

No Leftovers!

10 of our most popular recipes for one or two



TheNotMom.com

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BREAKFAST

Three-Cheese Morning Pizza

Makes 8 generous servings

Hardy enough to freeze for quick-grabs, and stays good in the frig for a week. I also had good results substituting bacon or other meats and veggies. -- Karen Malone Wright

- 1 crescent rolls (*Like a chewier crust? Choose the Big & Flaky*)
- 1 lb bulk sausage (*or try a 50/50 mix of sage and hot*)
- 1 cup thawed or refrigerated hash brown potatoes
- 2 eggs, slightly beaten
- 1/4 cup sour cream
- 3/4 cup shredded mozzarella cheese
- 1 Tbls grated Parmesan Cheese
- 1/4 cup diced fresh red pepper

1. Heat oven to 350. Spray 9×13" pan with PAM. Unroll dough in pan , pushing up 1/4" on sides and crimping edges with fingers.
2. Cook sausage, drain on paper towel and crumble over dough.
3. Sprinkle potatoes liberally over meat.
4. Mix sour cream into eggs and pour mixture over potatoes.
5. Top with cheeses and red pepper. Bake 30 minutes or until crust is browned to your satisfaction. Rest 5 minutes before slicing.



BREAKFAST

Quiche à la Toaster Oven

Makes 1 serving

Baking results are perfect for this no-carb quickie in my convection toaster oven broiler. When I don't feel like cooking bacon, I make this with spinach . -- Faye Davenport

1 egg	1/2 cup fresh spinach, chopped
1/4 cup cream or milk	1 Tbls onion, chopped
1/4 tsp salt	1/4 tsp garlic, chopped
Pinch of sugar (1/16th tsp)	Pinch of nutmeg
2 Tbls Swiss cheese, shredded	Salt and pepper

1. Chop the spinach and sauté in a skillet with the garlic and onion. Season with nutmeg and a little salt and pepper. Cook until most of the moisture has been cooked from the spinach. Set aside to cool.
2. Beat together the egg, cream, salt, sugar and cayenne pepper.
3. Spray baking ramekin with non-stick spray. *(I tried this recipe in 12 oz. and 16 oz. ramekins and liked the rise better in the 12 oz.)*
4. Spread sautéed veggies on the bottom of the dish. Top with cheese, then pour egg mixture over all.
6. Bake at 350 for 30 minutes or until it's puffed up and set. Rest for five minutes. Expect the quiche to deflate slightly. Use a spatula to remove from dish, and enjoy!



BREAKFAST

Slow-Cooker Overnight Oats

Makes 4 servings

Cold smoothies are deeply unappealing on winter mornings. Wake up to a house filled with the aroma of apple cinnamon oats, and BOOM! Breakfast is ready. -- Samantha Pollack

3/4 cup steel-cut oats

4 cups milk (*I use unsweetened hemp milk*)

2 lg Granny Smith apples, chopped in separate piles

1/4 cut walnuts, chopped (optional)

1 Tbls honey or sugar (*optional*)

1 Tbls butter

1 tsp cinnamon

1/4 tsp nutmeg

Pinch of salt

Splash of lemon juice

1. Sprinkle or spritz one pile of chopped apple with lemon juice, then put in a small bowl and store in the fridge.

2. Place everything except nuts and refrigerated apple in slow cooker and stir. Cook on low overnight for 8 hours.

3. In the morning, stir oats before serving, and add some remaining chopped apples and a few fresh chopped nuts to each serving.

Stovetop Instructions:

1. Prepare chopped ingredients. Spritz and refrigerate apples in separate bowls. Soak oats overnight at room temperature in a glass bowl with enough warm water to cover.

2. In the morning, add one bowl of apples and everything except nuts. Cook on medium, stirring occasionally, until heated through. Mixture will thicken for 30 minutes or until oats are cooked through and mixture has thickened.



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ENTRÉES & SIDES

Makes 2 servings

Potato Soup

A good snow day generates a Pavlovian response: must make soup. This recipe is adapted by me from The Pioneer Woman Perfect Potato Soup. -- Faye Davenport

1 slice bacon, chopped
1 large potato, diced
1 heaping Tbls chopped onion
1"-2" celery stalk, chopped
1 1/4 cup chicken broth
1 1/2 tsp flour

2 1/2 Tbls milk
1 1/2 Tbls heavy whipping cream
Salt and pepper
Cajun seasoning or cayenne pepper
2 Tbls shredded or grated cheese of your choice
Optional: garlic powder, garlic salt, sour cream

1. Cook bacon in a good-sized pot over medium heat until crisp. Remove from pot and set aside. Pour out most of the grease - save or dispose.
2. Return pot to the heat, add celery and onions and cook for two minutes.
3. Add the potatoes and season with a generous sprinkle of salt, pepper, and Cajun or cayenne. Cook and stir for five minutes.
4. Add broth and bring to a gentle boil. Cook veggies for 10 minutes. until potatoes begin to get soft. Whisk together the flour and the milk, pour into soup and cook for another five minutes.
5. Pour 1/2 to 2/3 of the soup into a food processor or blender and mix until smooth. Return to pot to reheat. Stir, while slowly adding cream. Season to taste.
7. Pour into bowls and top with bacon and cheese (*I used pepper jack*).



