

Disaster Recipes

Breakfast: Power Almond Butter Breakfast Wrap

Servings: 4

Serving size: 1 Wrap

Ingredients:

- 4 (8-inch) Whole Wheat Tortillas
- ¼ cup Almond Butter
- 1 cup Plain Granola
- ¼ cup Honey

Preparation:

1. Spread 2 tablespoons almond butter on a tortilla and place 1 banana's worth of banana slices in the middle of tortilla
2. Sprinkle ¼ cup granola on top of the bananas and drizzle with 1 tablespoon honey
3. Fold the sides and bottom of tortilla up over the filling, and then roll to close
4. Repeat with remaining tortillas

Breakfast: Whole Grain Cereal With Shelf-Stable Milk

Servings: 4

Serving size: 1 small bowl full

Ingredients:

- 3 cups Whole Grain Cereal
- 4 tablespoons Cashews, Unsalted
- 8 tablespoons Raisins
- 2 cups Shelf-Stable Milk

Preparation:

1. Pour ¾ cup cereal into each bowl
2. Pour ½ cup milk over cereal
3. Sprinkle 1 tablespoon cashews and 2 tablespoons raisins on top of cereal

Breakfast: Chocolate Mango Oatmeal

Servings: 4

Serving size: ¼ prepared recipe (~¾ cup)

Ingredients:

- 2 cups Quick Oats
- 1 ½ cups Shelf-Stable Milk
- ½ cup Roasted Almonds, Unsalted, sliced
- 1 tablespoon Cocoa Powder
- ½ tablespoon Cinnamon
- ½ cup Chocolate Chips
- ¼ cup Dried Mango
- 1 tablespoon Maple Syrup

Preparation:

1. Mix all ingredients together in a large bowl using a large spoon

Lunch: Tuna Tahini with Crackers

Servings: 4

Serving size: 3 ounces Tuna Salad with 6 Crackers

Ingredients:

- 2 (6-ounce) cans White Tuna in Water, Low Sodium, drained
- 2 tablespoons Tahini
- 2 tablespoons Balsamic Vinegar
- 2 teaspoons Red Pepper Flakes
- 2 teaspoons Lemon Juice
- 12 Baked Whole Wheat Crackers

Preparation:

1. Stir together all ingredients, except for crackers
2. Top crackers with tuna salad mixture

Lunch: Hearty Bruschetta Focaccia

Serving: 8

Serving Size: 1 slice

Ingredients:

- 1 Shelf-Stable Focaccia Loaf
- 1 (14.5-ounces) can Diced Tomatoes, Low Sodium, drained
- 1 (14-ounce) can Cannellini Beans, Low Sodium, drained and rinsed
- 2 (15-ounce) cans Chicken, Low Sodium, drained
- 3 ounces Sun-Dried Tomatoes
- ¼ teaspoon Garlic Powder
- 1 tablespoon Olive Oil
- 1 tablespoon Balsamic Vinegar
- 2 teaspoons Dried Basil

Preparation:

1. Stir together all ingredients, except for bread
2. Top bread evenly with mixture, slice into eighths

Lunch: Jerky Green Bean Salad

Servings: 4

Serving size: ~2 cups

Ingredients:

- 2 (14.5-ounce) cans French-Style Green Beans, drained and rinsed
- 1 (14.5-ounce) can Diced Tomatoes, Low Sodium, well drained
- 8 ounces Turkey Jerky, chopped
- ¼ cup Lemon Juice
- 2 tablespoons Olive Oil
- 1 teaspoon Honey
- 1 teaspoon Dijon Mustard
- 1 teaspoon Dried Thyme
- ⅛ teaspoon Powdered Garlic
- 1 pinch of Ground Black Pepper
- 1 pinch of Sea Salt (optional)
- 3 tablespoons Roasted Almonds, Unsalted, coarsely chopped
- 1 cup Croutons, crushed (optional)

