

A glass of milk with a red flower on top and a red bowl filled with chocolate chips are in the background.

Table For Two

15 Healthy Recipes with Portions for Pairs



Amy Atherton

*This book is dedicated to
Cyndi, Jeff, and Jack for their love and support,
and Phil for taste-testing and approving the recipes.*

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Introduction

I wandered into my parents' kitchen during one of my recent weekend visits and peeked in the fridge. I needed to nibble on something to tide over my growling stomach until dinner. Spotting a small bag with leftover grilled salmon, I grabbed my snack and pulled out a piece as Mom walked in.

"Stop!" she exclaimed.

"Umm... Why?" I managed, with a mouth full of fish.

"We cooked that *three weeks* ago—it's probably gone bad."

I spat out the salmon into the sink, gargled a few times with water, and asked, "Why is it still in the fridge??"

But after four years at college, I already knew the answer. Cooking for two (or only one) is **hard**. Most recipes are written for the average family of four, but if your smaller household resembles mine, that many nights of leftovers depresses your taste buds. Some people look forward to a week of salmon or spaghetti, but I'm not one of them!

Instead of postponing the problem by tossing the extras in the freezer, I devised my own recipes that *downsize* the number of servings. That's right, every dish and dessert in this cookbook makes exactly **two servings**! (They're all healthy and low in fat too!)

Before you begin browsing, please read these few important notes...

1. I kept most of the recipes somewhat lower in calories than their traditional counterparts, in case you also wanted toast with your scrambled eggs or milk with your cookies. If that isn't the case, feel free to double the recipe—it's easier to multiply ingredient amounts by two than divide!
2. When measuring flour for the pancakes, muffins, crêpes, and desserts, lightly spoon the flour into the measuring cups (or spoons) and level with a knife. Do **not** scoop the flour. That results in 1½ times as much flour as is needed for these recipes, as well as really dry baked goods.
3. Both the muffins and brownies require one egg white. During my recipe testing, I realized that **not all egg whites are created equal** (in size), so if the batter is too dry, mix in ¼ teaspoon of water at a time until all of the dry ingredients can be incorporated.

Thank you for purchasing this copy of Table for Two, and I hope you enjoy the food!

with love,
Amy

Breakfasts





Ginger Pear Pancakes

These pancakes are light, zesty, and filling! They pair perfectly with tea and coffee.

1/3 c all-purpose flour
1/4 c whole wheat flour
1 tsp granulated sugar
1/4 tsp baking powder
1/4 tsp ground ginger
3/4 tsp candied ginger, minced
1 egg, lightly beaten
1/4 c skim milk
1/4 tsp vanilla extract
1/2 c diced pears, divided

1. In a medium bowl, whisk together both flours, sugar, baking powder, and both gingers. Make a well in the center. Pour in the beaten egg, milk, and vanilla, and stir just until incorporated. Fold in 1/4 cup of the pears.
2. Preheat a large pan coated with nonstick cooking spray over medium-low heat. Using a heaping tablespoon of batter at a time, drop into the pan. Cook for 2-3 minutes on each side, or until light golden. Repeat with the remaining batter.
3. Divide the pancakes between two plates (around 4-5 silver dollar pancakes each), and top with the remaining pears.

Nutrition: 205 calories, 3.0 g fat (0.9 g saturated fat), 93.6 mg cholesterol, 109.9 mg sodium, 36.7 g carbohydrate (3.5 g fiber, 7.5 g sugar), 8.5 g protein



Salmon Scramble

Serve with coffee, tea, and toasted wheat bread. Don't forget the jam!

