

Complete Cooking for Two

*Super Easy, Healthy and Mouth-Watering
Recipes for Beginners*

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Introduction

As a beginner chef, the kitchen can be a little intimidating. Maybe you have just struck out on your own for the first time. Maybe you are trying to start eating healthier, homemade meals, but you just don't know where to start. Cooking is a skill, and like any skill, it becomes easier the more you practice. Your first couple of attempts in the kitchen are tough to navigate, especially if you're trying to make more extravagant and complicated dishes right off the bat.

Online recipes can leave you just as confused as you were before. Many are filled with unfamiliar terms, tell you to use cooking utensils most people don't have around the house, and are scaled up to feed an army rather than a small household. Rather than starting out with difficult, large-scale recipes, it's better to begin with the basics. You're not trying to become a professional chef in a week; you just want to know how to make meals for yourself and your family.

Complete Cooking for Two will provide you with many easy and simple recipes to help you get your feet under you in the kitchen. You will learn basic recipes that everyone should know, as well as more impressive but still fairly easy recipes as you start to build up your skills. The recipes in this book are all appropriately scaled for two people. They are also healthy recipes that you can feel good about serving and eating.

Cooking can be difficult at first, but if you start small, you can learn to cook for yourself and another person very easily. Over time, you will expand your skills and gain the confidence you need to tackle harder recipes and start experimenting in the kitchen. Cooking doesn't have to be complicated; everyone can learn to cook. All it takes is quick, tasty recipes and some practice!

Chapter 1: Breakfast Recipes

It's important to eat breakfast, but it's also important to make smart choices for your first meal of the day. Avoid snacking on sugary donuts, pastries, or just a cup of coffee and instead cook up a nice breakfast for the two of you to share. Start your day out right with these breakfast recipes that are as tasty as they are healthy. Every recipe can be prepared and cooked very quickly, so you can still get a complete breakfast even on your busiest days.

Eggs

If you picture a typical breakfast, eggs are probably involved somewhere. Eggs are an amazing source of protein; they give you long-lasting energy that keeps you awake and ready to tackle whatever the rest of the day throws at you.

Easy Scrambled Eggs

Scrambled eggs are a breakfast staple. They're incredibly easy to make without much time commitment, making them one of the best egg dishes for beginner cooks to try.

Time: 10 minutes

Servings: 2

Nutritional Facts:

Calories: 232

Carbs: 5 g

Fat: 17 g

Protein: 15 g

Ingredients:

- 4 eggs
- 1/4 cup milk
- 1 tbsp butter
- 1/4 tsp salt
- 1/4 tsp black pepper

Directions:

1. Crack eggs into a small bowl. Make sure to check the bowl for any shell fragments and remove them. Pour in the milk. Beat the eggs with a fork until small air bubbles appear in the egg mixture.
2. Heat a skillet over low heat on the stove. Once warm, melt butter in the skillet.
3. Pour the eggs into the skillet. Stir periodically with a spatula until they start to clump together. Break up larger clumps with the edge of the spatula.
4. Let the eggs cook until they are no longer runny, about five to eight minutes. Keep stirring every 30 seconds or so to prevent burning.
5. When the eggs have solidified, transfer them to a plate. Top with salt and pepper and serve.

Spinach and Cheddar Omelet



Omelets may seem a bit daunting at first, but they are fairly easy to make. If your omelet goes awry in the folding stage, don't worry—you can always turn it into scrambled eggs instead!

Time: 10 minutes

Servings: 2

Nutritional Facts:

Calories: 281

Carbs: 7 g

Fat: 21 g

Protein: 19 g

Ingredients:

- 4 eggs
- 1 cup spinach, washed and chopped
- ½ cup cherry tomatoes, washed and halved
- ⅓ cup cheddar cheese, shredded
- 1 tbsp butter

Directions:

1. Crack eggs in a bowl and check for shell pieces. Beat with a fork until yolks are broken and air bubbles appear.
2. Heat a small skillet over medium-low heat on the stove. Add butter and let it melt, then add the spinach and cherry tomatoes. Cook until spinach is wilted, about one minute.
3. Pour in the eggs. Tilt the pan so that the eggs reach the edges of the pan. As the eggs cook, lift them away from the edges with a spatula and let the uncooked eggs flow underneath. Cook for about four minutes or until the eggs have solidified.
4. Sprinkle the cheddar cheese over the omelet. Use the spatula to fold one end over the other, letting the cheese melt the two ends together. Transfer to a plate and enjoy.

