

# HURRICANE-READY Cookbook



## *Health Promotion Services*

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# Introduction

During a hurricane, eating healthy may be one of the last things on your mind. However, feeding yourself and your family properly is important during disaster conditions. Our Hurricane Cookbook makes it easy for you to make healthy choices during stressful situations.

All of these recipes can be made without power and can be prepared easily by those with basic cooking skills. They are balanced meals that contain fruits and vegetables, healthy fats, complex carbs and lean proteins. The recipes contain a mix of canned and fresh foods.

## History of the Hurricane Cookbook

The Hurricane Cookbook was first developed in 2006 by students from the FIU Dietetics and Nutrition Program under the supervision of Dr. Marcia Magnus. The book itself was put together by the Department of Dietetics and Nutrition in coordination with Student Health Services, and edited by Dr. Marcia Magnus and Mariela Gabaroni, MS. In 2015, this cookbook was updated by Health Promotion Services Dietitian, Christine Tellez, MS, RD.

## How to Use the Cookbook

We recommend that you use our grocery list to get the needed supplies 1-2 months before the beginning of hurricane season. Also, prepare some of the recipes on a regular weeknight to find your recipes and change them to your liking.

We hope you enjoy the cookbook and use it as part of your hurricane preparedness plan.

Good health to all!

*Christine Tellez, MS, Registered Dietitian*  
FIU Health Promotion Services

## Acknowledgments

Alexandra Santori • Karen Gonzalez • Dr. Marcia Magnus • Mariela Gabaroni, MS

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These and many other practical brochures are available from your local American Red Cross:

## American Red Cross:

Miami-Dade (305) 644-1200

Broward (954) 797-3800

Palm Beach (561) 833-7711

On the Internet, useful information about Disaster Survival Kits and Preparing Your Home for Disaster can be found at

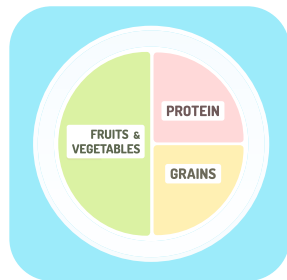
<http://www.redcross.org/prepare/location/home-family>

For more information about these recipes, contact Christine Tellez at (305) 348-4020 or email [wellness@fiu.edu](mailto:wellness@fiu.edu)

# MyPlate: Healthy Eating Made Simple

MyPlate makes eating healthy easier by giving us a visual guide as to what our plate should look like. My Plate encourages the public to remember to include a variety of fruits, vegetables, whole grains, lean proteins and dairy on their plates every day.

Follow the tips below to get your plate in shape! For more individualized nutrition help, make an appointment with our Registered Dietitian.



## Make half of your plate fruits and vegetables.

Eat a variety of vegetables, especially dark-green, red and orange varieties. Add fresh, dried, frozen or canned fruits to meals and snacks.

## Make at least half your grains whole

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Check the ingredients list on food packages to find whole-grain foods. Explore new grains like quinoa, barley, amaranth in addition to rice. Starchy vegetables like potatoes, sweet potatoes, yucca, plantains, and corn can take the place of grains.

## Switch to low-fat milk and dairy products.

Low-fat milk has the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. For those who are lactose intolerant, try lactose-free milk or calcium-fortified non-dairy beverages. If you don't like milk, try yogurt or kefir to get calcium and Vitamin D throughout the day. During hurricane conditions, choose non-perishable dairy and non-dairy milks.

## Vary your protein choices.

Eat a variety of foods from the protein food group each week, such as seafood, poultry, nuts and beans, and eggs. Keep meat and poultry portions small and lean. Be sure to choose seafood at least twice a week to get the benefits of heart healthy omega-3 fats.

## Cut back on sodium and empty calories from solid fats and added sugars.

Compare sodium in foods and choose those with lower numbers. Try seasoning your foods with herbs and spices instead of salt. When eating canned foods, drain and rinse prior to eating to get rid of some of the sodium. Switch from solid fats to healthy oils like olive and canola oil. Replace sugary drinks with water and choose fruit for dessert more often.

