

Preparedness & Resiliency Cookbook

Guide to help you and your family prepare and plan for 14 days of meals and snacks.

Acknowledgments:

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Introduction

This resource is your guide for making good food choices that are healthy, tasty, quick, and safe to promote resiliency during hardship or natural disasters. This guide provides 21 meals and 5 snacks to feed a family of 4 for 7 days. Most of the ingredients in this recipe book are based on canned, boxed, or bottled non-perishable food items, except some fresh fruits and vegetables. Fruits and vegetables can be kept without refrigeration for a couple of days or non-perishable fruits and vegetables can be used. The recipes can be prepared using manual appliances.

This resource can be modified and customized to fit your family's needs. Adapt the quantity of recipes and only select recipes that your family will choose to eat.

Food Supply

Stock your pantry with canned, boxed, or bottled foods, dry mixes, and other staples that do not require refrigeration. Choose food items that you and your family will eat and enjoy. Avoid items that require special preparation, long cooking times, lots of ingredients, or large amounts of water. Periodically check expiration dates of food and rotate items in your pantry.

Shopping for your family during financial hardships can be overwhelming if you try to do it all at once. Take it one step at a time. Make one night a week a family preparedness night and try out one of the recipes in this cookbook to find what your family likes.



Essential Items to Consider:

The following items are suggested when selecting emergency food supplies. You may already have many of these on hand:

- Water, one gallon per person per day
- Breads
- Canned foods (soups, beans, sauces)
- Condiments
- Crackers
- Dried fruits
- Nuts and seeds
- Food for infants (if applicable)
- Instant hot cereal
- Protein or fruit bars
- Dry cereals or granola
- Instant rice or noodles
- Bouillon cubes or canned/boxed broth
- Oil, vinegar, or lemon juice concentrate
- Hard cheese (Parmesan)
- Peanut butter or other nut butters
- Instant beverages (coffee, cocoa, 100% fruit juices)
- Non-perishable pasteurized milk (or nut milks) in boxes or cans
- Fresh fruits and vegetables (they keep for several days without refrigeration)
- Family favorites: add your families favorites here
- Cash- in the instance that there is no electricity and credit cards will not work
- Medicine
- _____
- _____
- _____
- _____
- _____
- _____

TIPS!

Choose foods you would eat, even without an emergency

Try buying “low sodium” or “no salt added” canned and packaged foods and 100% whole grain breads, crackers and cereals.



Pantry & Shopping List for 7 Days of Meals & Snacks

Multiply this list by 2 if you are needing 14 days of food for 4 people.

***Perishable food items.**

Ingredient List:

Dairy

4 (12 oz) cans evaporated milk or 4 cups dry milk powder

1 (8 oz) container Parmesan cheese

Grains

48 oz container old fashioned rolled oats

3 (14 oz) packages brown rice

1 package English Muffins*

1 box graham crackers

1 (24 oz) can/box of cornmeal

1 package hamburger buns*

2 (12 oz) packages rice noodles

3 (16 oz) boxes pasta (any shape)

1 loaf bread (multi-grain preferably)*

1 (15 inch) round bread*

1 (8 oz) box couscous

1 (32 oz) box/package popcorn kernels

1 (5 oz) bag croutons, optional

Protein

2 packages (12 oz) shelf stable firm tofu

7 (8 oz) cans chicken

2 (12 oz) cans white tuna packed in water

2 (7 oz) cans pink salmon

1 (8 oz) package beef jerky

1 (half dozen) eggs*

Beans

2 (15 oz.) cans or ½ cup dried chickpeas

1 (30 oz) can fat free refried beans

2 (15 oz) cans or 1 cup dried black beans

2 (15 oz) cans or 1 cup dried navy beans

OR northern beans

2 (15 oz) cans or 1 (16 oz) package green lentils

Produce/ Vegetable

6 medium white onions*

1 medium red onion*

1 (5 lb) bag of whole packaged carrots*

3 (15 oz) can mixed vegetables

4 (15 oz) cans corn

1 (15 oz) can corn with peppers

(Southwest Corn)