Hard-Boiled Eggs

Hard-boiled eggs can be used in many different recipes throughout the day, or just eaten on their own. You can make a larger batch of hard-boiled eggs and save them to slice for salads, turn into deviled eggs, or turn into egg salad.

Time: 20 minutes

Servings: 2

Nutritional Facts:

Calories: 144

Carbs: <1 g

Fat: 10 g

Protein: 13 g

Ingredients:

- 4 eggs
- 1 tbsp salt

Directions:

1. Place eggs in a pot and add water until eggs are fully covered, with about one inch of water extra.
2. Put the pot on the stove over high heat. Add salt to the water. Let the eggs sit until the water starts to boil, which should take about 5-10 minutes.
3. When the water boils, turn the heat off. Put a lid on the pot and let the eggs sit for about 8-10 minutes. Letting them sit for longer will let the yolks become more firm.
4. While eggs are sitting, fill a bowl with ice water. Use a slotted spoon to move eggs from the pot right to the ice bath, and let them cool fully in the water.
5. Store for later use or peel and enjoy with salt.

Classic Breakfast Staples

These recipes are classic breakfast diner fare. These breadier options include pancakes and waffles, french toast, and muffins. If you want to avoid eating too much added sugar, use whole grain flour and bread for these recipes instead.

Pancakes

Pancakes are the perfect breakfast to split with your loved one. You can top them with berries and whipped cream, or classic maple syrup and butter. You can use the same batter for waffles if you have a waffle iron.

Time: 20 minutes

Servings: 2

Nutritional Facts:

Calories: 381

Carbs: 54 g

Fat: 8 g

Protein: 17 g

Ingredients:

- 1 cup flour
- 1 cup milk
- 1 egg
- 1 tbsp butter, melted
- 1 tbsp sugar
- 2 tsp baking powder
- 1/2 tsp salt

Directions:

1. In one bowl, combine flour, sugar, baking powder, and salt. In another, crack and beat an egg and add milk and butter. Add the wet ingredients to the dry and whisk just until combined. Some lumps in the batter are fine.
2. Warm a large skillet over medium heat. Spray with cooking spray and pour about three tablespoons of batter into the pan.

3. Let the batter cook for about two minutes, waiting for bubbles to appear on the surface. When the bottom is stable, use a spatula to flip the pancake and cook on the other side for another two minutes.
4. Repeat until the batter is gone and you have a stack of perfect fluffy pancakes.

Cinnamon French Toast

Great French toast begins with the bread choice. Brioche and challah bread will give you the best results, but in a pinch, other sturdy breads like ciabatta are good too.

Time: 20 minutes

Servings: 2

Nutritional Facts:

Calories: 504

Carbs: 56 g

Fat: 28 g

Protein: 26 g

Ingredients:

- 4 slices of brioche bread
- 2 eggs
- 1/8 cup milk
- 2 tbsp butter
- 2 tbsp sugar
- 1 tsp ground cinnamon
- 1/2 tsp vanilla extract

Directions:

1. Crack eggs in a wide, shallow bowl and beat to break the yolks. Combine with milk, sugar, cinnamon, and vanilla and mix.
2. Heat a skillet over medium heat. Dip the slices of bread into the egg mix and then add to the skillet in batches of two.
3. Cook French toast slices for three to five minutes on each side. Top with a very light dusting of additional cinnamon and serve.

Banana Muffins



Do you have bananas that are looking a little past their prime? Don't throw them out—turn them into delicious banana muffins!