# Hurricane Preparation Tips: Before, During, and After

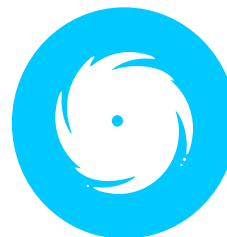
## Before Hurricane Season

- Look in your pantry and check expiration dates. Throw away expired foods and use foods that will expire soon.
- Stock your pantry. Use the Hurricane Cookbook shopping list or your own to get non-perishable necessities. Separate them from other pantry goods.
- Buy enough food and water for 3 days per person in your household. Buy 1 gallon per day, per person. Some people may need more water per day.
- Always keep fresh fruits and vegetables on hand.



## Under Hurricane Warning

- Stock up on whole fresh fruit and vegetables, like apples, bananas, pears, potatoes, tomatoes, and cucumbers. Whole fruit will stay good longer.
- Make sure your pantry and water supplies are stocked.
- Prep some meals beforehand, boil some eggs, cook pasta, rice, quinoa, or make some potatoes or sweet potatoes.
- Wash all fruits and vegetables, tops of canned foods, and cooking utensils to avoid having to wash if the power goes out or if there is no safe water.
- Set refrigerator and freezer to the highest setting.
- Fill freezer and refrigerator with food to keep cold.



## If the Power Goes Out

- Keep the refrigerator and freezer doors closed as much as possible. A refrigerator will keep food cold for about 4 hours if kept closed. A full freezer will keep temperature for 48 hours or 24 hours if half full.
- If the power is going to be out for an extended period of time, buy dry or block ice to keep the refrigerator as cold as possible. Fifty pounds of dry ice should keep a fully-stocked 18-cubic-foot freezer cold for two days.
- Wash fruits and vegetables with water from a safe source.
- For infants, try to use prepared, canned baby formula that does not require adding water. For concentrated or powdered formula, prepare with bottled rather than tap water.





### When the Power is Restored

- Check refrigerator and freezer thermometers. If the freezer reads 40° F or below, the food is safe and may be refrozen.
- If you did not use a thermometer in the freezer, check each package. If the food still contains ice crystals, it is safe to refreeze or cook.

### Food Safety During a Hurricane

- Uneaten portions must be thrown away if not consumed after 2 hours and reach a temperature of 40° F.
- Never eat any food that does not look normal. Remember, "When in doubt, throw it out!"
- Do not consume suspicious foods, regardless of the expiration date.
- Do not eat foods from cans that are swollen, dented, or corroded, even though the product may look safe to eat.
- Fruits, vegetables, and breads spoil and grow mold faster without refrigeration. Look for signs of spoilage and discard items if necessary.
- Keep food in covered containers.
- Keep garbage in closed containers and dispose outside, burying garbage if necessary.



\* The CDC recommends packing such items as dairy products, meats, eggs, and spoilable leftovers in a cooler or chest filled with ice. A food thermometer should be included in your hurricane supplies — it can be used to test foods requiring refrigeration. If such foods reach a temperature of more than 40 degrees Fahrenheit for more than two hours, they should not be eaten. <http://www.bt.cdc.gov/disasters/hurricanes/foodwater.asp>

# Hurricane Shopping Guide

Stock a **two-week supply** of non-perishable foods throughout hurricane season. Below is a shopping list to help guide you:

### Fruits and Vegetables

Dried Fruit	Tomatoes-diced, sauce
No sugar added applesauce	100% Juice containers
Fresh vegetables-greens, tomatoes, avocado, onions, peppers, cucumbers, etc.	Fresh whole fruit-apples, bananas, pears, oranges
Canned vegetables with no salt added-corn, carrots, mixed vegetables, beets, etc.	Canned soups-low sodium
Sweet potatoes, potatoes, corn	Vegetable juice

### Proteins

Canned beans-black, pinto, chickpeas	Canned meats-salmon, chicken, tuna, sardines
Peanut butter	Chia and flax seeds
Unsalted nuts-almonds, peanuts, cashews	Tofu, Mori-Nu or other nonperishable brand
Non-perishable milk of choice	Laughing Cow Cheese

### Carbohydrates/Grains

Brown or Wild rice	Whole wheat pasta
Oatmeal	Cereal
Whole Wheat tortillas, wraps, pita	Whole grain crackers
Bread	Muesli

### Cooking Oils and Seasoning

Olive and canola oil	Butter spray or non-stick spray
Vinegars	Mustard
Dried herbs and spices	Salt and pepper
Soy sauce	Salad dressing