1 (15oz) can canned spinach

1 (15 oz) can sweet peas

1 (11 oz) can green beans

2 (15 oz) cans diced tomato

1 (15 oz) can green olives

1 (12 oz) jar olives

1 (28 oz) can crushed tomatoes

2 (8 oz) cans sliced mushrooms

1 (15 oz) jar roasted red peppers

1 (8 oz) can water chestnuts

1 (8 oz) can green chilies

2 (8 oz) bags shredded lettuce (optional)*

2 fresh tomatoes (optional)*

1 (6 oz) can tomato paste

Fruit

1 (15 oz) can mango slices

2 (15 oz) cans mixed fruit

2 bananas*

Baking Items

1 (15 oz) can pumpkin

1 (1 lb) bag of white sugar

1 (1 lb) bag of brown sugar

1 (5 lb) bag of all-purpose flour

1 (8 oz) container of baking powder

Dried Fruit

1 (12 oz) box raisins

1 (12-15 oz) box golden raisins

1 (12 oz) package dried apricot

1 (12 oz) package dried fruit of choice

Nuts/Nut Butters/Seeds

1 (4 oz) bag mixed nuts

1 (16 oz) dry roasted peanuts

1 (5 oz) bag sunflower seeds

1 (16 oz) jar creamy peanut butter

Other

1 (14 oz) container unsweetened

applesauce

5 (5.5 oz) cans tomato juice or 1

(46 oz) can tomato juice

Sauces, Broths, and Seasonings

Oils and Vinegar

1 (16 oz) container vegetable oil

1 (24 oz) container olive oil

1 (5 oz) container sesame oil

1 (4 oz) container rice wine vinegar

1 (12 oz) container red wine vinegar

1 (12 oz) container white vinegar

1 (12 oz) container apple cider vinegar

Sauces/Salsa

1 (5 oz) container low-sodium soy sauce

1 (8 oz) container barbeque sauce

1 (15 oz) container mayonnaise

1 (12 oz) container honey

1 (12 oz) container maple syrup

1 (12 oz) container mustard

1 (15 oz) jar salsa (any heat)

1 (16 oz) container oil and vinegar salad dressing

Broths

3 (14.5 oz) cans low-sodium vegetable broth

6 (14.5 oz) cans chicken broth

Seasonings

1 (3 oz) container garlic powder

1 (3 oz) container cinnamon

1 (3 oz) container dried basil

1 (3 oz) container cumin

1 (3 oz) container dried dill

1 (3 oz) container red pepper flakes

1 (3 oz) container curry powder

1 (1 oz) packet taco seasoning

1 (1 oz) packet Italian salad dressing mix

1 (3 oz) container beef bouillon cubes

1 (3 oz) container dried parsley flakes

1 (3 oz) container dried rosemary

1 (3 oz) container dried thyme

1 (3 oz) container Italian seasoning

Salt

Black Pepper

Other

1 (1 oz) container vanilla extract

1 (2 oz) container lemon juice

3 gallons of bottled water

Kitchen Tools and Supplies

Sanitary wipes

Can opener

Paper towels

Measuring cups

Measuring spoons

Mixing bowls

Skillet

Mixing spoons

Knives

Large pot

Microwave safe bowl

Colander

Serving bowls

Serving utensils

Fork or wire masher

Whisk or fork

Medium saucepan

Food Safety Information:

KEEPING YOUR FOOD SAFE DURING A POWER OUTAGE



Monitor your refrigerator's temperature with a separate appliance thermometer.

Store raw meat in the bottom shelf of your freezer underneath prepared food.

Discard perishable food if it reaches 40° F (4.4° C) for two or more hours.

Keep your refrigerator and freezer doors tightly closed at all times.

Breakfast Recipes





Corn Pancakes

Serves 8 | by OSU Food Hero

Image from closetcooking.com

INGREDIENTS

- 1/2 cup cornmeal
- 1/2 cup all-purpose flour
- 1 Tablespoon baking powder
- 1/2 teaspoon salt
- 2 large eggs*
- 1/2 cup nonfat or 1% milk (or 4 Tbsp. milk powder to 1 cup water)*
- 2 cups cooked corn (canned and drained, frozen, or fresh cooked).

DIRECTIONS

1. In a large bowl, mix corn meal, flour, baking powder and salt.
2. In another bowl, mix the eggs and milk. Add egg and milk mixture and corn to the flour mixture and mix until combined.
3. Lightly grease a large skillet or griddle. Heat skillet or griddle over medium heat. Pour batter onto hot skillet or griddle to make individual pancakes.
4. Cook until golden on the bottom. Turn and cook on other side.