Time: 35 minutes

Servings: 2

Nutritional Facts:

Calories: 240

Carbs: 36 g

Fat: 6 g

Protein: 4 g

Ingredients:

- 2 bananas
- 1 egg
- 1 cup flour

- 1/3 cup brown sugar
- 2 tbsp milk
- 2 tbsp butter, melted
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp vanilla extract
- 1/2 tsp salt
- 1/2 tsp cinnamon

Directions:

1. Preheat the oven to 350 degrees Fahrenheit. Spray a muffin tin with cooking spray or use muffin liners.
2. In a large bowl, peel and mash the bananas. Add the egg, milk, butter, and vanilla and stir to combine. Slowly mix in the flour, then add brown sugar, baking powder, baking soda, salt, and cinnamon. Stir until well mixed.
3. Spoon the batter into the muffin tins evenly. Put the tray in the oven and bake for about 20 minutes. Stick a toothpick in the center of a muffin; if it comes out clean, the muffins are done.

Bowls and Smoothies

Smoothies and blended fruit bowls are a good way to get your daily serving of fruit. They're also very quick recipes to make and very easy meals to take with you if you have to rush out the door in the morning.

Acai Smoothie Bowl

Acai is a powerful antioxidant that makes a great addition to your diet. These smoothie bowls are amazingly for breakfast, but they also make for the perfect refreshing lunch on a hot, sunny day.

Time: 10 minutes

Servings: 2

Nutritional Facts:

Calories: 470

Carbs: 64 g

Fat: 14 g

Protein: 9 g

Ingredients:

- 2 cups acai berries or puree, frozen
- 4 strawberries, sliced
- 1 banana, frozen
- 1/2 cup coconut milk
- 1/2 cup blueberries
- 1/4 cup coconut shavings
- 1/4 cup granola

Directions:

1. In a blender, add the acai berries, half of the banana, and the coconut milk. Blend for about 30 seconds or until the desired consistency is reached.
2. Pour the acai base into two bowls. Slice the remainder of the banana and lay the sliced banana, strawberries, and blueberries on top of the acai. Sprinkle with coconut shavings and granola and enjoy.

Banana Mango Smoothie



Smoothies make a quick and easily portable option for breakfast. This banana mango smoothie has a great tropical flavor and takes no time at all to make on a busy morning.

Time: 5 minutes

Servings: 2

Nutritional Facts:

Calories: 314

Carbs: 66 g

Fat: 9 g

Protein: 6 g

Ingredients:

- 2 medium bananas
- 2 cups mango, diced and frozen

- 1 cup almond milk
- 1/4 cup granola

Directions:

1. Peel the bananas and slice them in half. Add them to the blender along with the mango and almond milk.
2. Blend for 60 seconds in 30-second pulses. Pour into two large glasses and top with granola.

Chapter 2: Soup and Salad Recipes

Soups and salads are great options for quick lunches and dinners that won't take you much time at all to prepare. They also make great appetizers for meals. If you want to save yourself time during the week, make these recipes in big batches on the weekend so you can just pop them out of the fridge later.

Soups

Contrary to popular belief, it doesn't take all day to make soup. You can leave soup to simmer in the slow cooker while you are away and come home to a meal, but there are also many soup recipes you can make without a slow cooker that are ready in under an hour.

Chicken and Cheese Soup

This soup has just the right amount of spice without being too overwhelming. It's also incredibly quick and easy to prepare. If you want to make this soup even faster, you can use chicken breast leftovers from a previous night's meal.

Time: 20 minutes

Servings: 2

Nutritional Facts:

Calories: 265

Carbs: 5 g

Fat: 8 g

Protein: 37 g

Ingredients:

- 1 lb chicken breast
- 2 cups chicken broth
- 1 10 oz can diced tomatoes
- 1 4.5 oz can chopped green chiles
- 8 oz cream cheese
- ½ cup milk
- 1 tbsp olive oil
- ½ tsp salt

Directions:

1. Cut the chicken breast into thin strips. In a pot, warm olive oil over medium-low heat. Add in the chicken and chicken broth and cook for about eight minutes or until cooked through. Make sure there is no pink remaining in the chicken.
2. Move the chicken from the pot to a plate or cutting board. Make sure it is different from the one you sliced the raw chicken on. Dice the chicken into bite-sized pieces, or use two forks to shred it.
3. Stir the tomatoes, chiles, milk, and salt into the pot. Add the cream cheese and let it melt. Add the chicken back to the pot and let everything simmer for another five minutes before serving.