### Snacks

Trail mix	Granola and protein bars
Rice cakes	Pudding cups
Tortilla chips, crackers	Pumpkin and sunflower seeds

### Tools and Others

Disposable cutlery, plates, cups	Hand sanitizer and wipes
Non-electric can opener	Napkins
Mixing bowl	Plastic containers
Mixing utensils / knives	Water
Garbage bags	Camp stove

# Common Measurements and Abbreviations



Teaspoon/Tsp (t)  
Tablespoon /Tbsp (T)



Gallon (gal)  
Liter (l)



Ounce (oz)  
Fluid Ounce (fl oz)



Pound (lb)  
Gram (g)



Cup (c)  
Pint (pt)  
Quart (qt)

## Breakfast

*Breakfast is the most important meal of the day.  
Start your day off right with these healthy  
options that will keep you satisfied until lunch!*



## Simple Cereal and Milk with Fruit

(Serves 1)

*Cereal can be an easy and tasty way to start your day. Follow our guidelines to choose the right one.*

### Ingredients

1-1 ½ cup cereal (see guidelines)  
1 cup of shelf stable milk of choice  
1 cup of fruit

### Directions

Combine cereal and milk. Top with fruit of choice or eat on the side.

## Healthy Cereal 101

1. Focus on fiber: Look for a whole grain as the 1st ingredient. Look for 3 g of fiber per serving.
2. Slow down on the sugar and sodium: Cereals use sodium and sugar as flavor enhancers and preservatives. Look for <300 g of sodium and <7-10 g of sugar per serving
3. Pack on the protein: Protein can help keep you fuller longer, look for cereals with at least 5 g of protein per serving.

## Chia Pudding Two Ways

*Chia is a seed packed with omega-3 fats, fiber, protein, and iron. They are miniature superfoods! When they are combined with liquid they form a pudding like consistency, perfect for a breakfast or snack.*

## Chocolate Chia Pudding with Bananas and Nuts

(Serves 1)

*\*Adapted from All Recipes*



### Ingredients

1 tbsp cocoa powder  
1 tbsp honey, brown sugar or sweetener of choice  
¼ cup chia seeds  
1 cup milk of choice  
1/2 banana, chopped  
1 tbsp chopped nuts (almonds or walnuts would be great)

### Directions

Combine all ingredients, minus bananas and nuts, in a small bowl. Let sit for 30 minutes to 1 hour until it forms a pudding like consistency. Mix in between. Top with chopped bananas and nuts.

## Simple Chia Pudding

(Serves 1)

### Ingredients

¼ cup chia seeds  
1 cup shelf-stable milk of choice  
2 tbsp maple syrup, honey or brown sugar  
½ tsp vanilla

### Directions

Combine all ingredients in a small bowl. Let sit for 30 minutes to 1 hour until it forms a pudding like consistency. Mix in between. Top with fruit and nuts if desired



## Oatmeal

*Oatmeal is a whole grain that is full of healthy fiber to keep you fuller longer and has heart health benefits. It can be dressed up any way you like!*

## Basic Oatmeal

(Serves 1)

*This is the foundation of all oatmeal recipes.*

### Ingredients

½ cup instant oatmeal  
1 cup shelf-stable milk of choice  
1 tsp honey, maple syrup or brown sugar

### Directions

Combine oatmeal, milk and honey in small bowl and let sit 5-15 minutes to soften. If you have access to power or stove, heat milk and oats for 1 minute and then add honey.

## The Elvis

(Serves 1)

### Ingredients

Basic oatmeal recipe  
1 tbsp peanut butter  
½ banana, mashed  
1 tsp ground flax seed (optional)

### Directions

Complete the steps of the Basic Oatmeal recipe and set aside. Then, mash the banana in a bowl. Add basic oatmeal and peanut butter.

## Apple, Raisin and Walnut Oatmeal

(Serves 1)

### Ingredients

Basic oatmeal  
4 oz of applesauce  
2 tbsp raisins or dried fruit of choice  
1 tbsp chopped walnuts or nut of choice

### Directions

Complete the steps of the Basic Oatmeal recipe and set aside. Add applesauce, dried fruit, and nuts.



## Tropical Fruit Oatmeal

(Serves 1)



### Ingredients

Basic oatmeal (made with 1 cup of canned coconut milk for a more tropical flavor)  
½ cup tropical fruit, juice drained  
½ banana, mashed  
2 tbsp unsweetened coconut flakes

### Directions

Mash banana in bowl. Add oatmeal and tropical fruit. Top with dried coconut.

