

# Empty Nester Recipes

*On The Menu* is back, in a manner of speaking...



You were kind enough to once subscribe to my now defunct blog, *On The Menu*, where I documented my cooking of convoluted three-course dinners for my son, and posted weekly meal plans and recipes.

Well, the kid left for college a week or so ago and I am officially an empty nester who -- after nearly twenty years -- is going to have to learn to cook for one person again. Please take a look at [Empty Nester Recipes](#), my new blog, as I start to transcribe my delicious and quick recipes for one person. These will not just be salads and yummy things on toast, though the [cheese and summer tomato "toastie"](#) recently eaten at my desk was curiously satisfying.

I will not be bothering former *On The Menu* subscribers again after this so, if you are interested in receiving our Sunday morning newsletter on [the new theme](#), please enter your information again in the subscription box above. I would also be grateful if you would pass this along to friends and family who you think might find this of interest.

My hope is that this blog, as well as being a much needed creative outlet for me, will keep me accountable to proper dining habits (from the actual meals, to presentation and sitting at a table to eat), especially on the nights when Doritos out of the bag and a glass of wine in front of the television seem like a perfect meal. I would also love for this website to become a community, where people dining alone could post recipes and tips. Please reach out if that is something that might be of interest to you.

Please check out the recipes from week one listed below, take a look at on [Instagram](#) at photos of meals that were delicious but didn't make it to the blog (like the [Spinach Salad with Nashville Potato Croupons](#) posted above), or continue on to [the site](#) home page.

### [Cheese and Tomato Toastie](#)

(4 minutes and 15 seconds)

### [Bloody Mary Tomato Salad](#)

(4 minutes and 23 seconds to make)

### [Lamb and Summer Squash "Stew"](#)

(12 minutes and 14 seconds to make)

### [Roasted Tomato, Grape and Goat's Cheese Tartine](#)

(4 minutes and 39 seconds to make)

### [The Perfect Lunch](#)

(5 minutes and 37 seconds to make)

### [Polenta and Bitter Greens](#)

(7 minutes and 36 seconds to make)

### [Turmeric Salmon and Spicy Corn with Coconut](#)

(8 minutes and 42 seconds to make)

### [Herb Omelet](#)

(4 minutes and 57 seconds to make)

Tune in next week (but only if you subscribe above) for recipes such as BBQ oyster mushrooms with steamed pea shoots, sockeye salmon with mint - lime pesto, beet "hash" with herbed wild rice pilaf, and so much more!