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ENTRÉES & SIDES

Mac & Cheese

Makes 1 serving

I believe in oven-baked macaroni and cheese, so I ignored recipes for stove-top versions. But, one day I had a craving and no time to cook. What a revelation! -- Faye Davenport

1 cup elbow macaroni or mini-shells

1 cup shredded extra-sharp cheddar cheese

1/3 cup evaporated milk or half-and-half

1 Tbls unsalted butter

Several grinds or pinches of black pepper

1 /8 tsp ground mustard

1/4 tsp salt

1 or 2 shakes tabasco or hot sauce

1 Tbls egg or egg white, beaten

1. Boil the pasta in salted water according to package instructions. Drain the pasta and return to the pot.
2. In a small bowl, whisk together milk, mustard, salt, pepper, hot sauce and egg.
3. Turn on low heat under pasta, add butter and toss to coat.
4. Stir in milk mixture and add cheese. Continue stirring for 2-3 minutes. Remove from heat and add more salt and pepper if desired.
5. Let pasta rest for a minute or two to allow sauce to thicken, and enjoy!



AllRecipes.com

ENTRÉES & SIDES

Harvest Hash

Makes 4 servings

Creating healthy meals for the child-free should be easy, right? No kids whining about eating their veggies. Besides, this meal is tasty AND good for you. -- Samantha Pollack

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|-----------------------------------|---------------------------|
| 1/2 of a butternut squash, diced | Handful dried cranberries |
| 1 large sweet potato, diced | Pinch of sugar |
| 2 Yukon Gold potatoes, diced | 1 tsp sage |
| 1 small Granny Smith apple, diced | 1 tsp oregano |
| 1/2 onion, diced | Salt to taste |

For Glaze

- 2 Tbls maple syrup
- 2 Tbls chicken stock
- 2 Tbls melted coconut oil

To Peel Squash: Heat whole squash in a 400° oven for 10 minutes. Peel, cut in half and remove seeds, then dice. (For a shortcut, use frozen squash.)

1. Set oven to 375°. Combine potatoes, squash, apple, cranberries and onion in a casserole dish. Toss with herbs and sea salt.
2. In a small skillet, prepare glaze. Heat coconut oil until liquified. Add stock and maple syrup, and drizzle over the hash. Stir to coat thoroughly.
3. Bake for 40–45 minutes, until all vegetables are soft all the way through. Toss mixture 2 or 3 times throughout the cooking process to ensure a nice glaze.



DESSERTS

Chocolate Chip Cookies

Makes 4 four-inch cookies

A person with better self-control could make a full recipe, freeze the dough and just bake a couple of cookies at a time. I don't know that person. -- Faye Davenport

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|-------------------------|--|
| 2 Tbls butter, softened | 1/4 tsp salt |
| 3 Tbls brown sugar | 2/3 cup dark chocolate chips or chunks |
| 2 tsp sugar | Sea salt |
| 1/2 tsp baking soda | 1/3 cup toasted nuts, chopped (optional) |
| 1 1/2 Tbls beaten egg | |

1. Heat oven to 350°. In a small bowl, whisk together flour, baking soda and salt.
2. In a larger bowl, cream butter and sugars. Stir in egg and vanilla.
3. Add dry ingredients to wet and mix to fully blend. Fold in chips and nuts.
4. Divide dough into four balls. Place at least 2 inches apart on baking sheet sprayed with PAM or lined with parchment. Flatten each cookie slightly (*moistened fingers work fine*) and sprinkle with a few flakes of sea salt.
5. Bake 12-15 minutes, rotating pan at halfway. Cookies are done when edges are brown and center still feels soft. For more crispiness, bake one minute more.

To toast nuts: Spread on a non-stick sheet and roast at 350° for 4-6 minutes, turning them over halfway through. Remove from oven when you can smell them.

Adapted by Faye Davenport from *Food & Wine* Nutty Chocolate Chip Cookies



DESSERTS

Pineapple Upside-Down Cake

Makes 1 or 2 servings

This cake is yumminess, adapted by me from the larger one at Epicurious. It's also good with coconut flakes added to the batter and rum sprinkled on top before serving. -- Faye Davenport

1/2 cup flour

3/4 tsp baking powder

1/4 tsp salt

2 Tbls unsalted butter, softened

1/3 cup sugar

1 egg

1/2 tsp vanilla extract

3 Tbls unsweetened pineapple juice

1 Tbls dark rum

Topping

1 Tbls butter

2 Tbls brown sugar

Pineapple, in rings, chunks or crushed

1 marachino cherry or Craisins

1. Preheat oven to 350°. Coat 5” baking pan with non-stick cooking spray.

2. Melt butter in a small skillet. Add half of brown sugar and cook one minute. Spoon into the cake pan, then mash in the remaining brown sugar. Center the cherry with pineapple around it, pushing it all down into the brown sugar mix.