6 egg whites
1 whole egg
2 c baby spinach
2 oz smoked salmon, cut into bite-sized pieces
3 tbsp shredded mozzarella cheese
salt and pepper, to taste

1. Lightly whisk the eggs in a small bowl, and set aside.
2. Gather half of the spinach into a long ovular bundle, and grip tightly in one hand. With your dominant hand, slice the spinach bundle into ½"-thick strips. Repeat with the other half of the spinach.
3. Lightly coat a large pan with nonstick cooking spray, and cook the spinach over low heat, stirring frequently, for 2-3 minutes or until wilted. Pour the eggs over the spinach, and lightly season with salt and pepper. Stir occasionally. When the eggs are almost set, add the salmon and cheese, and stir to incorporate. Continue cooking until the eggs are fully set and the salmon is warmed. Divide the scramble between two plates, and serve immediately.

Nutrition: 157 calories, 5.9 g fat (2.4 g saturated fat), 105.1 mg cholesterol, 866.2 mg sodium, 2.4 g carbohydrate (0.7 g fiber, 0.9 g sugar), 22.6 g protein



Spiced Carrot Muffins

If only eating the muffins for breakfast, double the recipe to serve each person two.

1/4 c all-purpose flour
1/4 c whole wheat flour
3/16 tsp baking powder
1/2 tsp cinnamon
1 egg white
1/2 tsp canola oil
1/4 tsp vanilla extract
1 tbsp brown sugar
4 tsp plain nonfat Greek yogurt
2 tsp water
3 tbsp finely grated carrot

1. Preheat the oven to 350°, and lightly coat two muffin cups with nonstick cooking spray.
2. In a small bowl, whisk together the flours, baking powder, and cinnamon. In a separate bowl, whisk the egg white until it starts to turn frothy. Stir in the oil, vanilla, sugar, yogurt, and water. Make a well in the center of the dry ingredients, and pour in the wet, stirring just until incorporated. Fold in the carrots.
3. Divide the batter between the prepared muffin cups, and bake at 350° for 27-30 minutes, or until a toothpick inserted into the center comes out clean. Cool in the muffin cups for 5 minutes before eating.

Nutrition: 165 calories, 1.6 g fat (0.2 g saturated fat), 0.0 mg cholesterol, 88.0 mg sodium, 34.2 g carbohydrate (2.8 g fiber, 10.3 g sugar), 6.5 g protein



Blackberry Honey Crêpes

These are the perfect combination of tangy berries, sweet honey, and fluffy crêpes. A wonderful way to start the day!

- 1 egg, lightly beaten
- ½ c skim milk
- ½ c all-purpose flour, sifted
- ½ tsp granulated sugar
- ½ tsp vanilla extract
- 1 c fresh blackberries, sliced into quarters
- 1 tsp honey

1. In a large bowl, whisk together the egg and milk. Whisk in the flour, sugar, and vanilla, mixing until slightly frothy. Let the batter rest for 5 minutes.
2. Preheat a large 8" pan, and lightly coat with nonstick cooking spray (butter-flavored or canola). When the pan is hot, quickly add a generous ¼ cup of batter to the center, and pick up the pan to swirl the batter around to completely cover the bottom. Place the pan back down on the burner, and let it sit until the batter looks fully cooked. Loosen the edges using a spatula, flip, and continue cooking for another 20-30 seconds. Remove onto a plate, re-coat the pan with cooking spray, and repeat with the remaining batter.
3. To assemble, place ¼ cup of blackberries across half of each crêpe. Fold over the top half; then fold in half again. Drizzle with ¼ teaspoon of honey.

Nutrition: 226 calories, 3.1 g fat (0.9 g saturated), 94.3 mg cholesterol, 62.1 mg sodium, 40.4 g carbohydrate (4.7 g fiber, 12.4 g sugar), 9.0 g protein



Piña Colada Parfaits

These are light and refreshing — just like paradise in a cup!

2 tbsp shredded sweetened coconut
1 c diced pineapple (fresh or canned in juice)
2 c plain nonfat Greek yogurt

1. Preheat the oven to 350°. Sprinkle the coconut onto a baking sheet, and toast for 3-4 minutes or until light golden, stirring every minute. Cool on the baking sheet.
2. To assemble, layer $\frac{1}{2}$ cup of yogurt in the bottom of two parfait glasses. Top with $\frac{1}{3}$ cup of pineapple. Spoon another $\frac{1}{2}$ cup yogurt on top. Top with the remaining pineapple, and sprinkle with the toasted coconut.

