



# The Healthy Hurricane/Disaster Cookbook

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## Foreword

### *Can't figure out how to eat healthy during hurricane/disaster conditions?*

Under hurricane/disaster conditions, we often struggle with the question: What will I eat during hurricane/disaster conditions?

This recipe book is your guide to making better food choices. We are all looking for good ways to provide our families and ourselves with nutrient dense, tasty, safe, and non-perishable meals. Most of the ingredients in this recipe book are canned goods with the exception of fresh fruits and vegetables. Vegetables and fruits can be kept without refrigeration for a couple of days, so consumption during hurricane/disaster conditions is safe.

Students from the Coordinated Program in Dietetics, Class of 2006, combined the recipes in this book during the fall of 2004, under the supervision of Dr. Marcia Magnus. The book itself was put together by the Department of Dietetics and Nutrition in coordination with the University Health Services, and edited by Dr. Marcia Magnus and Ms. Mariela Gabaroni. We hope you enjoy these recipes. We recommend that you experiment with some recipes as you start hurricane preparation.

Good health to all!



FIU University Health Services

## Acknowledgements

These tasty nutritious recipes were developed by the following students who were enrolled in Community Health Practicum during fall 2004:

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

### American Red Cross Contact Information:

Miami-Dade (305) 644-1200  
Broward (954) 797 -3800  
Palm Beach (561) 833- 7711

### Some related brochures include:

Your Family Disaster Plan (A4466)  
Your Family Disaster Supplies Kit (A4463)  
Food and Water in an Emergency (A5055)

On the Internet, useful information about Food Supplies in Case of Disaster and Water Storage before Disaster Strikes can be found at [www.redcross.org/services/disaster](http://www.redcross.org/services/disaster).

For more information about these recipes, contact Dr. Marcia Magnus at (305) 348-1989 or email [magnus@fiu.edu](mailto:magnus@fiu.edu).

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## Why We Need Healthy Hurricane Recipes?

Under disaster conditions, eating right is just as important, and perhaps even more important, than when things are normal. Eating high-sugar, high-fat, high-sodium foods under disaster conditions can lead to mood swings, and higher risk of heart disease, and hypertension. Choosing the right foods will help keep your blood sugar levels stable during stressful times.

Ever wondered how to eat right under hurricane/disaster conditions?

This 45-recipe booklet of dips, snacks, side dishes, and salads is designed to delight your taste buds and nourish the 1 trillion cells in your body even when there is little water or no electricity.

### Under Hurricane Warning Conditions

While you are stocking up on your family hurricane/disaster supplies, be sure to include healthy food choices.

### Buying Foods for Disaster Conditions

Stock a two-week supply of non-perishable foods throughout hurricane season. Few South Floridians realize that some of the most nutritious foods for your disaster food supplies kit include:

- € **Canned beans**—kidney, black, navy, white, pigeon, cannelloni, baked beans, and chick peas. These are chock full of fiber, complex carbohydrates, and they are satisfying too!
- € **Canned chicken and seafood**—mackerel, crabmeat, clams, shrimp, salmon, tuna, chicken. These are great sources of good-quality protein.
- € **Oatmeal**—Great for decreasing your risk of heart disease.
- € **Peanut butter** (The All-American Standby), almond butter or cashew butter.
- € **Disposable paper plates, utensils, napkins**

### Tips on Preparing Food

- € Always wash the outside of the can with soap and water. Bacteria can live on the lid and can contaminate the food.
- € Wash all fruits and vegetables with a vegetable brush and water to ensure all dirt is removed.
- € Substitute non-fat for any ingredient whenever possible.
- € Remember to choose whole wheat products (“wheat” alone doesn’t mean whole wheat).
- € Find low sodium canned products. Many canned items are high in salt. Rinsing the contents can remove some of the sodium.
- € Wash your hands before handling any item for consumption.

### Things to Remember

- € When preparing meals, remember that uneaten portions must be thrown away if not consumed.
- € Never eat any food that does not look normal. Remember: “When in doubt, throw it out!”
- € Do not consume suspicious foods regardless of expiration date.
- € Fruits, vegetables, and breads spoil and grow mold faster without refrigeration. Look for signs of spoilage and discard items.
- € To conserve water, wash fruits and vegetables before the disaster strikes.