Nutrition Facts	
6 servings per container	
Serving size	1 pancake 6" (111g)
Amount per Serving	
Calories	150
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 600mg	26%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 117mg	10%
Iron 1mg	6%
Potassium 142mg	4%
Vitamin A 33mcg	4%
Vitamin C 3mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Fried Rice

Serves 6 | by University of Guam SNAP-Ed

INGREDIENTS

- 2 Tablespoons vegetable oil
- ½ cup onion, chopped*
- 1 carrot diced*
- 1 cup veggies, chopped (broccoli, peppers, etc.)*
- 2 Tablespoons lite soy sauce
- ½ tsp. black pepper & ½ tsp. garlic powder
- 2 cups cooked brown rice
- ¾ cup boiled chicken, chopped or 12 oz. canned
- 2 eggs, scrambled (optional)*

DIRECTIONS

1. Heat oil in a skillet over medium heat.
2. Add onion and cook until tender, about 3 minutes.
3. Stir in carrot, other vegetables, lite soy sauce, black pepper, and garlic powder. Cook until vegetables are tender, about 5 minutes.
4. Add cooked rice, chicken, and scrambled eggs to the pot. Cover and cook mixture an additional 3-5 minutes, stirring occasionally.

Nutrition Facts	
6 servings per container	
Serving size	1 cup (154g)
Amount per serving	
Calories	180
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 240mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 1mg	6%
Potassium 240mg	6%

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Fruit Pizza

Serves 4 | by OSU Food Hero

good 'n healthy

INGREDIENTS

- 2 English muffins (try whole grain)*
- 2 Tablespoons reduced-fat cream cheese or nut butter*
- 1/2 cup berries or other fruit*
- 1/4 cup crushed canned pineapple

DIRECTIONS

1. Split open the English muffin and toast the halves until lightly browned.
2. Spread cream cheese or nut butter on both halves.
3. Divide the fruit between the muffin halves and arrange on top of cream cheese or nut butter.
4. These are best when served immediately.

Image from www.FoodHero.org

Nutrition Facts	
2 servings per container	
Serving size	1/2 muffin+fruit (81g)
Amount per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0	
Cholesterol 10mg	3%
Sodium 170mg	7%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 114mg	8%
Iron 1mg	6%
Potassium 149mg	4%
Vitamin A 25mcg	3%
Vitamin C 8mg	9%

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Pumpkin Pie Oatmeal

Serves 4 | by Amber Alvarez, Houston Emergency Preparedness Cookbook

Image from diabetesselfmanagement.com

INGREDIENTS

- 4 packets instant oatmeal (or 4 servings of rolled oats – follow package directions)
- 1 cup canned pumpkin puree
- 1 teaspoon pumpkin pie spice (or ground cinnamon, ginger, nutmeg and allspice)
- 2 tablespoons sugar
- 2 full sheets graham crackers

DIRECTIONS

1. Prepare instant oatmeal or rolled oats according to package directions.
2. Stir pumpkin puree, pumpkin pie spice, and sugar into prepared oatmeal.
3. Divide prepared oatmeal between 4 bowls.
4. Top with crumbled or crushed graham crackers and serve.

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup (140g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 42g	15%
Dietary Fiber 7g	25%
Total Sugars 11g	
Includes 7g Added Sugars	14%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 3mg	15%
Potassium 343mg	8%

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Rice Bowl Breakfast with Fruit & Nuts

Serves 4 | by OSU Food Hero

Image from MyPlate.gov

INGREDIENTS

- 2 cups cooked brown rice
- 1 cup nonfat or 1% milk (or 4 Tbsp. milk powder to 1 cup water)*
- 1/2 teaspoon cinnamon
- 1 cup of fresh or canned chopped fruit
- 2 Tablespoons chopped nuts

DIRECTIONS

1. Combine cooked rice, milk and cinnamon in a microwave-safe bowl OR skillet. Microwave on High for 45 seconds OR cook on medium heat in skillet.
2. Divide rice mixture between bowls. Top with fruit and nuts. Serve warm.