Beef Stew

On cold days, stew is sure to warm you right up. This beef stew can also be made in the slow cooker and allowed to simmer on low heat until you are ready for dinner.

Time: 50 minutes

Servings: 2

Nutritional Facts:

Calories: 212

Carbs: 11 g

Fat: 9 g

Protein: 16 g

Ingredients:

- 1/2 lb eye round
- 1/2 onion, diced
- 1 cup beef broth
- 1 can diced tomatoes
- 1/4 cup frozen carrot slices
- 1/4 cup frozen broccoli
- 1/4 cup diced celery
- 1/2 cup potatoes, washed and quartered
- 1 tbsp olive oil
- 1/4 tsp salt

Directions:

1. Cut the eye round into 1/2-inch size cubes and sprinkle with salt. Heat olive oil in a large pot over medium-high and add the beef. Cook, stirring occasionally, for about five minutes so the meat browns on the outside. Remove from the pan and set aside.
2. Add onion, carrots, broccoli, celery, and potatoes to the pot. Cook until the vegetables are tender, about five minutes, making sure to stir to keep the onions from sticking to the pan.
3. Add the beef back into the pot and pour in the beef broth and diced tomatoes. Let everything simmer uncovered, stirring every five or 10 minutes, for 30 minutes. Spoon the stew into two bowls and enjoy.

Salads

Whether you want an easy lunch or you're making an appetizer for your meal, salads are a great way to make sure you're eating enough vegetables. Go past the typical garden salad and try out these flavorful recipes.

Greek Salad



Greek salad is great to make well ahead of when you want to use it because it doesn't include any leafy greens. Make a large batch early in the week and use it as a quick appetizer or take it with you for lunch.

Time: 5 minutes

Servings: 2

Nutritional Facts:

Calories: 120

Carbs: 11 g

Fat: 2 g

Protein: 2 g

Ingredients:

- 1 cucumber
- 1 red bell pepper

- 1/4 red onion, peeled and cored
- 1 cup cherry tomatoes
- 1/2 cup pitted kalamata olives
- 2 oz feta cheese, crumbled

Directions:

1. Peel the cucumber and dice it into 1/4-inch size pieces. Slice the red pepper in half, remove the core and seeds, and cut it into bite-sized pieces. Slice the red onion thin and cut the cherry tomatoes in half.
2. Combine all of these ingredients together in a bowl along with the kalamata olives and feta cheese. Dress with a vinaigrette and enjoy.

Cobb Salad

Salads are typically lighter fare, but this cobb salad is both healthy and filling. Refer to the recipe for hard-boiled eggs in the previous chapter for more detailed instructions on how to get the perfect yolks.

Time: 10 minutes

Servings: 2

Nutritional Facts:

Calories: 352

Carbs: 11 g

Fat: 15 g

Protein: 43 g

Ingredients:

- 1 heart of romaine lettuce
- 2 hard-boiled eggs
- 1/2 lb grilled chicken
- 3 slices of bacon, well done
- 1/3 cup crumbled blue cheese
- 1/3 cup cherry tomatoes

Directions:

1. Wash the romaine lettuce and chop it into bite-sized pieces. Slice the chicken, hard-boiled eggs, and cherry tomatoes.
2. Add lettuce, eggs, chicken, and cherry tomatoes to two bowls. Crumble the bacon ovetop with your hands and top with blue cheese. Use a dressing of your choice or enjoy plain.

