The Healthy Hurricane/Disaster Cookbook
**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 Park Wellness Center, and edited by Dr. Marcia Magnus.

We hope you enjoy these recipes. We recommend that you experiment with some recipes as you start hurricane preparation.

Good health to all!

Florida International University
University Park Wellness Center

**Acknowledgements**

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- Monica Capille
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- Janie Villar

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) 622-8003

**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.
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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
- Canned foods, enough for 2 weeks
- (1) Gallon water per day, per person
- Manual Can opener
- Condiments small enough for one time use
- Spices and herbs
- Paper plates
- Napkins
- Forks
- Large bowl for mixing
- Ingredients
- Plastic container/bags
- Sanitary wipes
- Cups
- Mixing utensils
- The Healthy Hurricane/Disaster Cookbook

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, craisins (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_{12}; cheese provides calcium and vitamin B_{12}; 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?

<table>
<thead>
<tr>
<th>Bread, Cereal, Rice, and Pasta Group (Grains Group) (Whole grain and refined)</th>
<th>Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (Meat and Beans Group)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 slice of bread</td>
<td>2-3 ounces of cooked lean meat, poultry, or fish</td>
</tr>
<tr>
<td>About 1 cup of ready-to-eat cereal</td>
<td>1/2 cup of cooked dry beans* or 1/2 cup of tofu counts as 1 ounce of lean meat</td>
</tr>
<tr>
<td>1/2 cup of cooked cereal, rice, or pasta</td>
<td>2 1/2-ounce soy burger or 1 egg counts as 1 ounce of lean meat</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetable Group</th>
<th>Milk, Yogurt, and Cheese Group (Milk Group)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup of raw leafy vegetables</td>
<td>1 cup of milk** or yogurt**</td>
</tr>
<tr>
<td>1/2 cup of other vegetables cooked or raw</td>
<td>1 1/2 ounces of natural cheese** (such as Cheddar)</td>
</tr>
<tr>
<td>3/4 cup of vegetable juice</td>
<td>2 ounces of processed cheese** (such as American)</td>
</tr>
</tbody>
</table>

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

### Nutty Oatmeal

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

### Start-up Cereal

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>Directions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups instant oatmeal</td>
<td>Mix all ingredients in a bowl.</td>
</tr>
<tr>
<td>1/4 cup raisins</td>
<td>Let stand approximately 5 minutes.</td>
</tr>
<tr>
<td>1/4 dried apricots</td>
<td>Serves 4</td>
</tr>
<tr>
<td>1/4 cup whole cranberry sauce</td>
<td></td>
</tr>
<tr>
<td>1 cup low fat vanilla soy milk</td>
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</tbody>
</table>

### Morning Fun Oatmeal

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>Directions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups instant oatmeal</td>
<td>Sprinkle with mini-marshmallows.</td>
</tr>
<tr>
<td>1/2 cup peanut butter chips</td>
<td>Mix all ingredients in a bowl.</td>
</tr>
<tr>
<td>1 cup low fat vanilla soy milk</td>
<td>Let stand approximately 5 minutes.</td>
</tr>
<tr>
<td>1 med. banana sliced</td>
<td>Serves 4</td>
</tr>
</tbody>
</table>
## Black Bean Salsa

**Ingredients:**
- 1 15-ounce can black beans, rinsed and drained
- 1/2 cup frozen whole kernel corn, cooked and drained
- 1 small tomato, chopped
- 1 jalapeno pepper, seeded and finely chopped
- 2 tablespoons lime juice
- 2 tablespoons snipped fresh cilantro

**Directions:**
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

## Mexican Seafood-filled Avocados

**Ingredients**
- 1 tbsp fresh lime juice
- 1 tbsp cider vinegar
- 1 clove garlic, minced
- ½ tsp. lime zest
- ¼ tsp salt
- 1 tbsp vegetable oil
- ¼ tsp chili powder
- 4 oz canned crab
- 8 oz canned shrimp
- 2 tbsp cilantro
- 2 firm rip avocados
- 2 cups shredded lettuce
- 4 green olives
- 4 lime wedges

**Directions:**
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 coarse 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

## Garbanzo Seaweed Roll

**Ingredients**
- 8 oz bag Nori Sea Vegetable (10 sheets)
- 1-15 ½ oz can Chick Peas
- ¾ cup grated carrots
- ½ cup grated cucumber
- ½ cup alfalfa sprouts

