

MIKA SATO

Japanese Kitchen for One

30 simple dinners for older adults

US CUPS + GRAMS / VISUAL GUIDES / A 7-DAY PLAN



FIRST REVIEW EDITION · SEPTEMBER 2026

A NOTE BEFORE WE COOK

Made for one. Written with care.

This collection grows from the everyday Japanese cooking themes of the Mika Sato channel. The recipes are practical adaptations for a US home kitchen, with single servings, repeated ingredients and plain instructions.

The photographs are real, licensed photographs of related dishes. They are serving inspiration, not photographs of these exact recipes or evidence of cooking trials. Individual credits and licenses appear at the back.

This first review edition has not been kitchen-tested. Preparation times are estimates; ingredients, equipment and pace affect results. Use the doneness instructions and a food thermometer rather than relying on time alone.

This is an everyday cookbook, not a medical diet or a plan for swallowing difficulties. Follow any individual dietary or texture advice from your clinician. Check packaged ingredients for allergens.

A small pantry. A warm bowl.

One person is enough reason to make dinner.

VISUAL GUIDE 01

Build a bowl in three easy choices.

A flexible starting point, not a prescribed portion plan.

1

A base

Rice or noodles

2

A protein

Eggs, tofu, fish or chicken

3

A vegetable

What you have; what you enjoy

Rice + eggs + spinach

Golden egg rice bowl / recipe 01

Rice + tofu + mushrooms

Tofu with mushroom gravy / recipe 13

Udon + tofu + greens

Tofu & vegetable udon / recipe 30

Adjust the amount to your appetite and any dietary advice you follow. The examples are dinner ideas, not a complete daily nutrition plan.

RECIPE 01 / SERVES ONE

Golden egg rice bowl

A fully cooked variation on egg over rice

ACTIVE 10 MIN**TOTAL ~12 MIN****ONE SERVING**

Start with prepared rice. Time above excludes cooking rice from dry.

INGREDIENTS

3/4 cup cooked short-grain rice
(120 g)

2 large eggs

1 cup baby spinach (30 g)

1 tsp neutral oil

1 tsp reduced-sodium soy sauce

1 tbsp water (15 ml)

LET'S COOK

- 1 Warm prepared rice; if refrigerated, reheat to 165°F. Set in a bowl.
- 2 Heat oil in a small nonstick skillet over medium-low heat. Add spinach and water; stir until wilted, about 2 minutes.
- 3 Beat eggs with soy sauce. Add to spinach and stir gently until fully set with no liquid egg, about 3–4 minutes.
- 4 Spoon over rice and serve immediately.

MAKE IT EASIER

Use frozen chopped spinach, thawed and squeezed, when washing fresh greens feels like extra work.

Allergens: Egg, soy, wheat (soy sauce). Check all package labels.

RECIPE 13 / SERVES ONE

Tofu with mushroom gravy

Everyday tofu ankake

ACTIVE 12 MIN

TOTAL ~15 MIN

ONE SERVING

Start with prepared rice. Time above excludes cooking rice from dry.

INGREDIENTS

3/4 cup cooked short-grain rice
(120 g)

6 oz firm tofu, cubed (170 g)

1 cup sliced mushrooms (75 g)

1/2 cup unsalted dashi or
low-sodium vegetable broth (120
ml)

1 tsp neutral oil

1 tsp reduced-sodium soy sauce

1 tsp cornstarch + 1 tbsp cold
water

LET'S COOK

1

Cook mushrooms in oil in a small skillet for 4 minutes.

2

Add broth, soy sauce and tofu. Simmer gently for 5 minutes, or as directed for the tofu.

3

Mix starch and water; stir into the pan. Simmer for 1–2 minutes until glossy.

4

Serve over warmed rice (165°F if reheated).

MAKE IT EASIER

Keep tofu pieces intact by nudging with a spoon instead of stirring vigorously.

Allergens: Soy, wheat; check dashi. Check all package labels.

VISUAL GUIDE 06

A week with fewer decisions.

A dinner plan for one. Add breakfast, lunch, snacks and drinks to suit your needs.

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REAL PHOTOGRAPHS

At the table, through another lens.

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Agedashi tofu by dbdbrobot in Boston

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Tamagoyaki (three pieces)

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Grilled salmon garnished with lemon and parsley

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Godeungeo-gui

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Kitsune Udon

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