## Healthy Muesli

(Serves 8)

*Muesli is a traditional Swiss breakfast dish that is lower in sugar than granola and cereal and high in healthy fats and whole grains.*

### Ingredients

4 ½ cups rolled oats  
1 cup flaxseed  
½ cup oat bran/ Rice Krispies/wheat flakes  
1 cup raisins/cranberries/dried fruit of choice  
½ cup nuts (walnuts, almonds, pecans, etc.)  
¼ cup brown sugar  
¼ cup sunflower or pumpkin seeds

### Directions

Mix all ingredients in a bowl. Store the mixture in an air-tight container. The mixture will last two months in room temperature. Serve over 1 cup of yogurt or milk of choice.



## Snacks

*Snacks help to keep you full between meals and are an easy way to get more nutrients into your diet. Skip the chips and cookies and try some of the recipes below to feel your best all day.*

## Dilly Oatmeal Bars or Balls

(Serves 12)

*These oatmeal bars are easy to make and contain less sugar than store bought granola bars. Make them as part of your hurricane prep or eat them as is!*

*\*Adapted from Katheats.com*

### Ingredients

- 1 ¼ cups oatmeal
- ¼ cup raisins
- ¼ cup shredded coconut (optional)
- ½ cup chocolate chips or increase dried fruit
- ½ cup peanut butter or other nut butter
- 1 ripe banana, mashed
- ¼ tsp vanilla extract
- ¼ tsp cinnamon (optional)
- Pinch of salt

### Directions

Combine all ingredients in a bowl. Using a tablespoon measure, roll into balls or place in an 8x8 pan. For best results, refrigerate for 30 minutes to 1 hour, but it can be eaten immediately.



## Hummus

(Serves 12, ¼ cup per serving)

*Hummus is a Middle Eastern food that uses chickpeas as its main ingredient. Try it with cut up veggies, pita bread or crackers.*

*\*Adapted from Food.com*

### Ingredients

- 15 oz can chickpeas, drained
- Juice of 1 lemon
- ¼ cup olive oil
- 1 clove garlic or ½ tsp garlic powder
- ½ tsp salt

### Directions

Drain and rinse the chickpeas. Cover chickpeas for 1 hour in water to help soften the skin. Afterward, drain and pat the chickpeas. In a small bowl, add all ingredients and mash until the mixture has a smooth consistency.

## Apples and Peanut Butter with Granola

(Serves 1)

*This variation of a classic snack will keep you satisfied with a healthy dose of protein from the nut butter.*

### Ingredients

- 1 apple, cored and sliced
- 1 tbsp peanut/almond/sunflower butter
- 1 tbsp low sugar granola or homemade muesli

### Directions

Wash the apple with clean water, slice it and remove the seeds. Dry and spread nut butter and top with granola for a healthy crunch.

## Savory Ants on a Log

(Serves 1)

*A spin on the childhood classic.*

### Ingredients

- 2 stalks celery
- 2 wedges of non-refrigerated cheese such as Laughing Cow
- 2 tbsp raisins

### Directions

Spread cheese on celery and top with raisins.



## No-Bake Layered Bean Dip

(Serves 10)

*This dip is a fun way to eat more vegetables and is bursting with flavors. Additionally, it's easy to make and comes together in minutes.*

### Ingredients

- 1 can refried beans
- 1 tbsp taco seasoning mix
- 2 wheels Laughing Cow cheese (PepperJack or Queso Fresco Chipotle), mixed in a bowl
- 1 jar of salsa
- 1 cup unsalted diced tomatoes
- 1 chopped red onion
- 2.5 oz sliced black olives
- 1 bag shredded lettuce (optional)

### Directions

Combine refried beans and low-sodium taco seasoning packet. Then, spread the combination on a 9X13 dish. Next, add half of Laughing Cow cheese on top of bean layer. Spread the salsa over the two layers. Spread the chopped tomato, onion, olives, other half of cheese and lettuce if able to use. Refrigerate or serve immediately. Enjoy with tortilla chips or crackers!