**Dressing**
- ¼ cup canola oil
- 1 tsp curry powder
- ½ tbsp soy sauce
- ½ tsp celery seed
- ½ tsp salt
- 1 ½ tbsp white vinegar
- ¼ tsp sugar

**Directions:**
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

## Crab Dip

**Ingredients:**
- 8 oz fat free sour cream
- 8 oz Low-fat cream cheese
- ½ cup finely chopped celery
- ¼ cup finely chopped onions
- 1 tbsp lemon juice
- 2 (8 oz) crab meat, canned, broken up
- Chopped fresh parsley
- Crackers or cut up vegetables

**Directions:**
In small bowl, beat the sour cream and cream cheese until creamy. Stir in remaining ingredients and fold in crab meat.
**Apple Smiles**

**Ingredients:**
- 2 green or red unpeeled apple, cored and sliced
- ¼ cup puffed cereal

**Directions:**
- 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

**Deluxe Seafood Dip**

**Ingredients:**
- 1-6.5 oz can minced clams, drained
- 1- 6 oz can lump crabmeat, drained
- 1- 4 oz tiny cocktail shrimp, drained
- 3 tablespoons capers
- 1- 8 oz package of fat free cream cheese
- 1 shallot mined
- 2 tablespoons dried parsley
- 1 bottle cocktail sauce

**Directions:**
- 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.

**Pinto Bean Dip**

**Ingredients:**
- 2- 15 ounce cans pinto beans drained
- 8 slices of canned jalapeno rinsed and save 2 tablespoons of juice
- 1 teaspoon sugar
- ½ teaspoon of onion powder
- ¼ teaspoon cayenne pepper
- ½ teaspoon paprika
- ¼ teaspoon garlic powder

**Directions:**
- Mash all ingredients in a bowl until fairly smooth.
- Serve with baked tortilla chips or on chalupas with lettuce and tomatoes. Serve 10

**Bean Dip**

**Ingredients:**
- 15.5 oz can of red kidney beans
- 1-2 tbsp water
- 2 wedges of the “laughing cow cheese”
- 2 tbsp salt

**Directions:**
- 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
### Shrimp Stuffed Celery

**Ingredients:**
- 8 oz canned shrimp
- 1 bunch celery, separated into ribs
- 3 oz light cream cheese softened
- 2 tbsp light mayo
- 6 oz baby shrimp
- 1 tbsp onion, finely chopped
- 1 tbsp bell pepper, finely chopped
- 1 tbsp minced fresh parsley
- 1-2 drop hot sauce
- 1/8 tsp pepper
- ¼ tsp Worcestershire sauce

**Directions:**
- 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

### Shrimp Cole Slaw

**Ingredients:**
- 4-4 oz can small shrimp, drained and rinsed
- ½ cup fat-free mayonnaise
- 2 tsp of lemon juice
- 1 teaspoon of sugar
- 3 cups cabbage, finely chopped
- 1 cup celery, finely chopped
- 1 ½ tbsp onion, finely chopped
- Pepper, to taste

**Directions:**
- 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

### Healthy Mackerel Snack

**Ingredients:**
- 1 - 8 oz can mackerel, drained
- Juice of 6 or 7 large limes (1 ¼ to 1 ½ cups)
- 1 canned chilies Serrano’s en escabeche
- ¼ cup olive oil
- ½ tsp oregano
- ½ tsp salt (or to taste)
- pepper
- 2 medium tomatoes

**Directions:**
- Cut fish into small cubes, about ½ 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

### Mackerel Dip

**Ingredients:**
- 1 (15 ounce) can mackerel, drained and rinsed
- 1 small onion, finely diced
- 1/4 cup tomato-based hot pepper sauce
- 2 teaspoons salt, or to taste
- 1 teaspoon ground black pepper, or to taste
- 1 cup light mayonnaise

**Directions:**
- 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.
### Three Bean Salad

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

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

### Summer Mediterranean Summer Salad

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

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.

