

Empty Nester Recipes

And this week...

Admittedly, it is early days, but I don't feel that I am compromising on the quality or substance of the food that I make for one, though proper hot chocolate and buttered toast did make a fine dinner one night last week when I was feeling cranky. I don't enjoy the actual cooking process as much as I used to, without the audience of a ravenous and mostly appreciative teen, but I suppose it could be said that I am finding quiet pleasure in the creative side of the exercise (on non-buttered toast nights), and it is nice to be able to use onions again with gay abandon and cook eggplant.

So far, one of the biggest changes that I have noticed is that, due to disuse, much of the heavy kitchen equipment has been moved from countertop to cupboard. I don't really seem to need my stand mixer or Vitamix for meals for one, though I still hold out hope for my rice cooker once I learn not to cook rice in industrial quantities. The other main difference is that I seem to spend a vast amount of time portioning groceries upon the arrival of the weekly shop when in the past I just needed to move items from grocery bag to fridge or freezer. It is amazing how difficult it is, for example, to buy just one pork chop, and a pound of ground meat now makes up animal protein for four meals, rather than one, as was the case when my son still lived at home. My plastic wrap and freezer are getting A LOT of use.

Though I previously mentioned that I do not want to become a "Sunday Prepper", cooking and pre-portioning proteins, produce and grains to mix and match throughout the week ahead, I have found it helpful to do a clear out the night before my grocery order arrives by roasting any vegetables remaining in the fridge. This exercise gives me

a fresh start and room in the fridge, and I have found that I like to dip into this for lunches, or on days when I need a few additional veggies on my plate. This may become common Friday evening practice...

Last week I gave [Misfits Markets](#)' subscription box a try, as I am truly missing the convenience and what I perceived as fun of a weekly CSA box. We are definitely in September – their offerings were very illustrative of that fact with vegetables well on the side of fall produce. Should you wish to give them a try, please use my promo code below for \$10 off your order. I recommend the prices and quality of pantry goods and veggies, but was slightly less impressed with the fruit that I got, mostly due to their small size.

[COOKWME-QJ2EPWHMFLT](#)

As far as the weekly recap goes, last week I posted the following recipes:

[BBQ Oyster Mushroom Steak](#)

[Takikomi Gohan](#) (Seasoned Japanese Rice with Vegetables)

[Beet "Hash" Salad](#)

[Fried Green Tomatoes Rémoulade](#)

I will make it this week and do a bit of catch up now that I am home. Please tune in often and let me know what you make yourself. There were fewer recipes this week than last week, and I know that I promised you Sockeye salmon with mint-lime pesto recipe, but instead I went to New York City for a few days.