## Shopping List

- |  |                         |   |
|--|-------------------------|---|
| € Large plastic containers to hold all items | € Spices and herbs      | € Plastic container/bags                      |
| € Canned foods, enough for 2 weeks           | € Paper plates          | € Sanitary wipes                              |
| € (1) Gallon water per day, per person       | € Napkins               | € Cups  |
| € Manual Can opener                          | € Forks                 | € Mixing utensils                             |
| € Condiments small enough for one time use   | € Large bowl for mixing | € The Healthy Hurricane/<br>Disaster Cookbook |
|  | € Ingredients           |   |

## Before and After the Hurricane Season

- € Pick a day of the week to have no-cook nights so that you can experiment with your favorite recipes.
- € Utilize all canned food that was bought for the hurricane season.
- € Utilize all water before expiration date.

## Pre-Disaster Food Preparation for Disaster Conditions

- ❖ Buy perishable fresh foods (especially unripened). For example: fruits, vegetables, whole wheat bread and crackers (saltines, Triscuit, Wheat Thins etc.)
- ❖ Turn refrigerator and freezer to coldest settings.
- ❖ Freeze water in plastic jugs. If you lose electricity, a full freezer will keep foods frozen for longer than a partially full freezer.
- ❖ Wash fruits, vegetables, tops of canned foods, and cooking utensils.
- ❖ Keep fruits and vegetables whole because cutting often decreases shelf life.
- ❖ Remember to store your Healthy Eating under Disaster Conditions with your canned foods.
- ❖ Remember to store the can opener near the canned foods.
- ❖ If you don't have a bar-b-queue grill, broil or bake meat fish or poultry now so that you'll be able to eat these soon after you lose electricity.

## Non-Perishable Healthy Snacking

Under disaster conditions, we may be tempted to overeat because of the stress and the confinement of disaster and post-disaster situations. Keep the following foods readily available:

- ❖ **Dried fruits**—prunes, raisins, raisins (sweetened cranberries), apricots
- ❖ **Nuts**—peanuts, walnuts, almonds, Brazilian nuts
- ❖ **Seeds**—pumpkin, sunflower, cashews
- ❖ **All-natural fruit leather**
- ❖ **Bottled water**—1 Gallon/person/day for drinking (Water is the best snack of all!)
- ❖ **Granola bars**

Keep your emergency food pantry filled with wholesome foods!

## The Food Guide Pyramid and Plant Foods- The foundation of your meals

Different foods contain different nutrients and other healthy substances. No single food can supply all the nutrients in the amounts you need. For example, oranges provide vitamin C and folate but no vitamin B<sub>12</sub>; cheese provides calcium and vitamin B<sub>12</sub>; but no vitamin C. To make sure you get all the nutrients and other substances you need for health, build a healthy base by using the Food Guide Pyramid as a starting point. Choose the recommended number of daily servings from each of the five major food groups. If you avoid all foods from any of the five food groups, seek guidance to help ensure that you get all the nutrients you need.

There are many ways to create a healthy eating lifestyle, but they all start with the three food groups at the base of the Pyramid: grains, fruits, and vegetables. Eating a variety of grains (especially whole grain foods), fruits, and vegetables is the basis of healthy eating. Enjoy meals that have brown rice, whole wheat pasta, stone-ground corn tortillas, or whole grain bread at the center of the plate, accompanied by plenty of fruits and vegetables and a moderate amount of low-fat foods from the milk group and the meat and beans group. Go easy on foods high in fat or sugars.

### What Counts as a Serving?

<p><b><u>Bread, Cereal, Rice, and Pasta Group (Grains Group) (Whole grain and refined )</u></b>            1 slice of bread            About 1 cup of ready-to-eat cereal            1/2 cup of cooked cereal, rice, or pasta</p>	<p><b><u>Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (Meat and Beans Group)</u></b>            2-3 ounces of cooked lean meat, poultry, or fish            1/2 cup of cooked dry beans# or 1/2 cup of tofu counts as 1 ounce of lean meat            2 1/2-ounce soy burger or 1 egg counts as 1 ounce of lean meat            2 tablespoons of peanut butter or 1/3 cup of nuts counts as 1 ounce of meat</p>
<p><b><u>Vegetable Group</u></b>            1 cup of raw leafy vegetables            1/2 cup of other vegetables cooked or raw            3/4 cup of vegetable juice</p>	<p><b><u>Milk, Yogurt, and Cheese Group (Milk Group)*</u></b>            1 cup of milk** or yogurt**            1 1/2 ounces of natural cheese** (such as Cheddar)            2 ounces of processed cheese** (such as American)</p>
<p><b><u>Fruit Group</u></b>            1 medium apple, banana, orange, pear            1/2 cup of chopped, cooked, or canned fruit            3/4 cup of fruit juice</p>	

NOTE: Many of the serving sizes given above are smaller than those on the Nutrition Facts Label. For example, 1 serving of cooked cereal, rice, or pasta is 1 cup for the label but only a 1/2 cup for the Food Guide Pyramid.

