



# Meals for Me: One Core Ingredient - Two Delicious Meals

*Sam Stern*

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## **Meals for Me: One Core Ingredient - Two Delicious Meals** Sam Stern

More than one quarter of the US population lives alone. In addition, many other people, like students and young professionals, cook alone on a regular basis. With just a little time and some basic skills, it's easy to knock up knockout meals to enjoy on your own. And there is a clever twist. By cooking the main recipe you are halfway to preparing a second dish that you can enjoy the next day. This not only saves you loads of time and effort but also makes economic sense. How many times have you been left with a solitary chicken breast left in the pack that you don't know what to do with? With Sam's recipes, the problem is solved. Eating for one shouldn't be sad, it should be a real pleasure!

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