Chapter 3: Meat Recipes

Meat is one of the easiest ways to get enough protein in your diet. Protein is a great energy source that lasts longer than simple sugars, giving you enough energy to get through your day without turning to energy drinks or coffee.

Chicken

Chicken is a great lean protein. It can be used in hundreds of different recipes, and it's got a place at the table for breakfast, lunch, and dinner. Some people shy away from chicken because of worries about undercooking it, but just follow the simple rule of checking for any pink color on the inside of the chicken and you can be sure your dishes are cooked to perfection.

Grilled Lime Chicken



This simple chicken recipe is flavorful enough to make a meal on its own, but it can also be repurposed as a protein for other recipes.

Time: 20 minutes + 2 hours for marinating

Servings: 2

Nutritional Facts:

Calories: 213

Carbs: 4 g

Fat: 4 g

Protein: 38 g

Ingredients:

- 1 lb chicken breast
- 1 lime
- 2 tbsp garlic, minced
- 1/4 tsp salt
- 1/4 tsp black pepper

Directions:

1. Lay the chicken breasts in a shallow baking dish. Spoon garlic on top and spread the garlic out evenly over the chicken.
2. Slice the lime in half and squeeze the juice over the chicken breasts. Put the dish in the fridge and let the chicken marinate for about two hours.
3. Turn the grill on to medium heat and let it get warm. Sprinkle both sides of the chicken breasts with salt and pepper and then lay them out on the grill.
4. Grill the chicken for about 10-12 minutes depending on the thickness of the breasts, flipping halfway through. To test for doneness, cut through the thickest part of the breast and make sure there is no pink color visible.

Chicken Parmesan

Bring this classic Italian dish right to your own kitchen! Chicken parm is an easy option that is incredibly delicious.

Time: 45 minutes

Servings: 2

Nutritional Facts:

Calories: 430

Carbs: 25 g

Fat: 9 g

Protein: 45 g

Ingredients:

- 1 lb chicken breasts
- 1 egg
- 1/2 cup marinara sauce
- 1/2 cup mozzarella cheese, shredded
- 1/3 cup breadcrumbs
- 3 tbsp flour
- 2 tbsp panko bread crumbs
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp black pepper

Directions:

1. Preheat the oven to 425 degrees Fahrenheit.
2. Set out three shallow bowls on the counter. In the first bowl, add the flour. In the second, crack and beat an egg. In the third, combine breadcrumbs, panko bread crumbs, salt, and pepper.
3. Heat olive oil in a skillet over medium heat. Take chicken breasts and give them a light coating of flour, dip them in the egg, and finally coat them in the breadcrumb mix. Transfer the breaded cutlets to the skillet. Use a fork to move the chicken to avoid the flour, egg, and breadcrumb mix sticking to your hand.
4. Cook chicken breasts in the skillet until the outside is golden-brown, about five minutes on each side. While they are cooking, take a baking dish and pour about half of the marinara sauce in the bottom.
5. When the chicken is crispy and brown on the outside, transfer it to the baking dish. Cover the cutlets in the remaining sauce and the mozzarella cheese.
6. Bake chicken in the oven for about 15-20 minutes, or until there is no pink remaining in the center.

Peanut Chicken

This recipe combines an amazingly smooth peanut sauce with just a little bit of heat. It pairs great with a side of rice or noodles.

Time: 40 minutes + 2 hours for marinating

Servings: 2

Nutritional Facts:

Calories: 441

Carbs: 7 g

Fat: 21 g

Protein: 43 g

Ingredients:

- 1 lb chicken thighs
- 1 14 oz can unsweetened coconut milk
- 1/2 lime
- 3 tbsp peanut butter
- 2 tbsp garlic, minced
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 1 tbsp hot sauce
- 1/2 tsp salt
- 1/2 tsp black pepper

Directions:

1. Dice uncooked chicken thighs into 1/2-inch cubes. Move the cubes to a large bowl and pour the coconut milk overtop. Mix in hot sauce, salt, pepper, and one tablespoon of the garlic.
2. Transfer the bowl to the fridge and let the chicken marinate for at least two hours.
3. Warm a large skillet over medium heat. Scoop the chicken into the pan and brown it until well-cooked, about 10 minutes, stirring frequently. Drain the excess water from the chicken that builds up in the pan as it cooks.
4. Shift the chicken over in the skillet and scoop the peanut butter into the other half, letting it melt. Add the sesame oil, soy sauce, the remainder of the garlic, and the

juice from the lime to the peanut butter sauce. Once it is melted enough, combine the sauce with the chicken. Allow everything to heat all the way through and serve.

