream
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Dough Directions

1. Add all dough ingredients to a small bowl and stir well.
2. Drop dough onto a clean and lightly floured surface.
3. Flatten the dough into a rectangle.

Filling Directions

1. In a small bowl, melt the butter.
2. Add brown sugar and cinnamon. Stir well.

Glaze Directions

1. Stir confectioners' sugar and milk together until smooth.

Assembly Directions

1. Spray microwavable mug with non-stick spray.
2. Pour filling over dough rectangle.
3. Roll up into a cinnamon roll shape.
4. Placed rolled dough into mug.
5. Microwave for 90 seconds. *If the dough appears wet on top, heat it for 10 seconds more. **If the dough appears dry, the cinnamon roll is done.
6. Pour glaze over the warm cinnamon roll or dump roll onto a plate and top with glaze.

Fantasy Fudge

Ingredients

¾ cup butter	3 cups white sugar
2/3 cup evaporated milk	1 tsp. vanilla
1 (12oz) package chocolate chips	1 (7oz.) jar marshmallow creme
1 cup chopped walnuts	

Directions

1. Grease 9x13 inch pan.
2. Place butter in a 4-quart microwave safe dish.
Microwave 30-45 seconds, until melted.
3. Mix in sugar and milk. Combine well.
4. Microwave on high for 3 minutes until a light boil.
Stir. Microwave for 5 ½ more minutes.
5. Stir in chocolate chips until melted.
6. Add vanilla, marshmallow crème, and walnuts.
Mix well.
7. Pour fudge into the greased pan. Let cool.
8. Cut into squares and enjoy!

Peanut Butter Granola Bars

Ingredients

2 cups quick oats	¼ cup dark brown sugar
1 ½ cups Rice Krispies	1/8 tsp. salt
¾ cup creamy peanut butter	½ tsp. vanilla
½ cup honey	

Directions

1. Line an 8x8 in pan with aluminum foil leaving a 2 inch overhang.
2. In large bowl, toss together oats and Rice Krispies. Set aside.
3. In a microwave safe bowl, combine peanut butter, honey, brown sugar, and salt.
4. Heat on high for 1 minute. Remove and stir.
5. Place bowl back in microwave and heat on high 1 more minute.
6. Pour in vanilla and whisk for 30 seconds.
7. Add dry and wet mixtures together. Toss and coat evenly.

8. Pour mixture into prepared dish. Firmly press into an even layer.
9. Cover with plastic and freeze 10-15 minutes OR chill in the refrigerator for 30 minutes.
10. Lift bars from dish and cut into squares.
11. Store in an airtight container.

*Notes.

- If you use extra crunchy peanut butter, use 1 cup and 2 tablespoons.

3-2-1 Mug Cake Mix

Ingredients

1-one step angel food cake mix

1 box other cake mix (your choice of flavor)
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Directions

1. Stir ingredients together, until well blended and free of large clumps. Store in an airtight container.

*Can be stored at room temperature for up to one month or in the refrigerator/freezer up to 6 months.

For One Cake

1. Place 3 tablespoons of the mix into a microwave cup.
2. Add 2 tablespoons of water and mix until smooth.
3. Microwave for one minute, or until center is set.
4. Let cool in mug or dump onto a small plate.
5. Add desired toppings (mini chocolate chips, dried fruit, nuts, sprinkles, frosting, ice cream, whipped topping, etc).

Peanut Brittle

Ingredients

1 cup white sugar	1 tsp. butter
½ cup light corn syrup	1 tsp. vanilla
1 cup salted peanuts	1 tsp. baking soda

Directions

1. Grease a cookie sheet.
2. In a 2-quart glass bowl, combine sugar and corn syrup. Microwave on high for 4 minutes.
3. Stir in peanuts. Microwave for 3 ½ minutes.
4. Stir in butter and vanilla. Microwave for 1 ½ minutes.
5. Stir in baking soda until the batter becomes light and foamy.
6. Pour batter onto the cookie sheet. Spread until layer is thin and even.
7. Cool completely.
8. Break into pieces and enjoy!

Bacon

Ingredients

1 – 8oz package bacon

Directions

1. Place two paper towels on a microwave safe plate.
2. Arrange desired amount of bacon on the paper towels, not touching.
3. Place two more paper towels on top of bacon.
4. Microwave on high, approximately 3 to 4 minutes, until desired crispiness is achieved.
5. Remove carefully from microwave.
6. Enjoy!

BBQ Chicken Nachos

Ingredients

1 cup shredded chicken	1 cup shredded cheese
3 Tbsp. BBQ sauce	¼ cup chopped green onion
2 large handfuls of tortilla chips	Guacamole, to serve
¼ cup pico de gallo	Sour Cream, to serve

Directions

1. Mix chicken with the BBQ sauce.
2. Place tortilla chips on a plate.
3. Spread chicken mixture over chips.
4. Spread pico de gallo, cheese, and green onions evenly on top.
5. Microwave for 1-3 minutes, until the cheese is melted.
6. Serve with guacamole and sour cream.
7. Enjoy!

Chicken Quesadilla

Ingredients

2 medium flour tortillas	1 Tbsp. taco seasoning
½ cup shredded chicken	¼ cup shredded cheese
½ bell pepper, diced	Sour Cream, to serve

Directions

1. Mix the chicken, peppers, and taco seasoning in a bowl, until evenly combined.
2. Microwave for 1-2 minutes, until peppers are soft.
3. Mix in cheese.
4. Spread the mixture evenly on one tortilla. Top with extra cheese, if desired.
5. Place other tortilla on top.
6. Microwave for 30 seconds to 1 minute.
7. Slice and enjoy.

