

Beyond the Plate

Cooking for One

SEPTEMBER 2022 RECIPES



Hi, I'm Maria, and welcome to my recipe book for

Beyond the Plate: Cooking for One!

In this recipe book, you'll find four of my favourite fast and easy recipes for those who may be having trouble meal planning and/or prepping, grocery shopping, or eating alone after losing a loved one.

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please call (519) 974-7100 or visit www.thehospice.ca.



Fast and Easy Italian Wedding Soup

Prep Time: 20 Minutes

Cook Time: 40 Minutes

Total time: 1 Hour

INGREDIENTS

For Broth:



- 1 -2 containers of chicken broth
- Small onion (or half is fine)
- 1-2 carrots
- 1-2 stalks of celery
- $\frac{1}{2}$ tomato (optional)
- Frozen spinach (optional)
- 4-6 oz of Acini de Pepe or other tiny pasta*

For Meatballs:

- 1 ground chicken breast *or* 1 package of ground turkey or chicken
- $\frac{1}{2}$ cup breadcrumbs (amount depends on amount of ground chicken used)
- $\frac{1}{2}$ cup grated Parmesan (more if you like!)
- $\frac{1}{4}$ cup chopped parsley
- 1 egg
- Salt and pepper to taste



INSTRUCTIONS

To make the meatballs:

- Place the ground chicken or turkey in a bowl along with the breadcrumbs and Parmesan cheese.
- In a measuring cup, crack the egg and beat slightly; add salt and pepper to egg and mix in chopped parsley.
- Add the egg mixture to the meat/bread mixture and mix well. Mixture should be dry enough to form meatballs. If too wet just add more breadcrumbs or cheese.
- Roll the mixture into small meatballs (adjust size to your liking)



Step 1



Step 2



Step 3



Step 4



Step 5

To make the soup:

- Add the broth, celery, carrot, and onion and half of a tomato to a large pot. You may chop the carrots and celery into pieces if you like vegetables in your soup, otherwise you can leave them whole and remove once they are cooked, along with the onion.
- Bring this to a gentle boil and let cook for about 20 minutes. Check occasionally to be sure it is not reducing too much. If you boil too fast, it will evaporate and you will need to add more stock or a bit of water to the pot. There is no need to add salt as the broth already has salt in it.



- Once the vegetables in the broth have softened, add in the uncooked meatballs and stir to make sure they don't stick to the bottom. What makes it so simple is that **you don't need to brown the meatballs beforehand**. Cooking them right in the broth saves you time, and also infuses the broth with lots of flavor.
- Let simmer for 5-10 minutes depending on the size of the meatballs.
- In another pan, boil the pasta until done (follow the directions on the package). Add the pasta to the broth and season with salt and pepper if needed. Sprinkle with Parmesan cheese before serving if you wish.



Tips, Tricks, Shortcuts and Substitutions:

- If you can't find Acini de Pepe, you can substitute any other small noodle such as small shells, orzo, or even rice.
- If you own a food processor, you can use it to make this recipe even faster. Just place all the ingredients for the meatballs in the food processor and pulse until you get a uniform ball.
- Many people add spinach to this recipe, I prefer it plain. If you do like spinach, fresh or frozen can be added at the end of the cooking, just enough to wilt it.
- Parmesan cheese can be optional if you need the recipe to be dairy free. Use freshly grated Parmesan or deli Parmesan (not the boxed type) for best results!
- When rolling the meatballs keep a small bowl of water handy. Wet the palms of your hands and then roll the balls, this keeps them from sticking to your hands.



“Lazy” Cannelloni

Prep Time: 15 Minutes

Cook Time: 35 - 45 Minutes

Total time: 50 Minutes - 1 Hour

INGREDIENTS

- 1 package of egg roll wrappers (18 in a package)
- 16 oz. (800 g) of ricotta
- 1 large egg
- 1 cup Parmesan grated (or to taste)
- 2 cups of shredded mozzarella (optional)
- 1 package of frozen spinach (optional)
- Sauce of your choosing
- Salt to taste



INSTRUCTIONS



1. Preheat your oven to 180° C (350° F)
2. Place ricotta in a bowl, then add Parmesan and salt to taste
3. Mix well – taste mixture for seasoning before adding the egg
4. Add shredded mozzarella and/or frozen spinach if you wish
5. Add egg to bind ingredients

6. Place mixture into a large Ziploc bag and snip off the corner of the bag, creating a “piping bag”
7. Lay out the egg roll wrappers on a cutting board
8. Pipe the mixture at one end of the wrapper (you can fill them to your preference)
9. Roll each wrapper with the filling into a tube form



Cooking Fresh Cannelloni:



- Line the bottom of a baking pan with tomato sauce
- Place each tube seam side down in the sauce
- Generously cover the cannelloni with tomato sauce
- You can sprinkle mozzarella on top or Parmesan
- Cover with aluminum foil and bake at 350° F for approximately 35 minutes

Cooking Frozen Cannelloni:

- Following the instructions listed above, place the frozen cannelloni in your pan
- Bake at 350° F for approximately 45 minutes
- Frozen cannelloni are finished cooking when they are puffed and bubbly



Tips, Tricks, Shortcuts and Substitutions:

- You can either cook your cannelloni fresh, or flash freeze them on a cookie sheet for 30 minutes individually, and once they are frozen, place them into a Ziploc bag to use them as needed.
- Using egg roll wrappers instead of pasta sheets is why these are called "Lazy" Cannelloni. You can substitute the egg roll wrappers with fresh pasta sheets cut to size if you wish.
- Many people add spinach and/or mozzarella to this recipe. If you wish, you can add frozen or fresh spinach into the mixture, and shredded mozzarella into the mixture or on top before putting your cannelloni into the oven. If you are adding frozen spinach, defrost and squeeze to remove any moisture.
- Placing the mixture into a Ziploc bag allows you to create a "piping bag" for your filling if you do not have one. The bigger you cut the hole in the corner of your Ziploc, the more mixture will come out at once. Cut to your preference.



Easy Ricotta Gnocchi

Prep Time: 18 Minutes

Cook Time: 1 - 2 Minutes

Total time: 20 Minutes

INGREDIENTS



- 1 lb. whole milk ricotta cheese
- 2 cups flour
- 3 egg yolks
- 1 cup Parmesan cheese
- Nutmeg and salt to taste

INSTRUCTIONS

1. Drain the ricotta by sandwiching it between a few paper towels and gently press so that the paper towels soak up the excess moisture.
2. Add the drained ricotta to a large bowl and mix in flour, Parmesan, nutmeg, and salt until combined. Taste the mixture to ensure there is enough salt, then mix in the egg yolks.



3. Shape the dough into a round disk with your hands, then transfer it to a lightly-floured cutting board and sprinkle the dough lightly with flour. Add flour as needed (it tends to get sticky).
4. Mix the dough and knead until it's smooth. Cut the dough into eight equal pie-shaped pieces. Gently roll out each piece into an even log, approximately $\frac{3}{4}$ inch wide. Cut into individual bite-sized gnocchi squares. Lightly dust with flour once more to prevent them from sticking together.
5. Fill a medium sized pot with water and bring to a boil. Add the gnocchi and cook for approximately 30 – 60 seconds. They will float to the top once they are cooked. Drain them with a slotted spoon and put into a bowl with your favourite sauce!



Tips, Tricks, Shortcuts and Substitutions:

- When adding flour to your mixture, add more flour as needed to make sure the dough isn't sticky. Having to add more flour than the recipe calls for is normal, especially depending on how much you drain your ricotta.
- If your mixture is too dry, add more ricotta or another egg yolk. This will add more moisture and create a better texture for your dough.
- Don't overcrowd your pot when boiling the gnocchi – you can cook in two batches if necessary to ensure they cook properly and don't stick together while boiling.
- You can freeze your gnocchi and cook from frozen to avoid waste - make your gnocchi and distribute them evenly on a non-stick surface like parchment paper or a silicone mat. Sprinkle flour and place the gnocchi on a baking sheet and flash freeze them until they are firm, then put them into a plastic bag and use as needed. To cook from frozen, follow the same cooking instructions above. The gnocchi will need to be cooked longer, but will still float to the top once they are cooked.



Simple Tomato Sauce

Prep Time: 10 Minutes

Cook Time: 35 - 45 Minutes

Total time: 50 Minutes - 1 Hour

INGREDIENTS



- 796ml can whole, peeled tomatoes
- 1 medium sweet onion
- 5 tablespoons of butter
- Salt and pepper to taste

INSTRUCTIONS

1. Add a full can of whole peeled tomatoes to a sauce pan and mash them using your hands or a potato masher.
2. Peel the onion, then trim by cutting both ends off, cut in half lengthwise, and add to the pan.
3. Add 5 tablespoons of butter, along with salt and pepper to taste, and bring to a boil.
4. When the tomatoes begin to bubble, lower heat to a slow but steady simmer.





5. Allow your sauce to reduce for approximately 45 minutes, stirring every 10-15 minutes so the sauce does not stick or burn.
6. The sauce is done when there is no more liquid remaining and the butter has separated from the tomatoes. Remove the onion, and enjoy with your favourite dish!

Tips, Tricks, Shortcuts and Substitutions:

- You can substitute fresh, peeled tomatoes for the canned tomatoes. Cut an "X" in the bottom of the tomato and drop into boiling water for 1 minute to help make the peeling process easier. Coarsely chop your tomatoes before adding to a sauce pan.
- Add salt and pepper to taste, but you can also add other spices to taste as well, such as fresh basil, parsley, or Italian seasoning.
- This sauce is simple and easy, but also a traditional recipe from the northern part of Italy. You can serve with any dish of your choosing, including gnocchi, cannelloni, spaghetti, etc. Add fresh Parmesan on top if you wish.