Nutrition Facts	
2 servings per container	
Serving size	1 cup(239g)
Amount per Serving	
Calories	290
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 35mg	2%
Total Carbohydrate 58g	21%
Dietary Fiber 5g	18%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 110mg	8%
Iron 1mg	6%
Potassium 512mg	10%
Vitamin A 39mcg	4%
Vitamin C 4mg	4%

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Skillet Granola

Serves 4 | by OSU Food Hero

INGREDIENTS

- 1/3 cup vegetable oil
- 3 Tablespoons honey or brown sugar
- 1/4 cup powdered milk
- 1 teaspoon vanilla
- 4 cups old fashioned rolled oats
- 1/2 cup sunflower seeds
- 1 cup raisins

DIRECTIONS

1. Warm oil and honey in a skillet for one minute over medium heat. Add powdered milk and vanilla.
2. Stir in oats and sunflower seeds and mix until coated with oil and honey mixture. Heat over medium heat. Stir until oatmeal is slightly brown.
3. Take off heat. Stir in raisins.
4. Cool mixture. Store in an airtight container (jar or plastic bag).

Nutrition Facts	
15 servings per container	
Serving size	1/3 cup (52g)
Amount per Serving	
Calories	220
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 1mg	6%
Potassium 241mg	6%
Vitamin A 13mcg	1%
Vitamin C 0mg	0%

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Tofu Scramble



Photo from: commons.wikimedia.org creativecommons. bit.ly/3OGVEMt

Serves 5 | by OSU Food Hero

INGREDIENTS

- 14 ounces shelf stable extra firm tofu
- 1 cup onion, chopped*
- 1 cup bell pepper, chopped*
- 1 teaspoon oil
- 1 (15-ounce) can spinach
- 1 teaspoon garlic powder or 4 garlic cloves, minced
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ cup cheddar cheese*

DIRECTIONS

1. Drain and press tofu to remove extra liquid. Crumble, set aside.
2. In a skillet over medium heat, sauté onion and bell pepper in oil until tender.
3. Add spinach, garlic, salt and pepper. Stir to combine.
4. Add tofu, cook and stir until heated through. Sprinkle cheese over the top. Serve hot.

Nutrition Facts	
5 servings per container	
Serving size	1 cup (205g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 185mg	15%
Iron 3mg	15%
Potassium 307mg	6%

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Add your family's favorite recipe here.

NAME: _____

Serves | by

INGREDIENTS

DIRECTIONS

Snack Recipes





Peanut Butter Fruit Spread

Serves 4 | by Cheryl Driggs, Houston Emergency Preparedness Cookbook

INGREDIENTS

- 1 cup creamy peanut butter
- 2 tablespoons honey
- 1/4 cup dried apricot, chopped
- 1/4 cup golden raisins, chopped

DIRECTIONS

1. Blend together peanut butter and honey; stir in dried fruit.
2. Store mixture in a tightly covered container at room temperature.
3. To serve: spread on bread, muffins, biscuits or graham crackers.

Nutrition Facts	
4 servings per container	
Serving size	(93g)
Amount per serving	
Calories	470
	% Daily Value*
Total Fat 33g	42%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	14%
Total Sugars 26g	
Includes 12g Added Sugars	24%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 2mg	10%
Potassium 534mg	10%

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Black Bean and Mango Salsa



Photo: tasteofhome.com

Serves 4 | by Kaye Heitmann, Houston
Emergency Preparedness Cookbook

INGREDIENTS

- 1 (15-ounce) can black beans, rinsed and drained
- 1 (11-ounce) can corn with peppers, drained
- 1 (15-ounce) can mango slices, cubed, drained
- 1/4 cup onion, minced*
- 1/4 cup oil and vinegar salad dressing

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup (229g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 3mg	15%
Potassium 304mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

DIRECTIONS

1. In medium bowl, combine all ingredients and toss to coat.
2. Serve as an appetizer with crackers or tortilla chips, or as a side salad. You could add some canned tuna, salmon, or chicken.

Grilled Popcorn



Serves 4 | by Kaye Heitmann, Houston
Emergency Preparedness Cookbook

INGREDIENTS

- 1/4 cup popcorn kernels
- 1 tablespoon canola oil
- 1/4 teaspoon salt

DIRECTIONS

1. Combine popcorn and oil and place in a disposable foil pie pan or roasting pan.
2. Make a dome shape with foil and cover.
3. Place the pan on the grill over high heat. Cook, shaking often, until the sound of popping stops.
4. Season with salt and serve.