## Easy Trail Mixes

*Trail mix is an easy way to get in whole grains, protein and fruit.  
Making your own ensures that extra sugar and fat aren't added into the snack mix.  
The combinations are endless!*

### Cereal Trail Mix

(Serves 1)

#### Ingredients

½ cup multigrain cereal  
(such as Cheerios, Chex)  
¼ cup dried fruit

#### Directions

Combine all ingredients together and store in a Ziploc or container.



### Nuts and Fruit Trail Mix

(Serves 1)

#### Ingredients

¼ cup nuts of choice  
2 tbsp dried fruit  
1 tbsp chocolate chips (optional)

#### Directions

Combine all ingredients together and store in a Ziploc or container.



## Sandwiches

*Sandwiches are one of the easiest and healthiest meals to make during a hurricane. The sandwich recipes below are crafted and balanced to give you all the nutrients you need.*

## Healthy Tuna Salad Sandwich

(Serves 2)

*Tuna is a fish full of healthy omega-3 fatty acids and high in protein.*

### Ingredients

6 oz can of tuna, drained  
¼ tsp dried basil or 1 T fresh basil  
2 tbsp lemon juice  
1 tbsp chopped onion or ½ tsp dried onion powder  
1 stalk celery, chopped into small pieces  
1 tbsp olive oil  
Salt and pepper to taste

### Directions

Break apart tuna in a small bowl. Then, add basil, lemon juice, onion, and celery until combined. Top with olive oil and salt and pepper and mix. Serve as a sandwich, salad, over rice or pasta if you're able to cook.



## Eggless Egg Salad

(Serves 1, Makes 3 servings - ½ cup each)

*This twist on classic egg salad uses tofu which lightens things up. Tofu takes the flavor of the spices that are used on it, making it a flavorful and healthy protein choice.*

*\*Adapted from Mori-Nu*

### Ingredients

1 ¼ cups Firm tofu, Mori-Nu brand  
1 tsp apple cider vinegar  
2 tsp yellow mustard  
1 tsp honey or other liquid syrup  
½ tsp turmeric  
2 tbsp each onion and celery (optional)  
½ tsp dried parsley  
¼ tsp black pepper  
Dash of paprika

### Directions

Drain tofu and crumble or cube into a small bowl. In another bowl combine vinegar, yellow mustard, honey, and turmeric. Pour over tofu. Add onion and celery if available, parsley, pepper and paprika. Let flavors meld for 30 minutes, and enjoy!



## Curried Chicken Salad Sandwich

(Serves 2, 1 cup each)

*This recipe is a twist on regular chicken salad. Curry powder contains the spice turmeric, which is high in antioxidants.*

*\*Adapted from Cooking Light magazine*

### Ingredients

1 cup canned chicken, drained and broken up  
1/4 cup 2% Greek yogurt  
1 tsp curry powder  
2 tsp water  
1 small apple, chopped  
¼ cup raisins  
2 tbsp chopped walnuts or pecans (optional)  
Pinch of salt

### Directions

Place Greek yogurt, curry powder and water in a medium bowl and mix until well combined. Add the chicken, chopped apples, raisins, nuts and salt. Serve in a wrap, bread, or over greens.



## Banana Crunch Wrap

(Serves 1)

*A spin on traditional peanut butter, the banana chips add sweetness and crunch to the wrap. Try mixing it up with granola or dried fruit.*

### Ingredients

1 whole-wheat tortilla  
2 tbsp crunchy peanut butter  
2 tbsp chopped banana chips  
1-2 tbsp coconut flakes (optional)

### Directions

Spread peanut butter and top with chopped banana chips, shredded coco-nut and honey. Roll burrito up and eat!



# Salads

Salads are an easy way to get in lots of vegetables. Even under hurricane conditions, it's easy to get vegetables through canned foods. The recipes below contain a mix of vegetables, carbohydrates and proteins.

## Italian Three Bean Salad with Potatoes

(Serves 4)

*This vegetarian salad is high in protein, vegetables and complex carbohydrates from the potato. Try changing the salad dressing or making your own to create a different flavor.*



### Ingredients

- 1 can no-salt added green beans
- 1 can chickpeas, drained
- 1 can kidney beans, drained
- 1 onion, diced
- 1 red bell pepper/tomato, diced (optional)
- 1 can diced canned potatoes
- 1/3 cup reduced-fat Italian dressing
- Salt and pepper to taste

### Directions

Combine all ingredients in a small bowl. Season with salt and pepper to taste and marinate for 30 minutes to 1 hour.