3. In a small bowl, mix flour, baking powder and salt. In a larger bowl, cream together butter and sugar. Add eggs, vanilla and rum and beat for one minute. Alternately add flour and pineapple juice, beginning and ending with flour, and beat together until well blended for 1-2 minutes.

4. Pour batter into pan over pineapple and brown sugar mixture. Bake at 350 degrees for 40-45 minutes or until done. Let cool in pan for 5-10 minutes.

5. Run a knife inside the pan's edges to loosen the cake. Place a plate over pan and flip. **NOTE:** For a 6" baking pan, reduce the cooking time to 30-35 minutes.



DESSERTS

Double Chocolate Brownie

This is not a brownie for the faint of heart. The flavor is rich and intense. The crust is lightly crisp, sides are chewy, and the inside is deliciously fudgy. -- Faye Davenport

1 Tbls + 2 1/4 tsp flour	1 egg yolk
3 1/2 tsp sugar	1 1/2 Tbls Canola oil
1 Tbls + 2 tsp cocoa powder	2 Tbls cream or milk
1/4 tsp espresso powder	1/4 tsp vanilla extract
1/8 tsp baking powder	1 1/2 Tbls chocolate mini-chips or
Generous pinch of salt	chopped chocolate

1. Heat oven to 350 degrees. Coat a one-cup baking ramekin with non-stick cooking spray and line the bottom with parchment paper.
2. In a small bowl, use a fork to mix together flour, brown sugar, cocoa powder, salt, baking powder and espresso powder.
3. In a larger bowl, blend egg yolk with the oil and one tablespoon of cream and vanilla.
4. Add dry ingredients to wet and mix until combined. Add remaining cream if needed. Stir in chocolate.
5. Scoop batter into the ramekin and bake for 25-30 minutes, until a toothpick stuck in the center comes out lightly moist. For a more chewy finish, bake several more minutes until the toothpick comes out with a few crumbs.
6. Let cool in the dish for a few minutes before removing it. Enjoy it warm or at room temperature.



SmallBatchHarborSprings.com

Small-Batch Holidays

- Herb-Roasted **Cornish Hens**; **Turkey Breast** or **Turkey Thighs**; **Beef Rib Roast**; or **Baked Ham Slices**
- Mashed **Sweet Potatoes** with Garlic or Brown Sugar Butter
- **Acorn Squash** *stuffed with chopped apples, cranberries and sausage*
- **Stuffing Muffins** (*bake your favorite recipe in a 6-muffin pan*)
- Roasted **Brussels Sprouts**

Pear Dumplings (4)

2 large Bartlett pears with stems	1/4 teaspoon salt	Poaching Liquid
1/8 cup chopped pecans	1/2 egg, lightly beaten	12 oz bottle dry white wine
1/2 teaspoon vanilla extract	1/2 teaspoon cinnamon	Juice and zest of 1 lemon
1 1/2 tablespoons brown sugar		1 cinnamon stick
1 sheet puff pastry, thawed		1 cup sugar
		1/4 teaspoon salt

1. Peel and core pears. Reserve 1 inch of core with stem attached. Combine poaching ingredients in medium pot. Bring to boil, then lower to simmer. Add pears and poach, covered, 10 to 15 minutes. Remove pears from liquid. Cool.
2. Heat oven to 350 degrees. Blend brown sugar, pecans, salt, cinnamon and vanilla.
3. On floured board, cut pastry into four 6-inch squares. Center one pear on each square. Fill each with pecan/ sugar mixture and top with reserved stem. Bring all pastry corners to the top of the pear, pressing sides together with moistened fingers.
4. Place bundles on cookie sheet coated with non-stick cooking spray. Brush each with beaten egg and bake 20 to 25 minutes until puffed and golden. Cool on sheet. Serve warm or at room temperature with caramel sauce.

Mulled Cider (AKA Rum Punch)

This makes at least 10 servings and is an easy hit at potluck dinners! -- Samantha Pollack

Pour **1 gallon apple cider** into slow cooker or large pot. Add **3 cinnamon sticks**, **1/8 cup cloves**, **1 Tbls allspice** and **1 Tbls ginger**. Simmer for 2 hours. Serve hot in a mug with 2 ounces of **rum**.

theNotMom®

By Choice or By Chance.

We are a distinctive resource of news, commentary and connections for the growing community of women without children. We live in a Mom-centered environment, but we are not Moms, by choice or by chance.

We know that one of every six American women is childfree or childless, and nations around the world report comparably historic numbers, yet many of us feel isolated, accommodated, or overlooked.

The NotMom was launched in 2012 to spotlight the unique perspectives, legacies and dimensions of a woman's life without motherhood through our blog, events and social networks.

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- Karen Malone Wright, founding voice & chief executive, *The NotMom*
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