Nutrition: 213 calories, 2.9 g fat (0.0 g saturated fat), 0.0 mg cholesterol, 120.8 mg sodium, 22.1 g carbohydrate (1.5 g fiber, 17.0 g sugar), 23.8 g protein

Entrées





Chicken Apple Skewers

This meal makes the kitchen smell like apple pie! Serve with a simple side salad and crusty bread.

5 wooden skewers
1 large Granny Smith apple
1 large chicken breast, trimmed
¼ tsp salt
¼ tsp cinnamon

1. Soak the wooden skewers for at least 15 minutes.
2. Cut the apple into ½" thick slices, and cut each slice into 3-4 pieces. Cut the chicken into bite-sized pieces, and sprinkle with the salt and cinnamon. Add the apple and chicken to the wooden skewers, alternating between the two.
3. Lightly coat a large skillet or grill pan with nonstick cooking spray. Cook the skewers for 3-4 minutes on each side, or until chicken is cooked through and no longer pink in the center. (Cover the pan with a lid if the chicken takes too long to cook.) Serve immediately.

Nutrition: 209 calories, 3.7 g fat (1.1 g saturated fat), 82.5 mg cholesterol, 291.8 mg sodium, 12.9 g carbohydrate (2.4 g fiber, 9.5 g sugar), 30.4 g protein



Spicy Soy Noodles

Adjust the chili garlic sauce to suit your tastes. A little goes a long way!

- 2 tsp peanut butter
- $\frac{3}{8}$ tsp chili garlic sauce
- 4 tsp soy sauce
- 1 tsp water
- 1 (8 oz) package of shirataki fettuccine noodles*
- 5.6 oz (2 servings) light extra-firm tofu
- $\frac{1}{2}$ c chopped Chinese snap peas
- $\frac{1}{2}$ c shredded carrots

1. In a small bowl, whisk together the peanut butter, chili garlic sauce, soy sauce, and water. Set aside. Drain the shirataki noodles, rinse, and drain again.
2. Slice the tofu into four slabs of equal thickness. Place them on a double-thick layer of paper towels, and place another double-thick layer of paper towels on top. Press down gently until the paper towels are soaked through. Repeat.
3. Heat a nonstick skillet (important!) over medium-low heat. Add the tofu, and cook for 3-4 minutes on each side, or until it turns light golden. Remove from, and slice into bite-sized pieces once cool enough to touch.
4. Lightly coat the pan with nonstick cooking spray, and add the peas and carrots. Sauté for 2-3 minutes. Add the noodles and tofu, and cook 2-3 more minutes, stirring occasionally. Add the prepared sauce, and stir until everything is coated. Serve immediately.

*Note: These are low calorie, gluten-free noodles and can be found near the tofu in the grocery store. Cooked whole-wheat fettuccine (4 oz dry) may also be substituted.

Nutrition (shirataki fettuccine): 123 calories, 4.8 g fat (0.6 g saturated fat), 0.0 mg cholesterol, 133.2 mg sodium, 9.8 g carbohydrate (3.6 g fiber, 2.4 g sugar), 10.7 g protein

Nutrition (regular fettuccine): 313 calories, 5.8 g fat (0.6 g saturated fat), 0.0 mg cholesterol, 133.2 mg sodium, 43.8 g carbohydrate (9.6 g fiber, 2.4 g sugar), 19.7 g protein



Spicy Steak Tacos

These taste wonderful with just the onions, but feel free to add your favorite toppings! Cheese, lettuce, tomatoes, and guacamole would all work nicely.

