



[Betty Crocker Right-Size Recipes: Delicious Meals for One or Two](#)

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Our Summary:

In a world where super-sized portions and warehouse shopping rules the day, where family-packs and buy-one-get-one has become a way of life, cooking becomes a challenge when there's only one or two at your table. If you *want* to cook, especially if you *like* to cook, you are inevitably confronted with standard yields of 6 to 8, or even more. Who better than *Betty Crocker* to help us with

smart, kitchen friendly recipes that produce smaller yields and still manage to satisfy our desire for all the full-on flavor of contemporary and cultural cuisine.

What you need to know:

Get it: [Betty Crocker Right-Size Recipes: Delicious Meals for One or Two](#) © 2019 by General Mills. Photography © 2019 by General Mills. Reproduced by permission of Houghton Mifflin Harcourt, March 5, 2019 (Paperback \$22.99) ([Amazon \\$15.17](#); [Kindle \\$12.99](#)).

See it: 352 high gloss pages (paperback) celebrating small households in over 175 recipes that range from breakfasts, appetizers and sides to chicken and turkey, beef and pork, meatless mains, and desserts. In between, *Betty Crocker* adds tips and menus that keep you cooking smartly in small batches, even if it's a holiday celebration for 2. An easy to use index by ingredient and recipe name, is included. Nutritional information provided for each recipe.

Make it: 175 + recipes designed to serve up to 3 people (some portions are large enough to serve arguably 4), including vegetarian meals, with kitchen tips, and ideas for swaps and leftovers.

Chef Donna's Review:

[Betty Crocker Right-Size Recipes](#) is your new go-to cookbook for rethinking and relearning how to cook for one or two. If we're truthful, don't we often find ourselves in that conundrum? How to make a delicious meal, but for only one or two people? Even if you're not cooking for a small household, how often do you cook multiple meals to satisfy everyone's taste and needs around the table? To follow conventional large-yield recipes means scaling down likely with inconsistent results. [Betty Crocker Right-Size Recipes](#) takes the guess work out of all of that. This book provides you everything you need to successfully make about 2 servings for every recipe, and provides the nutritional information that you need to make the right choice for any meal from breakfast, through dinner, and of course *Betty Crocker's* hallmark desserts.



While the tips offered for 'small-batch-cooking' in [Betty Crocker Right-Size Recipes](#) seem fairly obvious (i.e., use your freezer to store leftovers, make a different meal with any leftover ingredients), the recipes are properly scaled so you can be successful when you cook a small yield. Most portion sizes are no larger than two to three servings, and if you are only 1 person *Betty Crocker* makes it doable, especially with the "swap it" and "use it up" tips throughout the book. There are plenty of variations and in-between chapters there are plenty of cross-referenced recipes contained in holiday and entertaining menus, along with strategies for managing a leftover portion or two.

Recipes like *Gazpacho-Style Chicken Salad* and *Cheesy Cauliflower Crusted Rosemary and Tomato Pizza* that yield a larger volume of dressing or sauce are completed with ideas to use up the extras, along with an idea or two to swap out the primary ingredients, which allows you to create a brand new meal. If your preferences is meatless, [Betty Crocker Right-Size Recipes](#) dedicates an entire chapter to meatless meals, and fun sides and apps. The *Black Bean Stuffed Sweet Potatoes*, while a substantial stand-alone meal, can be re-vamped into black bean soup, and the other ingredients find homes in other recipes from that same chapter.

Even though small-batch or small-size cooking does require you to rethink your kitchen approach, [Betty Crocker Right-Size Recipes](#) lays out your kitchen needs, including utensils, pots and pans, and your pantry staples. You take inventory of what you have and dive right in. With just a handful of pages that are easily read before heading out to the grocery store, you rarely need a list because most of the recipes use common ingredients that you'll either have on hand or use over and again.

The best part of [Betty Crocker Right-Size Recipes](#) is that you never find yourself short on flavor or ideas. With over 175 recipes in a friendly paperback, high-gloss paged (read easily wipes free of splatters!) book, you always have fresh, fun, purposefully sized meals at your fingertips. And, if you find yourself wanting to entertain a few more people, these recipes will double nicely to give you the "right size" for the perfect gathering.

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[Cheesy Cauliflower Crusted Rosemary and Tomato Pizza](#)

[Sriracha Shrimp Fried Rice](#)

[Coconut Cream Pie Bites](#)