\* This includes lactose-free and lactose-reduced milk products. One cup of soy-based beverage with added calcium is an option for those who prefer a non-dairy source of calcium.

\*\* Choose fat-free or reduced-fat dairy products most often.

# Dry beans, peas, and lentils can be counted as servings in either the meat and beans group or the vegetable group. As a vegetable, 1/2 cup of cooked, dry beans counts as 1 serving. As a meat substitute, 1 cup of cooked, dry beans counts as 1 serving (2 ounces of meat).

# Breakfast Dishes

<b>Nutty Oatmeal</b>	
<u>Ingredients:</u>	<u>Directions:</u>
2 cups instant oatmeal 1/4 cup sliced almonds 1/4 cup raisins 8oz low fat vanilla soy milk 1 tsp brown sugar (Optional) Fresh fruit if available	Mix all ingredients in a bowl. Let stand approximately 5 minutes.

<b>Start-up Cereal</b>	
<u>Ingredients:</u>	<u>Directions:</u>
2 cups instant oatmeal 1/4 cup raisins 1/4 dried apricots 1/4 cup whole cranberry sauce 1 cup low fat vanilla soy milk	Mix all ingredients in a bowl. Let stand approximately 5 minutes. Serves 4

<b>Morning Fun Oatmeal</b>	
<u>Ingredients:</u>	<u>Directions:</u>
2 cups instant oatmeal 1/2 cup peanut butter chips 1 cup low fat vanilla soy milk 1 med. banana sliced	Sprinkle with mini-marshmallows. Mix all ingredients in a bowl. Let stand approximately 5 minutes. Serves 4

# Dips, Snacks, and Side Dishes

<b>Black Bean Salsa</b>		
<u>Ingredients:</u>		<u>Directions:</u>
1 15-ounce can black beans, rinsed and drained	1 jalapeno pepper, seeded and finely chopped	In medium bowl, stir together: beans, corn, chopped tomato, jalapeno pepper, lime juice, and cilantro. Store in refrigerator up to 24 hours. If desired, garnish with tomato wedges. Makes about 1-1/2 cups sauce. Serves 4
1/2 cup frozen whole kernel corn, cooked and drained	2 tablespoons lime juice	
1 small tomato, chopped	2 tablespoons snipped fresh cilantro	
	tomato wedges (optional)	

<b>Mexican Seafood-filled Avocados</b>		
<u>Ingredients</u>		<u>Directions:</u>
1 tbsp fresh lime juice	4 oz canned crab	Combine lemon juice, vinegar, garlic, lime zest, and chili powder. Gradually add oil as you whisk continuously until the dressing is thoroughly blended. Flake crab into course shreds. Combine crab, shrimp and cilantro; add dressing and using two forks blend well. At serving time, cut the avocados in half lengthwise, remove pit and fill with the seafood salad. Decorate plates with lettuce, an olive and a wedge of lime. Serves 4
1 tbsp cider vinegar	8 oz canned shrimp	
1 clove garlic, minced	2 tbsp cilantro	
1/2 tsp. lime zest	2 firm rip avocados	
1/4 tsp salt	2 cups shredded lettuce	
1 tbsp vegetable oil	4 green olives	
1/4 tsp chili powder	4 lime wedges	

<b>Garbanzo Seaweed Roll</b>		
<u>Ingredients</u>	<u>Dressing</u>	<u>Directions:</u>
8 oz bag Nori Sea Vegetable (10 sheets)	1/4 cup canola oil	Drain chick peas. Prepare dressing. Mash garbanzo beans with fork until smooth. Individually soak each sheet of Nori; Lay flat and layer the ingredients; Lightly blot top with dressing; roll. Serve 2.5 rolls per person. Serves 4
1-15 1/2 oz can Chick Peas	1 tsp curry powder	
3/4 cup grated carrots	1/2 tbsp soy sauce	
1/2 cup grated cucumber	1/2 tsp celery seed	
1/2 cup alfalfa sprouts	1/2 tsp salt	
	1 1/2 tbsp white vinegar	
	1/4 tsp sugar	

<b>Crab Dip</b>		
<u>Ingredients:</u>		<u>Directions:</u>
8 oz fat free sour cream	1 tbsp lemon juice	In small bowl, beat the sour cream and cream cheese until creamy. Stir in remaining ingredients and fold in crab meat.
8 oz Low-fat cream cheese	2 (8 oz) crab meat, canned, broken up	
1/2 cup finely chopped celery	Chopped fresh parsley	
1/4 cup finely chopped onions	Crackers or cut up vegetables	