7 oz sirloin tip side steak

$\frac{1}{4}$ — $\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp chili powder

1 small yellow onion, thinly sliced

4 (6") white corn tortillas

salsa, for serving

1. Trim the steak of any visible fat. Slice the meat against the grain into $\frac{1}{4}$ "-thick pieces and trim again, if necessary. Sprinkle each side with the salt and chili powder. Place the seasoned steak in a bag, seal, and chill for at least 2 hours, or up to overnight.
2. Lightly coat a large pan with nonstick cooking spray, and preheat over medium heat. Add the onions and cook for 8-10 minutes, stirring constantly, or until the onions turn soft and golden. Remove from the pan and set aside.
3. Wipe out the pan with a paper towel, and lightly coat again with the cooking spray. Add the steak, and cook for 1-2 minutes per side, only flipping once, or until it reaches the desired degree of doneness. Let the steak rest for 2-3 minutes before slicing into bite-sized pieces.
4. To assemble the tacos, place one-quarter of the steak onto each taco, and top with one-quarter of the onion. Serve immediately with the salsa.

Nutrition: 291 calories, 6.0 g fat (1.3 g saturated), 56.6 mg cholesterol, 420.0 mg sodium (for $\frac{1}{4}$ tsp salt), 32.8 g carbohydrate (1.0 g fiber, 2.0 g sugar), 25.1 g protein



Pan-Roasted Beet Salad

This light salad is the perfect combination of sweet, salty, soft, and crunchy!

- 1 slice wheat bread
- $\frac{1}{8}$ tsp salt
- $\frac{3}{4}$ c frozen edamame
- $\frac{1}{2}$ c sliced beets
- 4 c baby spinach
- $\frac{1}{4}$ c light Asian sesame salad dressing
- 1 tbsp crumbled goat cheese

1. Preheat the oven to 350°, and lightly coat a baking sheet with nonstick cooking spray.
2. To prepare the croutons, slice the bread into small squares, and place onto the prepared pan. Lightly coat with cooking spray, and sprinkle with salt. Bake at 350° for 6 minutes, tossing halfway through, or until bread is toasted. Let cool.
3. Place the edamame in a microwave-safe bowl, and cover with plastic wrap. Microwave on HIGH for 1½ minutes, or until cooked through. Remove the plastic wrap and let cool.
4. Lightly coat a large pan with nonstick cooking spray, and add the beets. Cook for 2-3 minutes per side over medium-low heat, or until fork tender. Remove from the pan, and slice into bite-sized strips.
5. In a large bowl, toss the spinach with the salad dressing until all leaves are coated. Add the edamame and beets, tossing again. Divide the salad between two plates, and top each with half of the croutons and goat cheese.

Nutrition: 211 calories, 6.3 g fat (1.1 g saturated fat), 3.3 mg cholesterol, 646.6 mg sodium, 26.9 g carbohydrate (4.5 g fiber, 10.9 g sugar), 14.0 g protein



BBQ Pork Sandwiches

These are great for a picnic! Serve with fresh fruit, potato chips, or a light salad.

½ lb pork tenderloin, trimmed

¼—½ tsp salt

4 tbsp barbeque sauce

2 whole wheat English muffins

1. Slice the pork tenderloin into ½"-thick medallions, and sprinkle each side with the salt. Lightly coat a large pan with nonstick cooking spray, and cook the medallions over medium-low heat for about 3 minutes per side, or until light golden. Let the pork rest for 4 minutes.
2. While the pork rests, toast the English muffins.
3. Shred the pork with two forks, and toss with the barbeque sauce. Divide the pork between the two bottom halves of the English muffins, and top with the other half.

Nutrition: 376 calories, 7.5 g fat (1.9 g saturated), 89.5 mg cholesterol, 974.2 mg sodium, 46.0 g carbohydrate (8.0 g fiber, 20.0 g sugar), 36.9 g protein

Note: The Nutrition Information will vary depending on what brands of barbeque sauce and English muffins are used. Here, each tablespoon of barbeque sauce was 35 calories, and each English muffin was 120 calories.

Also, the amounts above were calculated with ¼ teaspoon of salt and do not reflect trimming the pork tenderloin! They will be slightly lower if the pork tenderloin is trimmed.

