

Cover

How To Cook

Fast, Fresh & Single



50 Quick-From-Scratch Entrees For One

(with the average carbs of a slice of bread.)



Henri Bec

Back cover

The Happy Freshatarian.

There are 40 million one-person-households in the US – the fastest growing group in the US Census -- and this is the first, quick-from-scratch cookbook for the single-serving cook.

Three delightful all-fresh meals a day from this book are 60 carbs and 900 calories...*a level so low that every adult can lose weight rapidly.*



Breakfast: Boulder Omelette. 6 carbs.



Lunch. Pokè Shrimp Salad. 18 carbs



Dinner. Easy Coq au Vin. 23 carbs

But what about hunger? In processed food, the long, high heat and chemicals of processing degrades the amino acids -- the basic building blocks of life -- and leaves you craving more helpings.

Fresh-cooked foods are suprisingly more filling. You can go for many hours without eating because you feel full and satisfied, while high-carb meals give you a big insulin spike, which soon crashes...and food starts entering your thoughts again.

Whole fresh-foods...cooked from scratch...are so healthy that they have long been shown to slow the aging process in all adults, young or old.

This book has 50 quick, low-carb versions of favorite dishes, *along with 12 low-calorie side-salads, 10 low-carb side-dishes, and quick low-carb tortillas, crepes, biscuits, along with dozens of delicious sauces.*



Henri

Introduction:

Are you tired of the mind-bending math it takes to convert 4-6 person recipes into one-serving? You'll love this book.

- We've done all the single-serving math for you.
- We've even done the nutrition math, (if you're counting.) The total carbs and calories are not only listed for every dish, but for every ingredient inside the recipe to make it easy to mix and match ingredients.
- To speed up shopping, there are no exotic ingredients. Every ingredient in this book was purchased at a medium-sized Kroger's, Safeway or Walmart.
- All the recipes are stovetop, and are designed for the simple, streamlined kitchens that many singles have.
- Best of all, eating fresh slows the aging process, lets you lose weight naturally, and lowers anxiety. (See the clinical studies in the Appendix.)

Appendix:

Demographics:

With Americans postponing families longer each year...and living longer..., one-person households are now 30% of all households and the fastest growing segment in the US Census.

Single households tend to be more nutrition-savvy, host cocktail-parties-with-appetizers instead of big, dinner parties and they enjoy simpler kitchens. Until now, cooks have had very few delicious and healthy recipes for one person.

Studies and Bulletins:

THE NUTRINET-SANTE STUDY

[Microsoft Word - protocole general en anglais](#)

[NutriNet_Aug2013_EM_03_09_13](#)

This landmark 2019 study followed the eating habits and medical history of 105,000 French people for 10 years. They found that the people who primarily ate fresh-cooked food scored significantly lower in cancer, heart disease and overall death-rate than those who primarily ate ultra-processed food. To find out why, they are now studying the long-term risks of food additives.

[Low-Carbohydrate Diet - StatPearls - NCBI Bookshelf \(nih.gov\)](#)

Low-Carbohydrate Diet: Benefits and Concerns. *National Institute of Health*.

[Highly processed foods can be considered addictive substances based on established scientific criteria - PubMed \(nih.gov\)](#)

11-9-22. Engineered to induce cravings, highly processed foods are just as physically addictive as tobacco. *National Institute of Health*.

[Ultra-processed foods may increase risk of depression | News | Harvard T.H. Chan School of Public Health](#)

There is a significant correlation between ultra-processed foods and a higher risk of anxiety and depression. *Harvard School of Public Health*.

Single-Serving Cooking Tips:

Tender carrots or celery in two minutes. 55-A: Cut carrots crosswise into 1" slices, place upright on a micro-safe dinner plate, add ¼ cup of water and cover with another plate upside down. Microwave on high for about 90 seconds. Test with a fork inserted down into the largest slice to the bottom. (Careful, it will be HOT!)

If tender, cut the slices in thirds crosswise and set aside covered, or just toss them into the *ragout*, (stew.) Use the same steaming technique for celery, asparagus and other tough, fresh veggies that take too long to get tender in the main dish.

Two perfect hard-boiled eggs in one minute: Break two eggs in a bowl, fish out the yolks, and micro them in a mug for 15-20 seconds. Then add the whites to the mug without stirring and micro for 30-40 more seconds. You'll end up with a tight cylinder of solid egg with visible yolks that you can slice thinly for more protein in salads, or chop into chunks right in the mug.

For a great Deviled egg salad. add 1 tbsp each of low-fat mayo and sweet-pickle relish, along with ½ tsp mustard . Top it off with paprika. (Egg salad makes a great, low-carb substitute for potato salad as a side-dish.)

A revolutionary substitute for high-calorie salad oil: *(Recipe 54-A)*

Salads can be very deceptive in calories because of salad oil -- all oils are about the same at 120 calories per tablespoon -- and oils can add several hundred calories to a salad. Here's a brand-new, 45-calorie-per-tablespoon vinaigrette dressing with oil that clings to the salad ingredients, and doesn't instantly pool in the bottom of the bowl:

Add 2 tbsp. warm water to 2 tbsp. golden flax-flour and set aside 10-15 minutes to thicken. It magically turns into a very thick, low-calorie flax-oil emulsion that is all monosaturated fat, (the healthy kind,) at 1/3 the normal calories and 3 times the omega-3 oil.

Fork-whip in 1 tsp of Inglehoffer stone-ground mustard, 2 tsp golden-balsamic vinegar and 1 or 2 tbsp. of water. Delicious and naturally sticky, this revolutionary, new dressing sticks tight to the salad ingredients, and doesn't immediately sink to the bottom.