Beef

Beef is another very versatile protein you can use to make many different meals. It's a good idea to limit the amount of fatty red meat you consume, which you can do by buying leaner packs of meat and having it only once or twice a week.

Beef Tacos



These beef tacos help turn any night into taco Tuesday no matter what day of the week it is!

Time: 20 minutes

Servings: 2

Nutritional Facts:

Calories: 491

Carbs: 51 g

Fat: 11 g

Protein: 38 g

Ingredients:

- 1/2 lb lean ground beef
- 4 taco shells
- 1 tomato, diced
- 1 15-oz can of black beans
- 1/2 cup salsa verde
- 1/4 cup shredded Mexican cheese

Directions:

1. Warm a skillet over medium-high heat. Add ground beef to the pan and use the spatula to break the beef into smaller pieces. Cook until browned, stirring frequently, for about 10 minutes. Once the beef is cooked, swap your spatula out for a fresh one that hasn't touched raw meat.
2. Pour in the salsa and black beans. Cook for another five minutes, allowing everything to heat all the way through.
3. Fill the taco shells with the ground beef mix, tomato, cheese, and any other desired toppings.

Goat Cheese-Stuffed Burgers

Kick regular burgers up a notch by giving your burgers a gooey melted cheese center that is sure to please.

Time: 20 minutes

Servings: 2

Nutritional Facts:

Calories: 312

Carbs: 42 g

Fat: 13 g

Protein: 30 g

Ingredients:

- 1/2 lb lean ground beef
- 2 hamburger buns
- 1/2 onion, peeled, cored, and sliced thin
- 1/2 cup goat cheese, crumbled
- 1 tbsp butter
- 1/2 tsp sugar

Directions:

1. Divide the ground beef in half. Roll the halves into balls and then flatten, leaving an indent in the center. Fill the indents with half of the shredded cheese, then pinch the center closed around the cheese. Make sure there is no way for the cheese to escape, or you risk it leaking out of the burgers.
2. Turn the grill on high. Grill burgers for four to six minutes on each side. Burgers should be slightly pink in the center but not raw.
3. While the burgers are grilling, heat butter in a small pan over medium heat. Add the onions and sauté for about three minutes until they start to soften. Sprinkle sugar on top and cook for another five minutes to caramelize the sugar, stirring frequently to keep the onions from burning. Remove from heat and set aside.
4. Assemble burgers on the buns and top with caramelized onions. Add additional toppings as desired.

Chapter 4: Seafood Recipes

Seafood is typically considered a more expensive meal option out at restaurants, but when you learn to cook fish at home, you can greatly reduce the price. Enjoy a fancy night in with dinner for two!

Fish

Fish are full of very important nutrients that help fuel our bodies. They are high in healthy fats like Omega-3's and they have plenty of protein. On top of that, they taste great without much work, so fish dishes are great for beginners.

Lemon Salmon



Lemon is a natural pairing with fish. You can top this salmon with a little melted butter or some orange marmalade for a sweet twist.

Time: 15 minutes

Servings: 2

Nutritional Facts:

Calories: 268

Carbs: 2 g

Fat: 20 g

Protein: 25 g

Ingredients:

- 1/2 lb salmon fillets
- 1/2 lemon
- 1 tbsp butter
- 1 tsp garlic powder
- 1/2 tsp salt

Directions:

1. Sprinkle salmon fillets with salt and garlic powder. Melt butter in a skillet over medium heat and put the fillets in the pan, skin-side down.
2. Cook the salmon for five minutes, then flip and cook for an additional five minutes. The flesh should be pink and flaky. Squeeze lemon juice over the salmon and enjoy.