## Tuna-Stuffed Tomato

(Serves 1)

*A low carb option to enjoy, tuna salad that will fill you up as a meal or snack.*

### Ingredients

- 1 serving of healthy tuna salad (see above)
- 1 large tomato
- 2 tbsp corn

### Directions

Complete the above recipe. Then, combine tuna and corn. Cut top off of tomato and scoop out seeds. Stuff the tuna mixture inside tomato.

## Sweet Three Bean Salad

(Serves 6)

*The baked beans and pineapple give this salad a tropical feel. Scoop it up with tortilla chips or have it plain for a light meal.*

### Ingredients

- 28 oz can of vegetarian baked beans
- 16 oz can kidney beans, drained and rinsed
- 16 oz can chickpeas, drained and rinsed
- 15 oz can corn kernels
- 1/2 cup canned pineapple juice
- 2 tbsp balsamic vinegar
- Pinch of cinnamon

### Directions

Mix all the ingredients into a bowl and enjoy!



## Sardine Greek Salad

(Serves 4)

*Sardines may seem like a strange fish choice but they are full of omega-3 fatty acids, vitamin D and calcium. This spin on a Greek Salad is a tasty way to try an underutilized fish.*

*\*Adapted from Eating Well*

### Ingredients

- 3 tbsp lemon juice
- 2 tbsp extra-virgin olive oil
- 1 clove garlic, minced
- 2 tsp dried oregano
- ½ tsp freshly ground pepper
- 3 whole canned tomatoes, drained and rinsed
- 1 large cucumber or 2 cups diced green beans
- 15-oz can chickpeas, rinsed
- 1/3 cup crumbled feta cheese (optional)
- ¼ cup thinly sliced red onion
- 2 tbsp sliced Kalamata olives
- 2 4-oz cans sardines with bones, packed in olive oil or water, drained

### Directions

Combine lemon juice, olive oil, garlic, oregano and pepper in a medium bowl. Add the rest of the ingredients except for the sardines and combine well.

Divide into 4 plates and top with sardines on each plate.



## Southwest Bean Salad

(Serves 4)

*The combination of corn, tomatoes and black beans creates a unique taste and the avocado gives this salad healthy fat that will keep you full for hours.*

*\*Adapted from Jolinda Hackett*

### Ingredients

- 2 cans black beans, drained and rinsed is possible
- 1 ½ cups of canned corn
- 15 oz can of diced tomatoes, drained
- 1 red onion, diced
- 1 avocado, diced
- 1 tsp dried cilantro (optional)
- 1/3 cup lime juice
- 3 tbsp olive oil
- ½ tsp salt
- ¼ tsp cayenne pepper (optional)

### Directions

Combine olive oil, lime juice, salt and optional cayenne pepper. In a medium bowl combine the rest of the ingredients. Pour sauce over bean mixture and combine.

Let marinate for 30 minutes.



## Main Dishes

*These healthy main dishes take minutes to put together and create variety when you'd like to switch around from sandwiches and salads.*



## Lentil Tacos

(Serves 1)

Lentils are high in iron and full of proteins. This is a plant based spin on classic tacos. Feel free to substitute any other bean or pre-cooked meat or chicken.



### Ingredients

2 soft or crunchy corn tortillas  
½ cup cooked canned lentils  
2 tbsp salsa  
¼ tsp each of garlic and onion powder  
¼ tsp dried chili powder  
Pinch of salt  
Optional chopped onions, avocado/  
guacamole/lettuce

### Directions

Combine lentils with salt, salsa, garlic, onion and chili powder. If you have power either heat in the microwave for 1 minute or in a pan until heated through. Otherwise, separate lentil mixture between two tacos and serve with toppings.

## Sesame Tofu, Carrot and Pea Dish

(Serves 4)

This is easy tofu dish is a complete meal that comes together in 5 minutes.

*\*Adapted from My Recipes*

### Ingredients

12 oz boxed non-refrigerated extra-firm tofu, Mori-Nu brand  
1 cup finely chopped canned carrots, drained  
14-15 oz can of green peas, drained  
½ cup thin sliced red onions  
8 oz can water chestnuts, drained  
15 oz canned corn or 2 cups pre-cooked rice

### Directions

Drain tofu and cover with paper towels, while placing a heavy plate on top. Let tofu drain for 20 minutes. Once tofu is drained, cut into 1-inch cubes. Combine carrots, peas, onions, water chestnuts and tofu in a bowl.