Desserts





Mexican Chocolate Chip Cookies

These cookies are really spicy. Double the recipe satisfy any big dessert cravings!

4 tbsp all-purpose flour
1/16 tsp baking powder
1/8 tsp cornstarch
1/8 tsp cinnamon
1/16 tsp cayenne pepper
1 tsp butter, melted
4 tsp brown sugar
2 tsp unsweetened applesauce
1/4 tsp vanilla extract
1 tsp mini chocolate chips

1. Preheat the oven to 350°, and lightly coat a baking pan with nonstick spray.
2. In a small bowl, whisk together the flour, baking powder, cornstarch, cinnamon, and cayenne. In a separate bowl, stir together the butter and brown sugar. Mix in the applesauce and vanilla, Add the dry ingredients to the wet, stirring just until incorporated. Fold in the chocolate chips.
3. Divide the cookie dough in half, and shape each into a ball. Place onto the prepared baking pan, and flatten the tops slightly. Bake at 350° for 9-11 minutes. Cool on the pan for 5 minutes before eating.

Nutrition: 130 calories, 3.2 g fat (1.9 g saturated), 6.5 mg cholesterol, 35.0 mg sodium, 26.9 g carbohydrate (0.6 g fiber, 14.2 g sugar), 1.7 g protein



Black & White Brownies

These brownies are really dark! Add an extra teaspoon of sugar if you like your brownies sweeter, or use regular unsweetened cocoa powder instead. (The Hershey's Special Dark gives it the black color!)

- 1 tbsp dark chocolate chips
- 1 egg white
- 2 tbsp skim milk
- $\frac{1}{8}$ tsp vanilla extract
- 1 tbsp granulated sugar
- 3 tbsp Hershey's® special dark unsweetened cocoa powder
- 3 tbsp all-purpose flour
- $\frac{1}{8}$ tsp baking powder
- $1\frac{1}{2}$ tsp white chocolate chips

1. Preheat the oven to 350°, and lightly coat two muffin cups with nonstick cooking spray.
2. Add the dark chocolate chips to a small microwave-safe bowl. Microwave on HIGH for 20-second intervals, stirring after each one, until the chocolate melts. Set aside to cool slightly.
3. In a separate bowl, whisk the egg white until it starts to turn frothy. Stir in the milk and vanilla. Whisk in the cocoa powder, smearing any lumps against the side of the bowl. Stir in the melted chocolate. Mix in the flour and baking powder, stirring just until incorporated. Fold in 1 teaspoon of the white chocolate chips.
4. Divide the batter between the prepared muffin cups, and sprinkle the remaining white chocolate chips on top. Bake at 350° for 16 minutes, or until a toothpick comes out with a few crumbs attached. Cool in the muffin cups for 5 minutes before eating.

Nutrition: 152 calories, 4.8 g fat (3.0 g saturated fat), 1.0 mg cholesterol, 71.9 mg sodium, 25.5 g carbohydrate (3.6 g fiber, 10.9 g sugar), 5.4 g protein



Raspberry Almond Cupcakes

These cupcakes are sweet, tangy, and sophisticated!

6 tbsp all-purpose flour
3/8 tsp baking powder
1 tsp butter, softened
4 tsp granulated sugar
1 tbsp egg white
3/8 tsp almond extract
4 1/2 tsp skim milk
1 tbsp fat-free cream cheese, softened
2 tbsp powdered sugar, sifted
1/4 tsp vanilla extract
1 tbsp raspberry jam

1. Preheat the oven to 350°, and add paper cupcake liners to two muffin cups. Lightly coat with nonstick cooking spray.
2. In a small bowl, whisk together the flour and baking powder. In a separate bowl, cream together the butter and granulated sugar using the back of a fork. Mix in the egg white and almond extract. Add half of the flour mixture, stirring just until incorporated. Mix in the milk. Add in the remaining flour mixture, stirring just until combined.
3. Divide the batter between the prepared muffin cups, and bake at 350° for 19-21 minutes, or until the tops turn very light golden brown. Cool in the muffin cups for 5 minutes before turning out onto a wire rack to cool completely.
4. In a small bowl, stir the cream cheese until smooth. Add in the vanilla, mixing well. Stir in the powdered sugar.
5. Cut a small hole out the center of each cupcake, and spoon in 1 1/2 teaspoons of jam. Top each with half of the cream cheese frosting.