Parmesan Crusted Cod

The parmesan crust on these fillets gets perfectly crispy in the oven. If you're not a big fish fan, cod is a fairly neutral tasting fish to try.

Time: 20 minutes

Servings: 2

Nutritional Facts:

Calories: 241

Carbs: 12 g

Fat: 5 g

Protein: 43 g

Ingredients:

- 1/2 lb cod fillets
- 1/2 cup panko breadcrumbs
- 1/3 cup grated parmesan
- 1 tsp olive oil
- 1/2 tsp garlic powder

Directions:

1. Preheat the oven to 425 degrees Fahrenheit. Line a baking sheet with parchment paper and lay out the fillets.
2. Combine breadcrumbs, parmesan, and garlic powder in a small bowl. Drizzle olive oil over the fillets and then spread the breading mix on top.
3. Bake for 10 minutes or until flaky and white.

Shellfish

If you want to elevate your seafood game, shellfish is the way to go. From shrimp to crab to everything in between, shellfish is a ‘fancier’ dinner option that’s surprisingly easy to cook.

Garlic Butter Shrimp



Garlic is a good flavor pair for a lot of shellfish. Shrimp is great for you, and with this garlic sauce, it's tasty too!

Time: 15 minutes

Servings: 2

Nutritional Facts:

Calories: 190

Carbs: 2 g

Fat: 7 g

Protein: 34 g

Ingredients:

- 1/2 lb shrimp, peeled and deveined
- 2 tbsp butter

- 2 tbsp garlic, minced
- 1/2 tsp salt
- 1/2 tsp dried parsley

Directions:

1. Melt butter in a large bowl. Stir in the garlic, salt, and dried parsley. Toss shrimp in the butter to coat.
2. Transfer shrimp to a large skillet over medium heat. Cook, stirring frequently to keep the garlic from burning, until shrimp are pink, about five minutes.

Crab Cakes

Crab can be a little intimidating if you're unfamiliar with it, but these crab cakes are a great way to familiarize yourself with a somewhat uncommon protein.

Time: 30 minutes

Servings: 2

Nutritional Facts:

Calories: 156

Carbs: 10 g

Fat: 8 g

Protein: 12 g

Ingredients:

- 1 6 oz can of crab meat
- 1 egg
- 1/2 lemon
- 1 tbsp olive oil
- 1/2 cup breadcrumbs
- 1/4 cup mayonnaise
- 1/2 tsp garlic powder
- 1/2 tsp paprika

Directions:

1. Crack and beat the egg in a large bowl. Add in lemon juice, breadcrumbs, mayonnaise, garlic powder, and paprika. Fold in the crab meat.
2. Take about two tablespoons of crab mix and shape it into a patty. Repeat the process until all mix is used up.
3. Warm olive oil in a pan over medium-low heat. Cook crab cakes in batches of two or three, cooking for three to four minutes on each side.

Chapter 5: Dessert Recipes

Prepackaged desserts are full of added sugar and other unhealthy ingredients, but when you make them yourself, you get to control how much sugar, butter, and chocolate goes in. You can make desserts that are both delicious and healthy so you can enjoy them guilt-free.

Baked Goods

From cakes to cookies to pies, baked goods are some of the most tempting treats. Whip up these recipes to enjoy something sweet without going overkill on the sugar.

Oatmeal Chocolate Chip Cookies

Oats are a surprisingly versatile ingredient. They make a great cookie base, and with gooey chocolate chips mixed in, who can say no to these oatmeal cookies?

