

Tired of eating overpriced take-out or another bowl of pasta on those evenings you find yourself dining alone? Fast and deliciously original, the single-serving dishes featured here cut down on quantities, but not on taste. And since the only palate you have to please is your own, we've also come up with ways to personalize each dish for ultimate dinner satisfaction.

Rice Noodle Bowl with Broccoli and Bell Peppers

SERVES 1 | 30 MINUTES OR FEWER

Rice noodles give a simple stir-fry a homey feel. Because the bunches of long threads can be hard to measure for one person, we've called for breaking them into pieces. Some other vegetables to throw into the stir-fry along with or in place of the broccoli: yellow squash, snow peas, sliced mushrooms, and grated carrots.

- 1½ oz. dried rice noodles (¾ cup), broken into 1-inch pieces
- 2 tsp. low-sodium soy sauce
- 1 tsp. rice vinegar
- 1 tsp. sugar
- 1 tsp. chile sauce, or to taste
- 2 tsp. canola oil
- ¼ cup finely chopped onion
- 1 clove garlic, minced (1 tsp.)
- ½ cup thinly sliced red bell pepper
- ½ cup broccoli florets
- 1 Tbs. chopped roasted peanuts, optional

1. Bring 2 cups water to a boil in medium saucepan. Add broken noodles. Remove from heat, and let stand 5 to 7 minutes, or until noodles are rehydrated. Drain, and discard water.
2. Meanwhile, whisk together soy sauce, rice vinegar, sugar, chile sauce, and ¼ cup water in small bowl. Set aside.
3. Heat oil in skillet over medium-high heat. Add onion and garlic, and stir-fry 1 minute. Add bell pepper and broccoli, and cook 1 minute more. Add soy sauce mixture, bring to a boil, and cook 1 minute more, or until bell pepper and broccoli are tender. Stir in noodles. Serve sprinkled with roasted peanuts, if using.

PER 1½-CUP SERVING: 311 CAL; 3 G PROT; 10 G TOTAL FAT (1 G SAT FAT); 55 G CARB; 0 MG CHOL; 473 MG SOD; 3 G FIBER; 9 G SUGARS

Kidney Bean and Tomato Curry

SERVES 1 | 30 MINUTES OR FEWER

This Indian curry recipe puts a whole new spin on rice and beans for supper. If you're not keen on kidney beans, try white beans, black beans, pinto beans, or even chickpeas. If you want more vegetables in the mix, add trimmed green beans, sliced squash, or okra to the kidney beans. Serve over rice.

- 2 tsp. vegetable oil
- ¼ cup finely chopped onion
- ½ cup finely chopped tomato
- ½ tsp. grated fresh ginger
- ½ tsp. ground turmeric
- 1 tsp. ground coriander
- 4 Tbs. plain low-fat yogurt, divided
- ¾ cup cooked kidney beans, rinsed and drained
- ¼ tsp. garam masala
- 1 tsp. lemon juice
- Chopped cilantro for garnish, optional

1. Heat oil in medium skillet over medium-high heat. Add onion, and cook 7 to 10 minutes, or until light brown. Stir in tomato, ginger, turmeric, and coriander. Cover, and cook 2 to 3 minutes, or until tomatoes are soft. Whisk in 2 Tbs. yogurt and ½ cup water. Stir in kidney beans, cover, and bring to a boil. Reduce heat to medium-low, and simmer 10 minutes.
2. Mash a few kidney beans in pan, then stir in garam masala and lemon

juice, and season with salt and pepper, if desired. Serve topped with remaining 2 Tbs. yogurt and garnished with cilantro, if using.

PER SERVING (1-CUP CURRY): 329 CAL; 17 G PROT; 11 G TOTAL FAT (1 G SAT FAT); 44 G CARB; 4 MG CHOL; 659 MG SOD; 15 G FIBER; 9 G SUGARS

Toasted Whole-Wheat Couscous with Basil and Sunflower Seeds

SERVES 1 | 30 MINUTES OR FEWER

Toasting couscous before cooking it gives it a nutty flavor and hearty, chewy texture. You can also top the couscous with any leftover steamed or grilled vegetables you may have in the fridge.

- ⅓ cup whole-wheat couscous
- 2 tsp. canola oil
- ¼ cup finely chopped green onions
- 1 cup diced red bell pepper
- ¼ cup finely chopped fresh basil
- Pinch cinnamon
- 2 Tbs. dry-roasted, unsalted sunflower seeds
- 2 Tbs. crumbled feta cheese, optional

1. Heat skillet over medium-high heat. Add couscous, and toast 3 to 4 minutes, stirring occasionally. Transfer to plate.
2. Heat oil in same skillet over medium-high heat. Add green onions, and sauté 2 minutes. Stir in bell pepper, basil, and cinnamon, and sauté 2 minutes, or until basil is wilted. Add ¾ cup water, and bring to a boil. Add couscous, reduce heat to medium-low, cover, and simmer 5 minutes, or until water is absorbed. Transfer to plate, and top with sunflower seeds and feta, if using.

PER 2-CUP SERVING: 350 CAL; 10 G PROT; 18 G TOTAL FAT (2 G SAT FAT); 44 G CARB; 0 MG CHOL; 4 MG SOD; 9 G FIBER; 5 G SUGARS

ready
veggies

Got leftover veggies after making a meal for one? Take five minutes to steam them. That way they can be ready to eat or to be used in a quick salad or stir-fry when you're strapped for time.