Preparation:

1. Place green beans into a mixing bowl
2. Make dressing by mixing together the lemon juice, olive oil, honey, mustard, thyme, garlic, black pepper (and sea salt, if desired) in a small bowl
3. Pour dressing over the green beans, cover mixing bowl to let marinate for approximately 20 minutes
4. Add diced tomatoes and chopped turkey jerky to the green beans and toss
5. Arrange mixture on a platter and sprinkle with the almonds (if desired, sprinkle with crushed croutons)

Dinner: Pita Pizza Pocket

Servings: 4

Serving size: 1 Pita Pocket

Ingredients:

- 4 (6-inch) Whole Wheat Pita Pockets
- 2 cups Pizza Sauce
- 1 cup Roasted Red Peppers, Low Sodium
- 4 tablespoons Black Olives
- 1 cup Parmesan Cheese

Preparation:

1. Spread $\frac{1}{4}$ cup pizza sauce in each pita pocket
2. Sprinkle $\frac{1}{4}$ cup roasted red peppers in each pita pocket
3. Sprinkle 1 tablespoon black olives in each pita pocket
4. Place 4 pepperoni slices in each pita pocket
5. Top each pita pocket with $\frac{1}{4}$ cup parmesan cheese

Dinner: Sweet Chili Salmon Stir-Fry

Servings: 4

Serving size: 2 ounces Salmon with 1 $\frac{3}{4}$ cups Stir-Fry Vegetables

Ingredients:

- 2 (5-ounce) cans Salmon, Low Sodium, well drained
- $\frac{1}{4}$ teaspoon Black Pepper
- 2 (28-ounce) cans Stir-Fry Vegetables, drained and rinsed
- 2 tablespoons Sweet Chili Sauce
- 1 teaspoon Lime Juice
- $\frac{1}{4}$ teaspoon Dried Cilantro
- Salt (optional)

Preparation:

1. Add salmon into mixing bowl and stir in sweet chili sauce, salt, pepper, lime juice, and dried cilantro
2. Place salmon mixture on top of stir-fry vegetables

Dinner: Southwest Tacos

Servings: 4

Serving size: 2 Tacos

Ingredients:

- 1 tablespoon Olive Oil
- 1 (14.5-ounce) can Diced Tomatoes, Low Sodium, drained
- 1 can (2 cups) Black Beans, Low Sodium, drained and rinsed
- 1 ½ cups Canned Corn, Low Sodium, drained and rinsed
- 2 tablespoons Lime Juice
- 8 Corn Tortilla Shells

Preparation:

1. Pour beans, tomatoes, and corn into a large bowl
2. Add olive oil and lime juice into bowl and toss mixture
2. Distribute corn, tomato, and bean mixture evenly onto 8 corn tortilla shells

Side: Hearty Marinated Salad

Servings: 4

Serving size: ¼ prepared recipe

Ingredients:

- 2 (14-ounce) cans Artichoke Hearts, drained, quartered lengthwise
- 1 large Roasted Red Pepper, drained, cut into matchstick-size strips
- ½ cup Pitted, Jarred Kalamata Olives, drained, halved lengthwise

For the Dressing:

- 1 ½ tablespoons Olive Oil
- 1 tablespoon Balsamic Vinegar
- ½ teaspoon Dried Parsley
- ¼ teaspoon Dijon Mustard
- Salt and Pepper (optional)

Preparation:

1. Add the drained and chopped artichokes, pepper, and olives to a large bowl
2. In a separate bowl, whisk the ingredients for the dressing together
3. Add dressing to the salad mixture, mix well

Sides: Sweet Beet Salad

Servings: 4

Serving size: ¼ prepared recipe

Ingredients:

- 1 (16-ounce) can Sliced Pickled Beets, drained and rinsed
- 1 (15.5-ounce) can Sliced Carrots, drained and rinsed
- ¼ teaspoon Ground Dried Ginger
- 1 tablespoon Olive Oil
- 1 teaspoon Red Wine Vinegar
- 2 teaspoons Dried Parsley
- ⅛ cup Walnuts, coarsely chopped