<b>Apple Smiles</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
2 green or red unpeeled apple, cored and sliced	(2 slices for each apple smile)	Slice the apples into ¼” slices. Dry apple slice on napkin so peanut butter won’t stick. Spread each apple slice with peanut butter. Top with another slice, peanut butter side down, and squeeze gently. Place 4-5 pieces of puffed cereal into the peanut butter between the skins of the apple slices (or the apple lips). These are the teeth! Make the “smile that ate too much candy” by adding a raisin for a rotten tooth! Serves 4
¼ cup puffed cereal	½ cup peanut butter	
	Raisins (optional)	

<b>Deluxe Seafood Dip</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
1-6.5 oz can minced clams, drained	1- 8 oz package of fat free cream cheese	Mix cream cheese, shallot, parsley, clams and crab meat thoroughly and spread into serving dish. Top with cocktail sauce, and then sprinkle with shrimp and capers. Serve with crackers. Serves 2 tbsp. per person.
1- 6 oz can lump crabmeat, drained	1 shallot mined	
1- 4 oz tiny cocktail shrimp, drained	2 tablespoons dried parsley	
3 tablespoons capers	1 bottle cocktail sauce	

<b>Pinto Bean Dip</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
2- 15 ounce cans pinto beans drained	½ teaspoon of onion powder	Mash all ingredients in a bowl until fairly smooth. Serve with baked tortilla chips or on chalupas with lettuce and tomatoes. Serve 10
8 slices of canned jalapeno rinsed and save 2 tablespoons of juice	¼ teaspoon cayenne pepper	
	½ teaspoon paprika	
	¼ teaspoon garlic powder	
1 teaspoon sugar		

<b>Bean Dip</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
15.5 oz can of red kidney beans	2 wedges of the “laughing cow cheese”	Drain beans. Place ¾ of beans in bowl and mash with a fork. Add water to get to desired consistency. Add cheese and salsa and mix well. Stir in the remaining beans. Serve with vegetables, whole-wheat pita, and whole-wheat flat bread or corn tortilla chips. Serves 4
1-2 tbsp water	2 tbsp salt	

<b>Shrimp Stuffed Celery</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
8 oz canned shrimp	1 tbsp bell pepper, finely chopped	Cut celery ribs into 2 inch pieces. Finely chop one piece and set aside. In a mixing bowl, beat cream cheese and mayo until smooth. Stir in the remaining ingredients and reserved chopped celery. Stuff into celery ribs. Serves 4
1 bunch celery, separated into ribs	1 tbsp minced fresh parsley	
3 oz of light cream cheese softened	1-2 drop hot sauce	
2 tbsp. light mayo	1/8 tsp pepper	
6 oz. baby shrimp	1/4 tsp Worcestershire sauce	
1 tbsp onion, finely chopped		

<b>Shrimp Cole Slaw</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
4-4 oz can small shrimp, drained and rinsed	3 cups cabbage, finely chopped	In bowl, combine mayonnaise, lemon juice, sugar and pepper. Stir until well blended. In another bowl, combine cabbage, celery, onion and shrimp. Add mayonnaise mixture and blend well. Refrigerate until serving time. Serves 4
1/2 cup fat-free mayonnaise	1 cup celery, finely chopped	
2 tsp of lemon juice	1 1/2 tbsp onion, finely chopped	
1 teaspoon of sugar	Pepper, to taste	

<b>Healthy Mackerel Snack</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
1 -8 oz can mackerel, drained	1/4 cup olive oil	Cut fish into small cubes, about 1/2 inch and cover them with the lime juice. Set aside for at least 10 minutes. In a medium bowl, toss together the mackerel, the tomatoes, chilies, olive oil, oregano, salt and pepper. Stir until the salad reaches your desired consistency. Serve with whole-wheat crackers. Serves 8
Juice of 6 or 7 large limes (1 1/4 to 1 1/2 cups)	1/2 tsp oregano	
1 canned chilies Serrano's en escabeche	1/2 tsp salt (or to taste) pepper	
	2 medium tomatoes	

<b>Mackerel Dip</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
1 (15 ounce) can mackerel, drained and rinsed	2 teaspoons salt, or to taste	Remove skin and bone from fish. In a medium bowl, mix fish with onion and hot pepper sauce while using a fork to break fish into small pieces. Mix in mayonnaise. Season to taste with salt and pepper. Dip in fresh baby carrot/ celery.
1 small onion, finely diced	1 teaspoon ground black pepper, or to taste	
1/4 cup tomato-based hot pepper sauce	1 cup light mayonnaise	