Pizza in a Mug

Ingredients

4 Tbsp. all-purpose flour	1 Tbsp. olive oil
1/8 tsp. baking powder	1 Tbsp. marinara sauce
1/16 tsp. baking soda	1 heaping Tbsp. shredded mozzarella cheese
1/8 tsp. salt	5 mini pepperoni
3 Tbsp. Milk	½ tsp dried Italian herbs

Directions

1. Spray cooking oil inside of a microwavable mug.
2. Mix the dry ingredients into a microwavable mug.
3. Add in the milk and oil. Mix together. It may have lumps.
4. Spoon marinara sauce over the surface of the batter.
5. Sprinkle on the cheese, pepperoni, and dried herbs.
6. Microwave for 1 minute and 10 seconds, or until it rises up and the toppings are bubbling.
7. Enjoy!

Spaghetti Squash and Meatballs

Ingredients

1 spaghetti squash	12 meatballs, fully cooked
1 Tbsp. oil	2 cups pasta sauce
Salt, to taste	Grated Parmesan Cheese
Pepper, to taste	Chopped fresh parsley

Directions

1. Poke holes in the squash with a knife and microwave on high for 5 minutes.
2. Cut squash in half, scooping out the innards.
3. Rub the oil, salt, and pepper all over the surface.
4. Microwave for 10-15 minutes until the squash is tender and pulls away from the skin.
5. Using a fork, shred the squash into noodle-like strands.
6. Microwave the meatballs and pasta sauce, covered, for 2 minutes, or until heated through.
7. Spoon the meatballs and sauce on top of each squash half.
8. Garnish with parmesan and parsley.

Tuna Sweet Potato Jackets

Ingredients

2 small sweet potatoes	Juice of half a lime
½ can tuna, drained	3 Tbsp. Greek yogurt
½ small red onion, finely diced	Pepper, to taste

Directions

1. Scrub the sweet potatoes.
2. Prick holes all over potatoes with a fork.
3. Place on microwave safe plate.
4. Cook on High for 18-20 minutes or until tender.
5. Split each potato in half.
6. With cut-side up, flake the drained tuna on to the potatoes.
7. Top with red onion, and pepper.
8. Squeeze lime juice on top.
9. Serve with a dollop of yogurt.

Fried Rice

Ingredients

½ cup instant rice	½ cup frozen vegetables
½ cup water	2 eggs
1 Tbsp. soy sauce	Salt, to taste
1 tsp. sesame oil	1 Tbsp fresh green onions
2 strips, cooked bacon	

Directions

1. In a microwavable bowl, combine rice, water, soy sauce, sesame oil, and bacon.
2. Microwave for 6-8 minutes until rice is fully cooked.
3. Mix in the frozen vegetables. Microwave for 1 minute.
4. In another mug, beat the eggs with the salt. Microwave on high for 1-2 minutes, until the eggs are fully cooked.
5. Break the egg into small bits.
6. Mix eggs in with the rice.
7. Top with green onions.
8. Enjoy!

Loaded Potato

Ingredients

1 russet potato	2 slices, cooked bacon
1 Tbsp. oil	¼ cup shredded cheese
Salt, to taste	Sour cream, to serve

Directions

1. Poke holes in the potato with fork.
2. Rub potato with oil and salt. Place on microwavable plate.
3. Microwave on high for 5-7 minutes, until the potato is tender.
4. Crumble bacon while potato is cooking.
5. When potato is done, cut open.
6. Top with bacon, cheese, and sour cream.
7. Enjoy!

Creamy Tomato Soup

Ingredients

1 cup marinara sauce	2 Tbsp. grated parmesan cheese
½ cup chicken broth	¼ tsp. salt
¼ cup whole milk	1 pinch pepper

Directions

1. Mix all ingredients in a microwavable bowl.
2. Cover bowl and microwave on high for 2-3 minutes.
3. Garnish with croutons or eat with grilled cheese.

Loaded Baked Potato Soup

Ingredients

¾ cup water	2 tsp. cornstarch
3 Tbsp. cubed potatoes	½ cup chicken stock
1 Tbsp. chopped onion	¼ cup milk
2 Tbsp. shredded cheese	Salt & pepper, to taste
1 Tbsp. crumbled, cooked bacon	Sour cream, optional for garnish

Directions

1. In a microwavable mug, add potatoes and water.
2. Microwave on high for 3-4 minutes or until the potatoes are tender.
3. Stir in the bacon, cheese, onions, and cornstarch. The soup should thicken.
4. Stir in the chicken stock, milk, salt and pepper.
5. Microwave on high for 2 ½- 3 minutes or until it thickens, and all ingredients are heated through.
6. Serve topped with sour cream or crumbled bacon.

*Monitor mug while cooking so it doesn't overflow.

Minestrone

Ingredients

½ cup sliced carrots	½ can (7.5 oz) cannellini beans, rinsed & drained
½ cup sliced celery	1 can (14.5 oz) beef broth
½ cup sliced zucchini	½ can (7.5 oz) diced tomatoes, undrained
¼ cup diced sweet pepper	½ cup medium pasta shells
½ small onion, chopped	¼ - ½ tsp dried basil
½ Tbsp. olive oil	Salt and pepper, to taste

Directions

1. In a 2-quart microwave bowl, combine carrots, celery, zucchini, pepper, and ion. Drizzle with oil. Toss to coat.
2. Cover and microwave on high for 3 minutes.
3. Stir in remaining ingredients.
4. Cook on high for 9-11 minutes, until pasta is tender.
5. Dish up a bowl and enjoy!