



Cooking at Home: Recipes and Grocery Lists

Cooking can be creative and satisfying. This list provides resources to make it simple: easy recipes for one, two, or more, and a link to a spice/herb website. At the very end there are templates for grocery shopping.

EASY-FIX RECIPES:

Below are links to well-known websites that offer generally quick and easy recipes, taking anywhere from 15 to 40 minutes to prepare. Some of these recipes are for a family, so if you're single or cooking for two, you can cut the recipe in half (and enjoy the leftovers) — or create the whole thing, then freeze single portions for future meals.

NOTE: *All of these websites have many ads (above, below, and to the right, of the main text) — so keep scrolling down to find the full recipe. Most allow you to print the recipe.*



All Recipes — Quick and Easy Dinners for One. This website has literally hundreds of easy recipes for one person, and they focus on contemporary, fresh ingredients.

[All Recipes/Easy Cooking for One](#)



Betty Crocker Easy Recipes — This website is clearly laid out and easy to browse through. It features simple and dependable recipes. Many are for a family, so either split the recipe in half or cook the whole thing and freeze it in meal-sized portions

[Betty Crocker/Easy Recipes](#)

delicious.

Delicious — A selection of 30 “dinner for one” recipes with an international accent. Many of the recipes combine ingredients in unusual and creative ways. The recipes on this site use grams instead of pounds, so here’s an [online converter](#).

[Delicious/Dinners for One](#)

PureWow

Pure Wow — 31 Easy Dinners for One. This part of the website features easy and light entrees for one and many of the entrees have novel ways to include vegetables.

[PureWow/Easy and Light](#)

[PureWow/35 Hearty Vegetarian Meals \(multiple servings\)](#)



Food Network — 30-Minute Meals. These meals are little more complicated (and will probably take longer than 30 minutes), but they feature interesting ingredients and combinations.

[Foodnetwork.com](#)



Taste of Home — This popular website focuses on recipes that are practical because they’re from home cooks (not gourmet chefs) and that feature familiar ingredients and step-by-step instructions.

NOTE: *The initial video for each recipe often has a 30-second ad before the main video begins — you’ll need to decide if the recipes are worth the waiting time.*

[Monthly Meal Plan for Two](#)

[Easy Freezer Meal Recipes](#)

Spice Advice

Spice Advice — This website provides a detailed look at herbs and spices for more flavorful meals. The site lists all the well-known spices and herbs, explains where they're from, traditional uses, and ideas for how to use them to bring some spark to your cooking.

spiceadvice.com

GROCERY-SHOPPING LISTS:

Provided below are several downloadable and printable documents that can be used as templates.

vertex42.com/grocery-checklist.pdf

ziplist.com/grocery-list.pdf

justagirlandherblog.com

thewalletmoth.com/Fill-InList.pdf