# Salads

<b>Three Bean Salad</b>		
<u>Ingredients:</u>		<u>Directions:</u>
15.5 oz can of dark red kidney beans	1 cup yellow bell pepper, diced	Drain beans and black olives. Combine beans, olives, peppers, tomatoes, lime juice, olive oil, and red win vinegar in a large bowl. Season with ground pepper to taste and serve. Serves 10
15.5 oz can red kidney beans	1 cup green bell pepper, diced	
12.5 oz can of cannelloni beans	1 cup tomato, diced	
3.8 oz can of black olives	Juice of 1 lime	
1 cup red bell pepper, diced	3 tbsp extra-virgin olive oil	
	3 tbsp red wine vinegar	
	Ground pepper	

<b>Summer Mediterranean Summer Salad</b>		
<u>Ingredients:</u>		<u>Directions:</u>
1 can of sardines; left whole	1 can of hearts of palm	In a medium-sized bowl, toss the tomatoes, sardines, artichoke hearts, and the hearts of palm together. Add dressing to taste and top with croutons.
1 can no-salt added tomatoes; drained and de-seeded (16 ounce)	Fat free Italian dressing to taste	
	1 box fat free herb seasoned croutons	
	1 can of artichoke hearts	

<b>Black Bean Salad Tropical</b>		
<u>Ingredients:</u>		<u>Directions:</u>
3 tablespoons fresh lime juice	1 ripe avocado, peeled and chopped	In a bowl, whisk together lime juice, oil and salt* to taste. Stir in remaining ingredients, except lettuce, and season with salt* and pepper to taste. Let it stand, stirring once or twice, and allow 15 minutes for flavors to develop. Serve salad on top of lettuce. Serves 3
2 tablespoons olive oil	½ red onion diced	
15 ounce can black beans, rinsed and drained	2 tablespoons minced fresh parsley	
1 mango, peeled and chopped	1 cup shredded romaine lettuce	
1 cup chopped red onion		

<b>Sardine Apple Salad</b>		
<u>Ingredients:</u>		<u>Directions:</u>
2 (3-1/4 ounce) cans of sardines	1 tablespoon lemon juice	Drain sardines and cut into bite-size chunks. Sprinkle apple cubes with lemon juice. Toss with celery, sour cream and sardines until well coated. Serve with pumpernickel bread.
1 cup red apple, unpeeled and diced	½ cup celery, chopped	
	1/3 cup low-fat sour cream	

<b>Black Bean Salad</b>		
<u>Ingredients:</u>		<u>Directions:</u>
1 15-ounce can black beans, rinsed and drained	1/4 cup snipped fresh cilantro	In a large bowl toss together the beans, sweet peppers, onion, cilantro, and jalapeno pepper. For the dressing, in a small bowl combine lemon juice, olive oil, and garlic. Add salt* and black pepper to taste. Stir dressing into bean mixture until evenly coated. Cover and chill in the refrigerator for 2 to 24 hours. Makes 4 side-dish servings. Serve with pita bread.
1/3 cup each red, green, and yellow sweet peppers, cut into 1/2-inch pieces (1 cup total)	2 tablespoons lemon juice	
1/2 medium yellow onion, chopped (1/4 cup)	1 tablespoon extra-virgin olive oil	
	1 large clove garlic, minced	

<b>Crab Salad</b>		
<u>Ingredients:</u>		<u>Directions:</u>
1/2 bell pepper, finely chopped	1-8 oz can of crab meat/coarsely chopped	Combine bell pepper, onion, crab meat and pimiento. Mix in mayonnaise, and then add pepper to taste. Stuff in pitas, roll in whole wheat tortillas, or put into a sandwich. Serves 4
1/2 onion, finely chopped	1/2 cup fat-free mayonnaise	
2 oz pimiento, drained	black pepper to taste	

<b>Tuna and White Bean Salad</b>		
<u>Ingredients:</u>		<u>Directions:</u>
2-6 oz cans tuna packed in oil	2 tablespoons olive oil	Combine by tossing gently tuna (including oil), beans, onion capers, watercress, olive oil, vinegar, salt, and pepper in a large bowl. Serves 4.  <i>Variations:</i> Use arugula instead of the watercress. Try canned sardines instead of the tuna.
3 cups drained and rinsed canned white beans	1 tablespoon red wine vinegar or white wine vinegar	
preferable cannelloni beans	3/4 teaspoon salt	
2 bunches watercress (about 3/4 pound), tough stems removed and leaves chopped (about 2 quarts)	1 teaspoon fresh-ground black pepper	
	1 tablespoon drained capers	
	1 red onion, sliced thin	