### Black Bean Salad Tropical

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>Directions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoons fresh lime juice</td>
<td>In a bowl, whisk together lime juice, oil and salt* to taste.</td>
</tr>
<tr>
<td>2 tablespoons olive oil</td>
<td>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.</td>
</tr>
<tr>
<td>15 ounce can black beans, rinsed and</td>
<td>Serve salad on top of lettuce. Serves 3</td>
</tr>
<tr>
<td>drained</td>
<td></td>
</tr>
<tr>
<td>1 mango, peeled and chopped</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped red onion</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>1 ripe avocado, peeled and chopped</td>
<td></td>
</tr>
<tr>
<td>½ red onion diced</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons minced fresh parsley</td>
<td></td>
</tr>
<tr>
<td>1 cup shredded romaine lettuce</td>
<td></td>
</tr>
</tbody>
</table>

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

### Sardine Apple Salad

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>Directions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 (3-1/4 ounce) cans of sardines</td>
<td>Drain sardines and cut into bite-size chunks.</td>
</tr>
<tr>
<td>1 cup red apple, unpeeled and diced</td>
<td>Sprinkle apple cubes with lemon juice.</td>
</tr>
<tr>
<td></td>
<td>Toss with celery, sour cream and sardines until well coated.</td>
</tr>
<tr>
<td></td>
<td>Serve with pumpernickel bread.</td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
<td></td>
</tr>
<tr>
<td>½ cup celery, chopped</td>
<td></td>
</tr>
<tr>
<td>1/3 cup low-fat sour cream</td>
<td></td>
</tr>
<tr>
<td>Black Bean Salad</td>
<td>Ingredients: 1 15-ounce can black beans, rinsed and drained, 1/3 cup each red, green, and yellow sweet peppers, cut into 1/2-inch pieces (1 cup total), 1/2 medium yellow onion, chopped (1/4 cup)</td>
</tr>
<tr>
<td>Crab Salad</td>
<td>Ingredients: ½ bell pepper, finely chopped, ½ onion, finely chopped, 2 oz pimiento, drained, 1-8 oz can of crab meat/coarsely chopped</td>
</tr>
<tr>
<td>Tuna and White Bean Salad</td>
<td>Ingredients: 2-6 oz cans tuna packed in oil, 3 cups drained and rinsed canned white beans preferable cannelloni beans, 2 bunches watercress (about ¾ pound), tough stems removed and leaves chopped (about 2 quarts)</td>
</tr>
<tr>
<td>Amazing Mackerel Salad</td>
<td>Ingredients: 2 (6 oz) cans mackerel, drained and rinsed, ½ head broccoli finely chopped, ½ head cauliflower finely chopped, ½ red onion, finely chopped</td>
</tr>
<tr>
<td><strong>Easy, Quick, and Cheap Taco Salad</strong></td>
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<tr>
<td><strong>Ingredients:</strong></td>
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<tr>
<td>1 large tomato chopped</td>
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<tr>
<td>3 leaves of lettuce chopped</td>
<td></td>
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<tr>
<td>½ onion, diced finely</td>
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</tr>
<tr>
<td>2 tablespoons of cheese (parmesan)</td>
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</tr>
<tr>
<td>1 bag of whole wheat tortilla chips (8 tortillas)</td>
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<tr>
<td>1 avocado chopped into chunks</td>
<td></td>
</tr>
<tr>
<td>1 small can black olives chopped</td>
<td></td>
</tr>
<tr>
<td>½ can of sweet corn</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons of Catalina or French dressing</td>
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</tr>
<tr>
<td><strong>Directions:</strong></td>
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</tr>
<tr>
<td>Put all ingredients in a small bowl.</td>
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<tr>
<td>Pour in the dressing and toss.</td>
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<tr>
<td>Place about 3 tablespoons of ingredients in each tortilla roll and serve. Serves 8</td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>Salmon Salad with Chopped Cucumber</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients:</strong></td>
</tr>
<tr>
<td>1 can (14.75 oz) salmon, drained and flaked</td>
</tr>
<tr>
<td>1 medium cucumber, peeled and chopped</td>
</tr>
<tr>
<td>½ cup chopped celery</td>
</tr>
<tr>
<td>5 radishes, thinly sliced</td>
</tr>
<tr>
<td>½ small green bell pepper, chopped</td>
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<tr>
<td>⅛ cup light mayonnaise</td>
</tr>
<tr>
<td>½ cup fat-free plain yogurt</td>
</tr>
<tr>
<td>2 tbsp lemon juice</td>
</tr>
<tr>
<td>1 tsp grated onion</td>
</tr>
<tr>
<td>Lettuce or mixed salad greens</td>
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<tr>
<td><strong>Directions:</strong></td>
</tr>
<tr>
<td>In a bowl, combine salmon with cucumber, celery, radishes, and green bell pepper.</td>
</tr>
<tr>
<td>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</td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>Tuna Salad with Sunflower Kernels</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients:</strong></td>
</tr>
<tr>
<td>1 lb romaine lettuce, cleaned, torn into bite-size pieces</td>
</tr>
<tr>
<td>2 medium tomatoes, sliced</td>
</tr>
<tr>
<td>¼ cup sunflower kernels</td>
</tr>
<tr>
<td>1/3 Italian reduced fat dressing</td>
</tr>
<tr>
<td>1 can (6 oz) white tuna in water, drained, and flaked</td>
</tr>
<tr>
<td><strong>Directions:</strong></td>
</tr>
<tr>
<td>Combine all ingredients in a bowl and serve immediately.</td>
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<table>
<thead>
<tr>
<th><strong>Spicy Bean Salad</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients:</strong></td>
</tr>
<tr>
<td>1-4 oz can chopped black olives rinsed</td>
</tr>
<tr>
<td>2 scallions, chopped</td>
</tr>
<tr>
<td>1 green pepper, chopped</td>
</tr>
<tr>
<td>1 medium jalapeno pepper, chopped</td>
</tr>
<tr>
<td>½ small head lettuce, rinsed, torn</td>
</tr>
<tr>
<td>1 can (14 oz) pinto beans</td>
</tr>
<tr>
<td><strong>Dressing:</strong></td>
</tr>
<tr>
<td>1/3 cup low sodium tomato sauce</td>
</tr>
<tr>
<td>2 tablespoon red wine vinegar</td>
</tr>
<tr>
<td>1 tablespoon olive oil</td>
</tr>
<tr>
<td>½ teaspoon chili powder, oregano</td>
</tr>
<tr>
<td><strong>Directions:</strong></td>
</tr>
<tr>
<td>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</td>
</tr>
</tbody>
</table>
### Navy Bean, Red Pepper, and Green Bean Salad