Nutrition Facts	
4 servings per container	
Serving size	1 3/4 cup (4.5g)
Amount per serving	
Calories	35
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Nutter Butter and Banana Wraps

Image from personalcreations.com; bit.ly/image_license

Serves 4 | by Kaye Heitmann, Houston Emergency Preparedness Cookbook

INGREDIENTS

- 1 cup peanut butter or nut butter
- 2 tablespoons honey
- 1/2 cup raisins
- 4 whole wheat tortillas*
- 2 bananas*

DIRECTIONS

1. In a bowl, combine peanut butter or nut butter, and honey and mix well.
2. Stir in raisins.
3. Spread tortillas with peanut butter mixture.
4. Roll up each tortilla with 1/2 banana, sliced its length.
5. Cut wrap in half. Serve immediately.

Nutrition Facts	
4 servings per container	
Serving size	1 tortilla (198g)
Amount per serving	
Calories	660
% Daily Value*	
Total Fat 35g	45%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 76g	28%
Dietary Fiber 6g	21%
Total Sugars 40g	
Includes 12g Added Sugars	24%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 3mg	15%
Potassium 729mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Tuna Sandwich

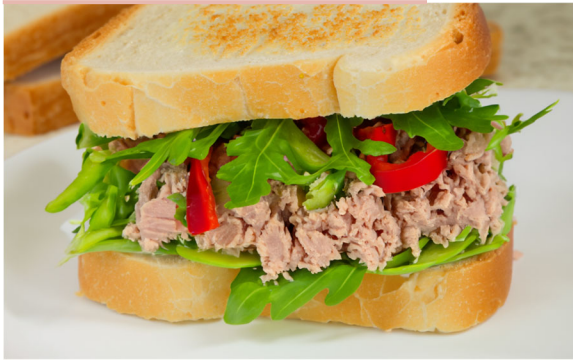


Image from ADOBE Photoshop Beta AI

Serves 6 | by Kaye Heitmann, Houston
Emergency Preparedness Cookbook

INGREDIENTS

- 1 (12-ounce) can solid pack white tuna, drained
- 1/2 cup mayonnaise (about 8 individual packets)
- 3 tablespoons green olives, chopped
- 1 jar roasted red peppers or pimentos, drained and chopped
- 2 tablespoons mustard (about 3-4 individual packets)
- 1/2 cup grated Parmesan cheese
- 1 (15 inch) round bread*

DIRECTIONS

- In small bowl combine tuna, mayonnaise, capers or olives, mustard, and Parmesan cheese and mix well.
- Spread over bread.
- Roll up bread, enclosing filling. Trim ends, if desired, then cut roll into 1" pieces.
- Serve immediately.

Nutrition Facts	
6 servings per container	
Serving size	1 (178g)
Amount per serving	
Calories	410
	% Daily Value*
Total Fat 19g	24%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 730mg	32%
Total Carbohydrate 46g	17%
Dietary Fiber 3g	11%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 1mcg	6%
Calcium 91mg	8%
Iron 2mg	10%
Potassium 88mg	2%

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Add your family's favorite recipe here.