<b>Amazing Mackerel Salad</b>		
<u>Ingredients:</u>		<u>Directions:</u>
2 (6 oz) cans mackerel, drained and rinsed	2 stalks celery, finely chopped	Remove all skin and bones from fish and rinse it thoroughly. Fork it into small pieces. In a large bowl, toss together mackerel, broccoli, cauliflower, onion and celery. Stir in mayo, until salad reaches a desired consistency. Serve on pita bread. Serves 8
1/2 head broccoli finely chopped	1 cup fat-free mayonnaise	
1/2 head cauliflower finely chopped	1/2 teaspoon salt	
1/2 red onion, finely chopped	4 whole wheat pita bread rounds	

<b>Easy, Quick, and Cheap Taco Salad</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
1 large tomato chopped	1 avocado chopped into chunks	Put all ingredients in a small bowl. Pour in the dressing and toss. Place about 3 tablespoons of ingredients in each tortilla roll and serve. Serves 8
3 leaves of lettuce chopped	1 small can black olives chopped	
½ onion, diced finely	½ can of sweet corn	
2 tablespoons of cheese (parmesan)	2 tablespoons of Catalina or French dressing	
1 bag of whole wheat tortilla chips (8 tortillas)		

<b>Salmon Salad with Chopped Cucumber</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
1 can (14.75 oz) salmon, drained and flaked	¼ cup light mayonnaise	In a bowl, combine salmon with cucumber, celery, radishes, and green bell pepper. Blend mayonnaise with lemon juice and onion in a 1-cup measure; toss with the salmon mixture until well blended. To serve, line a salad bowl with lettuce or mixed greens; mount salmon salad on the greens. Serves 5
1 medium cucumber, peeled and chopped	¼ cup fat-free plain yogurt	
½ cup chopped celery	2 tbsp lemon juice	
5 radishes, thinly sliced	1 tsp grated onion	
½ small green bell pepper, chopped	Lettuce or mixed salad greens	

<b>Tuna Salad with Sunflower Kernels</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
1 lb romaine lettuce, cleaned, torn into bite-size pieces	¼ cup sunflower kernels	Combine all ingredients in a bowl and serve immediately.
2 medium tomatoes, sliced	1/3 Italian reduced fat dressing	
	1 can (6 oz) white tuna in water, drained, and flaked	

<b>Spicy Bean Salad</b>		
<b><u>Ingredients</u></b>	<b><u>Dressing</u></b>	<b><u>Directions:</u></b>
1-4 oz can chopped black olives rinsed	1/3 cup low sodium tomato sauce	Combine the dressing in a jar and shake to blend. Toss over the salad ingredients when ready to eat. Add salt and pepper to taste. Serves 4
2 scallions, chopped	2 tablespoon red wine vinegar	
1 green pepper, chopped	1 tablespoon olive oil	
1 medium jalapeno pepper, chopped	½ teaspoon chili powder, oregano	
½ small head lettuce, rinsed, torn		
1 can (14 oz) pinto beans		

<b>Navy Bean, Red Pepper, and Green Bean Salad</b>		
<u>Ingredients</u>	<u>Dressing</u>	<u>Directions:</u>
1 cups canned large navy beans, drained, rinsed 5 oz. canned green beans, cut into 1 ½ inch long strips 1/2 red bell pepper, cut into matchstick-size pieces 1 tablespoon chopped onion 1 tablespoon minced Italian parsley	2 tablespoons olive oil 1 tablespoon light white or cider vinegar	<p><b>Directions:</b> Put navy beans, green beans, red bell pepper, onion, and parsley in a salad bowl or large shallow dish and toss well.</p> <p><b>Directions for Dressing:</b> Whisk oil and vinegar in a small bowl to blend. Season with salt and pepper to taste. Pour over the salad and toss to mix.</p>

<b>Graisin Salad</b>		
<u>Ingredients</u>	<u>Dressing</u>	<u>Directions:</u>
15 ½ oz can chick peas 1 head romaine lettuce 2 green onions chopped 1 cup of raisins ¼ cup sliced almonds ½ cup diced celery 1 medium avocado (chopped into small pieces)	¼ cup extra virgin olive oil 2 tbsp. cider vinegar 2 tbsp sugar ¼ teaspoon salt ¼ teaspoon pepper	Drain chick peas. For the dressing, stir sugar until it dissolves. Break lettuce leaves into small pieces. Combine salad ingredients in a large bowl. Drizzle dressing over top; toss lightly. Serves 4

<b>Garbanzo Spinach Salad</b>		
<u>Ingredients</u>	<u>Dressing</u>	<u>Directions:</u>
1- 15 ½ oz. can Chick Peas 10 oz bag “Washed and Ready-to-eat” Spinach ½ cup walnuts 2 red apples 1 cup alfalfa sprouts 1- 8 oz can “pineapple tidbits in its own juice”	½ tsp. orange rind 8 tbsp juice of fresh orange 4 tsp canola oil 2 tsp. cider vinegar 3 tsp fresh lemon juice	Drain canned ingredients. Prepare dressing in a small bowl. Wash apples and dice to bite size pieces. Combine all ingredients in a large bowl. Drizzle dressing over top and toss lightly. Serves 4