Almond-Flour 5-Carb Tortillas That Can Be Anything: *(Recipe 53-B)*

Sturdy 8" tortillas that double as enchiladas, blintzes, soft tacos, pizza crusts, naan bread and more. Cooks in five minutes on a stovetop. (No dough-kneading...just pour the batter into a 12" non-stick crepe-pan and brown both sides.) *2 tbsp. almond flour, 1 tsp. cornstarch, 1/3 cup liquid egg whites, 1/4 c water.*

How to bake 8-carb fresh bread, quick-from-scratch, in 90 seconds: *(Recipe 53-A)*

Imagine spreading butter on bread so fresh that it is too hot to eat! (Yes, this recipe is real, and it's 3000 years old.)

5 tbsp. golden flaxseed flour, 1/2 tsp. baking powder and 1/3 cup clear liquid eggs. Dry-mix the flour and baking powder very thoroughly and add the liquid eggs. Stir and pour into an oil-sprayed medium coffee mug. Microwave on high for 1 to 1 1/4 minutes. Let cool. Slice into thirds for biscuits.

The fastest zucchini spaghetti-noodles: *(Recipe 55-H)*

Peel the zucchini(s) with a veggie peeler, cut the ends off straight, and mount it in an inexpensive hand-cranked spiralizer from Walmart. Crank away in the largest hole-size.

Pile the noodles in the center of a board and cut the pile in fourths, to eliminate any super-long noodles. Put the noodles in a 12" ungreased, non-stick frypan and heat on medium, stirring and tossing until the they are *al dente*, ...soft but slightly firm when bitten. *It will have the same mouth-feel as pasta, but with a more gardeny flavor.*

Quickest way to cook chicken: *(Recipe # 2)*

Cut a semi-thawed boneless, frozen chicken thigh, (thighs are juicier,) into strips cross-grain, no thicker than 1/4 inch and fry the chicken in a preheated, ungreased 12" non-stick frying pan (covered) for 1-2 min.

Flip the chicken when it is pink on top, and cook covered on medium heat for 1 more minute. The chicken is now done, so remove and save in a covered pan. Chicken gets tougher the longer it cooks—don't re-add the cooked chicken until the sauce has thickened and nearly ready to serve.

How to make ground-turkey taste beefier: Ground turkey is bland. Stir in 1/2 tsp. or more of onion gravy mix before forming into patties.

How to make ground-turkey chunkier for sauces: Compress it into a patty and fry. Then, on a cutting-board, cross-cut it into uniform chunks with a knife.

Frozen, Seasoned-Ground-Turkey Patties are the quickest and easiest:

They're a uniform 5 ounces, much firmer and tastier than fresh because of the seasoning, and they have no preservatives. To make them chunkier for sauces, fry them first, cross-cut it into uniform chunks with a knife (like above,) add them back to the pan they were cooked in, cover with the sauce and cook until thickened.

Turkey Bacon is also bland: Add that real-bacon flavor-sizzle by sprinkling both sides of each slice *very lightly* with garlic-pepper before frying.

Quickest finely-minced fresh garlic:

Buy a bag of pre-peeled garlic cloves and keep them in the freezer. Thaw individually and squeeze them through a *square-holed* hand garlic-press, giving you finely-minced fresh garlic. (Round-holed presses crush the garlic into a fine paste that burns too quickly and can leave a bad taste.)

Canned crushed garlic in a jar is fine for small amounts, but the high heat of processing destroys the garlic's sweet overtones, leaving only the sulphur compounds.

(NEXT. Substitutions for stuff that singles usually don't have in their kitchens:)

Out of milk or soymilk?:

Singles rarely have any milk in the fridge, so buy a can of Nido Instant Whole Milk powder and mix with water according to directions. Nido lasts forever and is nice to keep around in case you need whole milk for recipes or for cereal for visiting kids.

For the most delicious, natural coffee-creamer on Earth, mix Nido a little thicker than the package instructions, (1 part Nido to 1 part water.)

Get rid of all those old, half-empty bottles of salad dressing in your fridge: Simply mix up a few tablespoons of Dressing-From-Scratch *for every salad that you make*. It just takes a couple of minutes,

you have a dozen choices and it's always fresh. (See *Recipe 54. Low-Calorie, Low-Fat Salad Dressings From Scratch*.)

Out of broth?: Put a bouillon cube, (beef, chicken or veggie,) in a coffee mug and boil in the micro for a couple minutes. Use the amount you need for the recipe and drink the rest. As a matter of fact, a hot cup of bouillon spiked with siracha is a great hunger-stopper in a long afternoon.

Out of Sour Cream?: Easy, just mix 1 ½ tbsp. low-fat mayo with 1/4 tsp. clear balsamic vinegar. Almost better than the original.

Out of Lettuce?: Finely slawed cabbage is a delightful substitute for lettuce, and, properly wrapped, a head of cabbage can last 2 months in your fridge.

Out of Sauerkraut?: Vital for brats and Ruebens! *1 cup slawed cabbage, 2 tsp. golden balsamic vinegar, 1 dash garlic pepper. Stir, then micro for 1 to 1 1/2 min.*

Hot Asian Mustard. An essential condiment for all your Asian dishes. *2 tsp. yellow mustard, ¼ tsp siracha.*

The Best Hot Sauce on Earth is Siracha: Just a few drops brightens any sauce, and leaves a high, sweet afterglow in your palate that lasts for hours.



Have fun!!