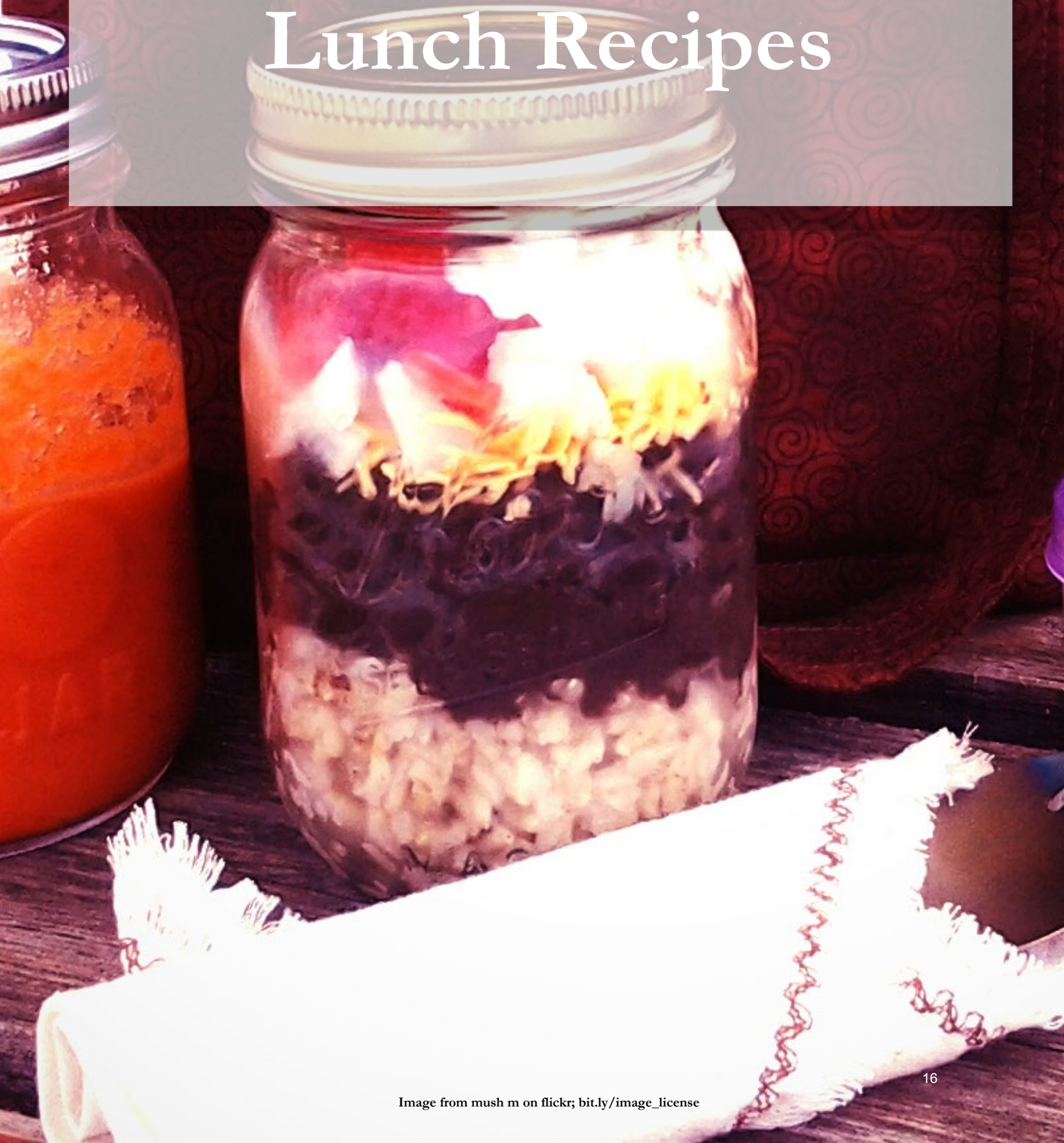
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Serves | by

INGREDIENTS

DIRECTIONS

Lunch Recipes





BBQ Chicken Sandwich

Image from Food Thinkers on flickr; bit.ly/image_license

Serves 4 | by Margaret Raber, Houston Emergency Preparedness Cookbook

INGREDIENTS

- 4 (8-ounce) cans cooked chicken, drained
- 1 cup carrot, shredded*
- 1/2 cup barbecue sauce
- 4 small hamburger buns*
- 1/4 cup mayonnaise (or 4 individual packets)

DIRECTIONS

1. Combine chicken, carrots and barbecue sauce in a bowl.
2. Spread mayonnaise on the bun.
3. Top with the chicken mixture. Add lettuce or other veggies if desired.

Nutrition Facts	
4 servings per container	
Serving size 1 sandwich (239g)	
Amount per serving	
Calories	470
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 1030mg	45%
Total Carbohydrate 33g	12%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 44g	
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 3mg	15%
Potassium 324mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

EZ Pasta Alfredo



Photo from Taste of Home

Serves 3 | by Norma Atherton,
Houston Emergency Preparedness
Cookbook

INGREDIENTS

- 1 package noodles or other pasta
- 1 package Italian salad dressing mix
- 1/2 cup evaporated milk
- 1/4 cup olive oil or margarine
- 2 1/2 tablespoons parsley, chopped (optional)
- 1 (14.5-ounce) can sweet peas, drained

DIRECTIONS

1. Cook noodles as directed by package.
2. Combine dressing mix, evaporated milk, and olive oil while noodles cook. Drain cooked noodles.
3. Combine noodles with parsley and peas and add sauce. Serve hot.