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Dressing</th>
<th>Directions</th>
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</thead>
</table>
| 1 cups canned large navy beans, drained, rinsed | 2 tablespoons olive oil | **Directions:**
| 5 oz. canned green beans, cut into 1 ½ inch long strips | 1 tablespoon light white or cider vinegar | Put navy beans, green beans, red bell pepper, onion, and parsley in a salad bowl or large shallow dish and toss well. |
| 1/2 red bell pepper, cut into matchstick-size pieces | | **Directions for Dressing:** 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. |
| 1 tablespoon chopped onion | | |
| 1 tablespoon minced Italian parsley | | |

### Grasim Salad

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

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

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Dressing</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 can white navy beans</td>
<td>¼ cup olive oil</td>
<td>Combine all ingredients in a small bowl and whisk until thoroughly combined.</td>
</tr>
<tr>
<td>1 can 6 oz tuna packed in water</td>
<td>1 tablespoon lemon juice</td>
<td>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</td>
</tr>
<tr>
<td>6 black olives chopped into four pieces</td>
<td>½ tablespoon finely chopped flat-leaf parsley</td>
<td></td>
</tr>
<tr>
<td>1 small onion, sliced into thin rings</td>
<td>Freshly ground pepper to taste</td>
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</table>
## Italian Antipasto Salad

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Dressing</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 head of romaine lettuce, cut into bite-size pieces&lt;br&gt;1 head of red leaf lettuce, cut into bite-size pieces&lt;br&gt;15.5 oz can of red kidney beans&lt;br&gt;15.5 oz can of cannelloni beans&lt;br&gt;4 oz salami, cubed&lt;br&gt;4 oz package “the laughing cow light gourmet cheese bites”&lt;br&gt;2 cup tomatoes, diced&lt;br&gt;Red wine vinaigrette (recipe follows)&lt;br&gt;Ground pepper</td>
<td><strong>Red wine vinaigrette</strong>&lt;br&gt;2 tbsp red win vinegar&lt;br&gt;juice of 1 lemon&lt;br&gt;½ tsp honey&lt;br&gt;¼ cup extra-virgin olive oils</td>
<td>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</td>
</tr>
</tbody>
</table>
### Pita Bread with Sardines