Preparation:

1. Place all prepared ingredients into a bowl and toss to evenly mix

Sides: Black Bean and Chickpea Salad

Servings: 8

Serving size: ½ cup

Ingredients:

- 1 (15-ounce) Black Beans, Low Sodium, drained and rinsed
- 1 (15-ounce) Chickpeas, Low Sodium, drained and rinsed
- 1 (14.5-ounce) can Diced Tomatoes, Low Sodium, drained
- 1 (15.25-ounce) can Corn, Low Sodium, drained and rinsed

Dressing:

- 1 tablespoon Olive Oil
- 1 tablespoon Lemon Juice
- 1 tablespoon Dried Parsley
- Salt and Pepper (optional)

Preparation:

1. Mix dressing ingredients in a bowl
2. Add prepared beans, tomatoes, and corn to dressing and mix until evenly coated

Sides: Parsley Lima Beans

Servings: 4

Serving Size: 1 cup

Ingredients:

- 2 (15.25-ounce) cans Lima Beans, Low Sodium, drained and rinsed
- ¾ cup Red Wine Vinegar
- ¼ cup Honey
- ½ cup Olive Oil
- ¼ teaspoon Garlic Powder
- 1 teaspoon Onion Powder
- 3 tablespoons Dried Parsley

Preparation:

1. Place lima beans in a large bowl
2. In separate bowl, whisk together all ingredients except for lima beans
3. Pour mixture over lima beans and toss until even

Sides: Parmesan Peas

Servings: 4

Serving size: ½ cup

Ingredients:

- 1 (15-ounce) can Peas, drained and rinsed
- 2 tablespoons Lemon Juice
- ¼ cup Shelf-Stable Parmesan Cheese, Low Sodium
- ½ teaspoon Black Pepper
- ½ teaspoon Salt (optional)

Preparation:

1. Combine peas, lemon juice, black pepper (and salt, if desired) in a bowl
2. Stir in parmesan cheese

Snack: "Tropical Paradise" Trail Mix

Servings: 30

Serving size: ¼ cup

Ingredients:

- 2 cups Roasted Almonds, Unsalted
- 1 cup Unshelled Pistachios, Unsalted
- 1 cup Unsweetened Coconut Flakes
- 1 cup Dried Pineapple
- 1 cup Dried Banana

Preparation:

1. Combine all ingredients in a large bowl until well mixed

Snacks: Fluff-a-Nutter

Serving: 4

Serving size: 2 sandwiches

Ingredients:

- 16 Vanilla Wafers
- 4 teaspoons Almond Butter
- 4 teaspoons Marshmallow Fluff

Preparation:

1. Spread ½ tablespoon of almond butter on half of the wafers
2. Spread ½ tablespoon of marshmallow fluff on remaining wafers
3. Combine the two halves together to form a sandwich

Snacks: Coconut Rolled Dates

Servings: 4

Serving size: 2-3 dates

Ingredients:

- 8 ounces Pitted Dates
- ½ cup Unsweetened Coconut Flakes
- ½ cup Roasted Almonds, Unsalted

Preparation:

1. Roll dates in coconut
2. Top each date with 1 almond

Snacks: Lemon Blueberry Energy Bites

Servings: 4

Serving size: ¼ prepared recipe

Ingredients:

- ½ cup Almond Butter
- ¼ cup Lemon Juice
- 2 tablespoons Honey
- ¾ cup Quick Cooking Oats
- ½ cup Dried Blueberries
- ¼ cup Roasted Almonds, Unsalted, chopped

Preparation:

1. In a large bowl, mix almond butter, lemon juice and honey
2. Add oats, chopped almonds, and dried blueberries then stir *gently*
3. Roll dough into bite-sized balls