Nutrition Facts	
3 servings per container	
Serving size	1/2 cup (217g)
Amount per serving	
Calories	210
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1360mg	59%
Total Carbohydrate 44g	16%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 2mg	10%
Potassium 211mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Chicken Apple Salad Sandwich



Photo from myplate.gov

Serves 4 | by Simple Healthy Recipes
Oklahoma Nutrition Information and
Education ONIE Project

INGREDIENTS

- 1 (12.5-ounce) can of chicken
- 1 chopped celery (1 stalk)*
- 1 chopped apple, medium
- 1/3 cup light mayonnaise
- 1 lemon, juiced
- 1 small box (1 1/2 oz) raisins
- 8 slices whole wheat bread*
- Chopped walnuts (1 cup, optional)

DIRECTIONS

1. Wash hands with soap and water.
2. Combine all ingredients except for bread together in a bowl.
3. Create 4 sandwiches on whole wheat bread.

Nutrition Facts	
4 servings per container	
Serving size	1 Sandwich
Amount Per Serving	
Calories	260
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 450mg	20%
Total Carbohydrate 40g	15%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 3g Added Sugars	6%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 2mg	10%
Potassium 344mg	8%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Simple Chickpea Sandwich

Serves 4 | by Kaye Heitmann,
Houston Emergency Preparedness Cookbook

INGREDIENTS

- 2 (15-ounce) cans chickpeas
- 3 tablespoons vinegar
- Salt and pepper, to taste
- 8 slices bread (Try whole wheat.)*

DIRECTIONS

1. Mash chickpeas in a bowl with vinegar, salt, and pepper.
2. Spoon on to bread and make sandwiches, top with your favorite veggies.
3. Add your favorite sandwich toppings like lettuce, pickles, or tomatoes. (optional)

Nutrition Facts	
4 servings per container	
Serving size 1 sandwich (285g)	
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 860mg	37%
Total Carbohydrate 52g	19%
Dietary Fiber 10g	36%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 421mg	30%
Iron 5mg	30%
Potassium 394mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Brown Rice with Corn & Beans



Photo from Taste of Home

Serves 4 | by OSU Food Hero

INGREDIENTS

- 1 cup low-sodium broth
- 1 teaspoon seasoning (taco, chili powder, garlic powder, or cumin)
- 1 cup instant brown rice
- 1/3 cup salsa
- 1/2 cup corn (canned, drained, and rinsed)
- 1/2 cup black beans (canned, drained and rinsed)

DIRECTIONS

1. Bring the vegetable broth and seasonings to boil in a medium saucepan.
2. Add the rice, salsa, corn and beans. Turn heat to low, cover saucepan and let cook undisturbed for 10 minutes.
3. Gently stir before serving.

Nutrition Facts	
3 servings per container	
Serving size	1/2 cup (217g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1360mg	59%
Total Carbohydrate 44g	16%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 2mg	10%
Potassium 211mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Refried Bean Soup



Photo from FoodHero.org

Serves 10 | by OSU Food Hero

INGREDIENTS

- 1 Tablespoon vegetable oil
- 1 cup finely chopped onion
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1 (28-ounce) can crushed or chopped tomatoes with juice
- 1 large can (30-ounce) fat-free refried beans
- 2 cans (14.5-ounce each) low-sodium broth

DIRECTIONS

1. Heat oil in a large soup pot. Add onion and garlic and sauté until soft.
2. Add tomatoes and bring to a boil. Boil for 5 minutes and reduce heat to low.
3. Add beans and broth. Simmer for 15 minutes.
4. Serve immediately.

Nutrition Facts	
10 servings per container	
Serving size	1 cup (230g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 2mg	10%
Potassium 411mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tuna Panzanella



Add your family's favorite recipe here.

NAME: _____

Serves 4 | by Margaret Raber, Houston
Emergency Preparedness Cookbook

Serves | by

INGREDIENTS

- 1/2 cup olive oil
- 2 to 3 tablespoons red wine vinegar
- 1 1/2 teaspoons dried basil
- Salt and pepper, to taste
- 1 (5-ounce) can water-packed tuna, drained
- 4 cups day-old crusty bread, cut into chunks*
- 1/2 red onion, thinly sliced*
- 1 (15-ounce) can diced tomato, drained
- 1/3 cup olives

INGREDIENTS

DIRECTIONS

- Combine olive oil, vinegar, basil, salt and pepper and whisk with a fork.
- Place tuna, bread, tomatoes, onion, olives in a serving bowl and toss with oil mixture. Serve immediately.