**Ingredients:**
- 4 whole-wheat pita breads
- 2 * 125g (4 oz) cans of sardines in tomato sauce
- Juice of one lemon
- ½ cucumber
- 4 tomatoes
- 4 spring onions
- 1 tbsp of fresh parsley chopped or 1 tsp of dried parsley
- 1 tbsp of fresh mint leaves, chopped or ½ tsp of dried mint
- A generous pinch of cayenne
- Ground black pepper

**Directions:**
- 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.

### Cashew Chicken Salad Sandwiches

**Ingredients:**
- ¼ cup fat-free sour cream
- 1 tablespoon light mayonnaise
- ¼ teaspoon curry powder
- 2 chicken cans
- ¼ cup chopped celery
- 2 tablespoons chopped dry-roasted cashew
- 1 tablespoon finely chopped green onion
- 2 (2 ounce) whole wheat hamburger buns

**Directions:**
- 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

### Peanut Butter (Tropical Peanut Butter Sandwich)

**Ingredients:**
- 2 slices of raisin bread
- 1 Mashed banana
- 2 Tablespoons of Peanut Butter

**Directions:**
- Mash bananas with potato masher until smooth.
- Stir together peanut butter, mashed banana.
- Then spread on bread and enjoy!

### California Crab Sandwiches

**Ingredients:**
- 2 ripe avocados
- 3 tbsp thinly sliced scallion, including some greens
- 1 tsp lemon juice
- 8 slices whole wheat bread
- 1-8 oz can of crab meat

**Directions:**
- 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

### Veggie Lover’s

**Ingredients:**
- 4 (1 ½-ounce) slices whole wheat bread
- ½ cup shredded carrots
- 8 (1/4” thick) slices tomato
- Olive oil
- 8 (1/4” thick) slices avocado
- Hummus spread

**Directions:**
- 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
### Salmon Waldorf Salad Pita Pockets

**Ingredients:**
- ½ cup fat-free cream cheese
- ½ cup fat-free plain yogurt
- 1 tsp black pepper, or to taste
- 3 (7 oz) can red or pink salmon, drained and mashed
- 6 stalks celery, diced finely
- 4 large apples, chopped finely
- ½ cup chopped walnuts
- 5 whole wheat pita bread, cut in halves
- 2 tbsp lemon juice

**Directions:**
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

### Tuna Salad Sandwiches

**Ingredients:**
- 1 can (6 oz) white tuna in water, drained, and flaked
- ½ cup shredded carrots
- ¼ cup light mayonnaise
- 1 tbsp raisins
- 3 large lettuce leaves
- 1 tbsp sweet pickle relish

**Directions:**
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

### Salmon-Cucumber Sandwich

**Ingredients:**
- ¼ cup of fat-free cream cheese
- 3 tablespoons of plain fat-free yogurt
- 1 tablespoon of lemon juice
- 1 can of salmon in water, drained
- ¼ chopped red onion
- ½ teaspoon of chopped fresh dill
- 10 slices of whole wheat bread

**Directions:**
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

### Tuna Pockets

**Ingredients:**
- 1 cup chopped cucumber
- 1 cup chopped tomato
- 1-6 oz can white tuna in water, drained, and flaked
- ¼ cup non-fat ranch dressing
- 4 whole-wheat pita breads, cut in half
- 4 large lettuce leaves

**Directions:**
Drain tuna. Mix cucumber, tomato, tuna and dressing. Line pita bread halves with lettuce and fill with tuna mixture. Serves 4
### Tuna Carrot Sandwiches

**Ingredients:**
- 1 can (6 oz.) white tuna in water, drained, and flaked
- 1/2 cup shredded carrot
- 1/4 cup light Mayonnaise
- 1 tbsp. Sweet Pickle Relish
- 1 tbsp. raisins
- 6 slices whole wheat bread
- 3 large lettuce leaves

**Directions:**
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

### California Chicken Sandwich

**Ingredients:**
- 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

**Dressing:**
- 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

**Directions:**
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, ¼ chicken, 2 tomato slices, 2 avocado wedges, and remaining bread slices. Serves 4

### Mexican Bean Burritos

**Ingredients:**
- 1 (17.5 oz) package whole wheat tortillas
- 1 can pinto beans drained
- 1 can green chilies
- 1 package taco seasoning mix
- 2 tomatoes

**Directions:**
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