Time: 20 minutes

Servings: 2

Nutritional Facts:

Calories: 348

Carbs: 37 g

Fat: 9 g

Protein: 9 g

Ingredients:

- 1 cup quick oats
- 1/2 cup flour
- 1/2 cup sugar

- 1/2 cup dark chocolate chips
- 1/4 cup applesauce
- 2 tbsp butter
- 1 tsp baking powder
- 1/2 tsp vanilla extract
- 1/2 tsp salt

Directions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. In a large bowl, add butter and sugar and beat with a hand mixer for about 30 seconds. Add the egg, applesauce, and vanilla and mix to combine. In a separate bowl, mix together oats, flour, baking powder, and salt. Slowly pour the oat mix into the first bowl, Using the mixer to combine them. Stir in the chocolate chips.
3. Line a baking tray with parchment paper. Spoon dough balls the size of two tablespoons onto the tray and flatten the cookies.
4. Bake for 10-12 minutes, then let cool for five minutes before enjoying.

Peanut Butter Brownies



You can cut down on the sugar in brownies by using small adjustments like adding peanut butter to replace the chocolate and using applesauce for sweetness. This brownie recipe makes use of both of these tricks.

Time: 30 minutes

Servings: 2

Nutritional Facts:

Calories: 210

Carbs: 35 g

Fat: 3 g

Protein: 6 g

Ingredients:

- 1 cup flour
- 1 cup sugar
- 1 egg
- 1/2 cup peanut butter
- 1/2 cup cocoa powder
- 2/3 cup applesauce
- 1/2 tsp salt
- 1/2 tsp vanilla extract

Directions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Add flour, sugar, cocoa powder, and salt to a bowl and mix to combine. Then add the egg, peanut butter, applesauce, and vanilla extract. Mix with a hand beater until well combined and smooth, about one minute.
3. Grease a 13-inch by 9-inch pan and pour the batter inside. Bake for 20-25 minutes or until a toothpick stuck in the center comes out clean.

Frozen Desserts

Homemade frozen desserts are much healthier than their store-bought counterparts. Making them yourself ensures they are entirely guilt-free so you can share something sweet without worrying about tons of added sugar.

Strawberry Ice Pops

On a hot day, there's nothing better than these refreshing ice pops to cool you down!

Time: 10 minutes + 4 hours freeze time

Servings: 2

Nutritional Facts:

Calories: 98

Carbs: 8 g

Fat: <1 g

Protein: 2 g

Ingredients:

- 1 cup fresh strawberries
- 1/2 cup vanilla yogurt
- 1/4 cup sugar

Directions:

1. Wash strawberries and cut off the stems. Blend strawberries, yogurt, and sugar together until smooth, for 30-60 seconds.
2. Transfer the strawberry puree to ice pop molds. Lay popsicle sticks in the molds so they are halfway covered by the puree. Freeze for at least four hours before enjoying.

Raspberry Parfait

This parfait recipe is made with all-natural sweeteners like honey and the sugar found in fruits. It's a great replacement for ice cream if you don't have any in the house but you're craving something creamy and sweet.



Time: 5 minutes

Servings: 2

Nutritional Facts:

Calories: 148

Carbs: 24 g

Fat: 1 g

Protein: 6 g

Ingredients:

- 1 cup raspberries
- 1/2 cup vanilla yogurt
- 2 tbsp granola
- 2 tsp honey
- 1 tbsp slivered almonds

Directions:

1. Wash raspberries and put them in a small bowl. Drizzle them with honey and mix so they are coated.
2. Split half of the yogurt between two parfait glasses or small bowls. On top of the yogurt layer, add half the raspberries, then cover with the rest of the yogurt. Lay the remaining raspberries on as the next layer, then top with granola and slivered almonds.

Conclusion

Great food brings us together. Whether you are cooking for a whole party or setting up an intimate meal for two, don't underestimate the power of food as a method for connecting to others and spending meaningful time together. Share meals together, especially meals you made yourself as a labor of love or together with your loved one, and use cooking as a way to grow closer to each other.

Cooking is a skill that is only cultivated through continued practice. Now that you have learned some basic recipes to get you started, you can continue to expand your cooking knowledge. Keep trying new recipes and looking for new ways to make more food at home so you can save money and eat healthier. The more you cook, the more comfortable you will become in the kitchen, and the more meals you can make and share with others.

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