Pour sesame ginger dressing and sesame oil over the tofu and vegetable mixture and combine.

Serve over ½ cup of canned corn or rice if pre-cooked.



## White Bean Burrito

(Serves 4)

This is a delicious spin on the classic burrito. The sauerkraut and apple cider vinegar add a tangy flavor that is balanced out by the avocado and white beans.

*\*Adapted from Eating Well*

### Ingredients

2 tbsp apple cider vinegar  
1 tbsp canola oil  
2 tsp finely chopped canned chipotle chile in adobo sauce  
¼ teaspoon salt  
2 cups canned sauerkraut  
1 medium carrot, shredded (optional)  
¼ cup chopped fresh cilantro or 1 tsp cilantro  
15-ounce can white beans, rinsed  
1 ripe avocado  
½ cup shredded sharp Cheddar cheese (optional)  
2 tbsp minced red onion  
Four 8 to 10 inch whole-wheat wraps or tortillas

### Directions

Whisk vinegar, oil, chipotle chile and salt in a medium bowl. Add sauerkraut, carrot and cilantro. Toss to combine. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.

To assemble the wraps, spread about 1/2 cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about 2/3 cup of the sauerkraut-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.



## Bean Burrito

(Serves 1)

*A lightened up classic.*

### Ingredients

1 whole wheat tortilla  
½ cup refried beans or black/pinto beans  
¼ cup salsa  
½ cup canned spinach, drained and patted dry  
1 Laughing Cow wedge  
Guacamole (optional)

### Directions

Spread cheese on middle of tortilla.

Place beans on top of cheese.

Top with remaining ingredients and roll into a burrito.

## Canned Salmon and New Potato with Herbs

(Serves 4)

Canned salmon is an inexpensive way to make sure you are getting omega-3 fatty acids. This salad combines salmon and potatoes for a complete meal.

*\*Adapted from Good Food*

### Ingredients

Two 15 oz.cans of sliced new potatoes, drained  
Three 5 oz cans of canned salmon, drained and flaked  
¼ cup olive oil  
1 tbsp Dijon mustard  
2 tbsp white wine vinegar  
1 tsp onion powder  
1 minced garlic clove

### Directions

In a small bowl, combine the olive oil, mustard, vinegar, onion powder and garlic clove.

In a large bowl mince salmon until it's in small pieces and add the drained potatoes.

Top with sauce and combine.



## Mashed Sweet Potatoes with Vegetarian Baked Beans

(Serves 4)

Sweet potatoes are high in antioxidants and Vitamin A.

Combined with the vegetarian baked beans they form a complete and easy meal.

### Ingredients

1 can candied yams (such as Bruce's) or  
15 oz sweet potato puree  
½ cup non-perishable milk of choice  
Butter spray or 1 tbsp. canola oil  
28 oz can vegetarian baked beans

### Directions

Combine sweet potato or candied yams, milk and butter. Serve with ½ cup baked beans.

## Hurried Curry

(Serves 4)

Try this quick spin on curry that uses chickpeas instead of meat as its protein.

Serve over potatoes or pre-cooked rice.



### Ingredients

1 tbsp each of garlic powder, curry powder, and a dash of cayenne  
½ can of carrots, drained  
8 oz can or package of green peas and onions  
2 cups lite canned coconut milk  
1/3 cup crushed cashews, almonds or peanuts  
14 oz can chickpeas  
1 can diced new potatoes

### Directions

Combine potatoes with carrots, peas and onions and spices. Add chickpeas, nuts and slowly add coconut milk to taste, increasing curry flavor, if necessary. Spoon the curry over pre-cooked rice if you have on hand.

## Beans and Rice with Veggies

(Serves 4)

A classic combination with added veggies.

### Ingredients

2 cups brown rice or wild rice  
1 can black or pinto beans  
1 tsp cumin  
½ tsp onion powder and garlic powder  
1 can of mixed vegetables

### Directions

Combine black beans with cumin, onion and garlic powder. Top ½ cup brown rice with ½ cup beans. Serve ½ cup vegetables on the side.





**Student Affairs**

Healthy Living Program