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As a single senior (with very little freezer room) I find it difficult to cook for just myself. I want fast, easy as well as nutritious! What I have started doing along with my trusty kitchen scale – When I get home from the grocery store, I get the scale out and anything/everything I can split out into single serving sizes I do. Winter is still in full swing, and though you might be ready for warmer weather, nothing goes along with the chilly months like a bowl of homemade soup. Whip up one of these chicken-based dishes for a comforting meal the whole family will savor. The original CliC Reader with the famous magnetic closure on the bridge that "clicks" into place. The continuous temples form a wrap-around neck band with adjustable length feature, so when you want to take them off, simply separate the eye pieces and let them hang around your neck. These dehydrator jerky recipes can be made with any lean red meat like beef, or goat. Jerky is the ideal food for summer hiking, car trips, and trips to the park. It is nutritious and low in sugar. The additional salt reduces dehydration and exhaustion. It stays fresh without refrigeration. - Come And Get It: Reading For Information Made Easy Through Recipes