

One & Done!

YOU DESERVE BETTER THAN OVERPRICED TAKEOUT. SEE HOW SIMPLE, QUICK, AND DELICIOUS MAKING YOUR OWN MEALS CAN BE WITH THESE 5 WEEKNIGHT RECIPES FOR ONE THAT COME TOGETHER IN MINUTES, PLUS INSPIRED TIPS FROM NEW YORK CITY CHEF JJ JOHNSON.

PHOTOGRAPHY BY KATE SEARS



BUTTERNUT SQUASH & CHICKPEA VEGETABLE CURRY

1



HONEY MUSTARD CHICKEN SALAD ON WHOLE WHEAT

3



SHAKSHOUKA FOR ONE

4

THIN CRUST
GREEK PIZZA

2

PASTA WITH
CREAMY
BUTTERNUT
SQUASH
& SAGE

5

SEE ALL
RECIPES
STARTING
ON P.101



+ SOLO SUPPER SAVVY

Chef JJ Johnson shares his secrets for cooking for one—and loving it.

Embrace the perks You can buy whatever you want, cook whatever you want, and make it taste amazing to you. Plus, you're not spending money on takeout—so you can control your cash flow and use that saved money on something else.

Shop differently When you're at the grocery store, it's all too easy to inadvertently overshop. So ask yourself, "Am I going out to dinner this week?" Think about how many meals you'll eat at home and plan accordingly. Look for vegetables you can easily portion, like a bunch of asparagus: Pull a few stalks out every night to cook. And buy some things that will last a while, like a container of feta or roasted peppers.

Love your leftovers Go ahead and make that recipe for two or four—whatever it calls for. You can always use the leftovers to make new, different meals. If you have steak one night, maybe try steak and eggs another day. Or a big piece of salmon one night could be salmon salad the next day, and a salmon-egg salad sandwich the day after that. If I have leftover roasted vegetables, I eat them on rye bread with spicy mayo.

Work ahead Chop things like onions, garlic, and celery all at once, then store in a plastic pint or quart container. When you start cooking, just pull the chopped mix out—suddenly, cooking throughout the week isn't as troublesome.

Make it a date Cooking at home should soothe you, it should be enjoyable. Turn on some music, maybe chat with a friend on FaceTime. Make it fun and distract your mind from other things going on in the world. —AS TOLD TO MELANIE MANNARINO