<b>White Bean Salad with Tuna &amp; Black Olives</b>		
<u>Ingredients</u>	<u>Dressing</u>	<u>Directions:</u>
1 can white navy beans 1 can 6 oz tuna packed in water 6 black olives chopped into four pieces 1 small onion, sliced into thin rings	¼ cup olive oil 1 tablespoon lemon juice ½ tablespoon finely chopped flat-leaf parsley Freshly ground pepper to taste	Combine all ingredients in a small bowl and whisk until thoroughly combined. Drain beans and tuna, separately. Combine beans with 2/3 of dressing in a large bowl. Top with tuna, olives and onion. Drizzle on the remaining dressing and serve at room temperature. Serves 6

<b>Italian Antipasto Salad</b>		
<u>Ingredients</u>	<u>Dressing</u>	<u>Directions:</u>
1 head of romaine lettuce, cut into bite-size pieces 1 head of red leaf lettuce, cut into bite-size pieces 15.5 oz can of red kidney beans 15.5 oz can of cannelloni beans 4 oz salami, cubed 4 oz package “the laughing cow light gourmet cheese bites” 2 cup tomatoes, diced Red wine vinaigrette (recipe follows) Ground pepper	<b>Red wine vinaigrette</b> 2 tbsp red win vinegar juice of 1 lemon ½ tsp honey ¼ cup extra-virgin olive oils  Mix all the ingredients in a bowl.	Drain beans. Combine lettuce, beans, salami, cheese and tomatoes in a large bowl. Toss with enough vinaigrette to coat. Season with pepper to taste and serve. Serves 8



# Sandwiches, Pitas, & Burritos

<b>Pita Bread with Sardines</b>		
<b>Ingredients:</b>		<b>Directions:</b>
4 whole-wheat pita breads	1 tbsp of fresh parsley chopped or	Crumble pita breads into a bowl and sprinkle with lemon juice to moisten. Chop cucumber, tomatoes, and onion into chunks and place in a bowl along with parsley, mint, cayenne and black pepper. Toss salad, mixing all ingredients and arrange sardine fillets on top.
2 * 125g (4 oz) cans of sardines in tomato sauce	1 tsp of dried parsley	
Juice of one lemon	1 tbsp of fresh mint leaves, chopped or	
½ cucumber	½ tsp of dried mint	
4 tomatoes	A generous pinch of cayenne	
4 spring onions	Ground black pepper	

<b>Cashew Chicken Salad Sandwiches</b>		
<b>Ingredients:</b>		<b>Directions:</b>
¼ cup fat-free sour cream	2 tablespoons chopped dry-roasted cashew	Combine first 3 ingredients in a large bowl, stirring until well blended. Add chicken, celery, cashews, and green onion; stir well. Serve chicken salad on buns. Serves 2
1 tablespoon light mayonnaise	1 tablespoon finely chopped green onion	
¼ teaspoon curry powder	2 (2 ounce) whole wheat hamburger buns	
2 chicken cans		
1/3 cup chopped celery		

<b>Peanut Butter (<i>Tropical Peanut Butter Sandwich</i>)</b>		
<b>Ingredients:</b>		<b>Directions:</b>
2 slices of raisin bread	2 Tablespoons of Peanut Butter	Mash bananas with potato masher until smooth. Stir together peanut butter, mashed banana. Then spread on bread and enjoy!
1 Mashed banana		

<b>California Crab Sandwiches</b>		
<b>Ingredients:</b>		<b>Directions:</b>
2 ripe avocados	1 tbsp lemon juice	Mash avocados and stir in scallions, lemon juice, and pepper until blended. Spread on bread and place crab meat on top. Put two slices of bread together to make a sandwich. Serves 4
3 tbsp thinly sliced scallion, including some greens	8 slices whole wheat bread	
	1-8 oz can of crab meat	

<b>Veggie Lover's</b>		
<b>Ingredients:</b>		<b>Directions:</b>
4 (1 ½-ounce) slices whole wheat bread	Olive oil	Thoroughly mix hummus with 1 tablespoon olive oil. Spread on each slice of bread, 3 tbsp. of mixture. Top each slice with 2 tbsp shredded carrots, 2 tomato slices and 2 avocado slices. Top with ground pepper if desired. Serves 4
½ cup shredded carrots	8 (1/4" thick) slices avocado	
8 (1/4" thick) slices tomato	Hummus spread	