Nutrition: 208 calories, 2.2 g fat (1.2 g saturated), 6.7 mg cholesterol, 157.1 mg sodium, 42.1 g carbohydrate (0.6 g fiber, 23.2 g sugar), 4.7 g protein



Strawberry Cobbler

These would be perfect topped with vanilla ice cream (or frozen yogurt)!

1½ c sliced strawberries
3 tsp granulated sugar, divided
6 tbsp + 1 tsp flour, divided
⅛ tsp cinnamon
⅛ tsp baking powder
½ tsp butter, chilled
2 tbsp + 2 tsp skim milk
⅛ tsp almond extract

1. Preheat the oven to 350°, and lightly coat two small 1-cup ramekins with nonstick cooking spray.
2. In a medium bowl, combine the strawberries, 1 teaspoon sugar, 1 teaspoon flour, and cinnamon. Stir until all of the fruit is coated; then set aside.
3. To make the biscuit topping, whisk together the remaining flour, sugar, and baking powder in a small bowl. Cut in the butter with a fork until a very fine meal forms. Stir in the milk and almond extract until just incorporated.
4. Divide the strawberry mixture between the ramekins. Drop 4 dollops of the biscuit topping into each ramekin. Cover the ramekins with tin foil, and bake at 350° for 20 minutes. Remove the foil, and continue to bake uncovered for another 8-10 minutes, or until the biscuit dough turns light golden. Cool for 5-8 minutes before eating.

Nutrition: 167 calories, 1.7 g fat (0.6 g saturated), 3.0 mg cholesterol, 41.0 mg sodium, 35.2 g carbohydrate (3.6 g fiber, 14.0 g sugar), 4.0 g protein



Banana Brûlées

These are so simple to make, but they look (and taste) quite elegant!

½ c skim milk
4 tsp cornstarch
8 tsp granulated sugar, divided
½ tsp canola oil
¼ tsp vanilla extract
¼ c mashed ripe banana
1½ - 2 c boiling water

1. Preheat the oven to 325°, and lightly coat the inside of two 1-cup ramekins with nonstick cooking spray. Place inside of an 8"-square baking pan.
2. In a small bowl, whisk together the milk and cornstarch until frothy. Whisk in 4 teaspoons of sugar, oil, and vanilla. Stir in the banana. Divide the mixture between the two ramekins. Pour the boiling water into the 8"-square pan, being careful not to spill any inside the ramekins. Bake at 325° for 22-24 minutes, or until the brûlées jiggle slightly when gently shaken. Leave in the pan for 5 minutes before removing to cool to room temperature. Chill for at least 4 hours.
3. Just before serving, sprinkle each brûlée with 2 teaspoons of sugar. Using a torch, melt the sugar until light brown and crispy. Serve immediately.

*Nutrition: 142 calories, 1.3 g fat (0.2 g saturated), 1.3 mg cholesterol, 26.7 mg sodium, 31.2 g carbohydrate *0.8 g fiber, 23.4 g sugar), 2.4 g protein*

About the Author



Amy is the author of the blog ***Amy's Healthy Baking***, where she develops and publishes healthy recipes, as well as the eBook **The Basics of Food Photography: Compositional Elements**. She began baking as a seven-year-old, when she sweetly surprised her mother with strawberry muffins—and a very messy kitchen. Amy still spends most of her time measuring flour and scooping out sugar, but when she isn't photographing her creations or scrubbing the dirty measuring spoons, she enjoys running, watching baseball, and singing along to the radio (when no one is around to hear).

Learn more about Amy and her recipes on her blog at **amyshealthybaking.com**.