<b>Salmon Waldorf Salad Pita Pockets</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
½ cup fat-free cream cheese	6 stalks celery, diced finely	Combine and beat the cream cheese, yogurt and lemon juice. Mix all the ingredients and add pepper according to taste. To serve, place the salmon mixture into the pita pockets. Serves 10
½ cup fat-free plain yogurt	4 large apples, chopped finely	
1 tsp black pepper, or to taste	½ cup chopped walnuts	
3 (7 oz) can red or pink salmon, drained and mashed	5 whole wheat pita bread, cut in halves 2 tbsp lemon juice	

<b>Tuna Salad Sandwiches</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
1 can (6 oz) white tuna in water, drained, and flaked	1 tbsp raisins 6 slices whole wheat bread	Mix tuna, carrots, mayo, relish and raisins. Cover 3 of the bread slices with tuna mixture; top with lettuce and remaining bread slices. Serves 3
½ cup shredded carrots	3 large lettuce leaves	
¼ cup light mayonnaise	1 tbsp sweet pickle relish	

<b>Salmon-Cucumber Sandwich</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
¼ cup of fat-free cream cheese	¼ chopped red onion	Combine and beat the cream cheese, yogurt and lemon juice. Open the canned salmon and flack the salmon into a bowl- add the cheese mixture, chopped onion and the fresh dill to the canned salmon and mix well. Place half of the cucumber slices on the 4 or 5 bread slices and spread a generous ½ cup of the salmon mixture. Top the remaining cucumber slices and bread. Serves 5
3 tablespoons of plain fat-free yogurt	½ teaspoon of chopped fresh dill	
1 tablespoon of lemon juice	10 slices of whole wheat bread	
1 can of salmon in water, drained		

<b>Tuna Pockets</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
1 cup chopped cucumber	¼ cup non-fat ranch dressing	Drain tuna. Mix cucumber, tomato, tuna and dressing. Line pita bread halves with lettuce and fill with tuna mixture. Serves 4
1 cup chopped tomato	4 whole-wheat pita breads, cut in half	
1-6 oz can white tuna in water, drained, and flaked	4 large lettuce leaves	

<b>Tuna Carrot Sandwiches</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
1 can (6 oz.) white tuna in water, drained, and flaked	1 tbsp. Sweet Pickle Relish 1 tbsp. raisins 6 slices whole wheat bread	Mix tuna, carrot, mayo, relish and raisins. COVER 3 of the bread slices with tuna mixture; top with lettuce and remaining bread slices. Serves 3
1/2 cup shredded carrot	3 large lettuce leaves	
1/4 cup light Mayonnaise		

<b>California Chicken Sandwich</b>		
<b><u>Ingredients</u></b>	<b><u>Dressing</u></b>	<b><u>Directions:</u></b>
2 -6 oz chicken breast cans Salt to taste Pepper to taste 8 slices of whole wheat bread, toasted 4 small romaine lettuce leaves 2 plum tomatoes each cut lengthwise into 4 slices 1 peeled avocado, cut into 8 wedges	1/3 cup fat-free mayonnaise 2 tablespoons thawed orange juice concentrate 1 teaspoon lime juice 1/2 teaspoon ground cumin Hot sauce to taste	To prepare citrus mayonnaise, combine first 5 ingredients in a small bowl. Spread 1 tablespoon citrus mayonnaise on each of 4 bread slices. Top with 1 lettuce leaf, 1/4 chicken, 2 tomato slices, 2 avocado wedges, and remaining bread slices. Serves 4

<b>Mexican Bean Burritos</b>		
<b><u>Ingredients:</u></b>		<b><u>Directions:</u></b>
1 (17.5 oz) package whole wheat tortillas 1 can pinto beans drained 1 can green chilies 1 package taco seasoning mix 2 tomatoes	8 scallions 1 avocado 1 can cheddar cheese whiz Fresh or dry cilantro to taste 6 lettuce leaves	Drain all excess liquid from canned ingredients. Mash beans with fork. If consistency is too thick add some water. Mix beans and chilies with two tbsp of taco seasoning mix. In a separate bowl, dice tomatoes and combine with cilantro. Dice avocado, dice scallions and dice lettuce. Spread about 2 tbsp bean mixture onto tortillas and sprinkle 2 tbsp tomatoes on top of bean mixture. Add 1 tbsp of chopped avocado. Sprinkle with scallions and lettuce. Using cheese whiz, apply 2 thin lines lengthwise over top of all ingredients (about 1 tbsp). Roll, wrap and enjoy. Jalapenos may also be added for additional flavor. Serves 8