DIRECTIONS

Nutrition Facts	
4 servings per container	
Serving size	(258g)
Amount per serving	
Calories	440
% Daily Value*	
Total Fat 32g	41%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 670mg	29%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 12g	
Vitamin D 1mcg	6%
Calcium 140mg	10%
Iron 3mg	15%
Potassium 323mg	6%

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Dinner Recipes



Whatever is in the Pantry Soup



Photo by Nathan Dumlao on Unsplash

Serves 5 | by Norma Atherton, Houston
Emergency Preparedness Cookbook

INGREDIENTS

- 1 (14-ounce) can diced tomato with juice
- 1 (11-ounce) can corn, drained
- 1 (11-ounce) can green beans, drained
- 1 (6-ounce) can canned chicken, if desired
- 3 cups vegetable cocktail juice or tomato juice
- 1/4 teaspoon garlic powder
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 cup croutons (optional)

DIRECTIONS

1. In a large pot, combine all ingredients except croutons and mix gently.
2. Heat soup to serving temperature and top with croutons before serving.

Nutrition Facts	
5 servings per container	
Serving size	1 cup (372g)
Amount per serving	
Calories	210
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 860mg	37%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 2mg	10%
Potassium 599mg	15%

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Salmon Pasta in Creamy Dill Sauce



Photo by CHIBI CHEF

Serves 4 | by Lindsay Ruschel, Houston
Emergency Preparedness Cookbook

INGREDIENTS

- 10 ounces pasta
- 1 cup evaporated milk
- 2 tablespoons lemon juice
- 1 1/2 tablespoons dill
- 1/2 teaspoon sugar
- 2 (7-ounce) cans pink salmon, drained
- 1/2 teaspoon salt
- Black pepper, to taste

DIRECTIONS

1. Prepare pasta according to directions on package.
2. Drain and place in serving bowl.
3. In medium-sized bowl, combine evaporated milk, lemon juice, dill, salt, and sugar with wire whisk until thoroughly blended.
4. Stir in salmon until coated.
5. Spoon sauce over pasta. Season with black pepper, to taste.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (264g)
Amount per serving	
Calories	470
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 810mg	35%
Total Carbohydrate 61g	22%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 44g	
Vitamin D 20mcg	100%
Calcium 241mg	20%
Iron 3mg	15%
Potassium 867mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

White Chicken Chili

Serves 4 | by Peggy Krysiak, Houston Emergency Preparedness Cookbook

INGREDIENTS

- 1 medium onion, finely chopped*
- 3 tablespoons olive oil
- 3 tablespoons flour
- 1 can chopped green chilies, drained
- 2 teaspoons ground cumin
- 2 (15-ounce) cans northern beans or navy beans
- 1 (14.5-ounce) can chicken broth
- 2 (8-ounce) cans cooked chicken
- 1 (8-ounce) can carrots

DIRECTIONS

1. In a large skillet, cook onion in oil until transparent, about 4 minutes.
2. Add flour, chilies and cumin; cook while stirring for 2 minutes.
3. Add beans, carrots and broth; bring to a boil.
4. Reduce heat and simmer for about 10 minutes until thickened.
5. Add chicken and heat thoroughly.
6. Top with crumbled tortilla chips or salsa if desired.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (500g)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1490mg	65%
Total Carbohydrate 58g	21%
Dietary Fiber 13g	46%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 145mg	10%
Iron 6mg	35%
Potassium 941mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Lentil and Beef Curry



Image from Rebecca Bissell on flickr; bit.ly/image_license

Serves 4 | by Eunice Santos, Houston
Emergency Preparedness Cookbook

INGREDIENTS

- 1 cup beef jerky, cut into small pieces
- 2 cans vegetables drained (like mushrooms, onions, and carrots)
- 2 (15-ounce) cans green lentils
- 1 (6-ounce) package vermicelli, rice noodles or angel hair pasta
- 1/2 cup raisins
- 2 cubes beef bouillon
- 4 tablespoons garlic powder
- 2 tablespoons curry powder
- 4 cups bottled water

Nutrition Facts	
5 servings per container	
Serving size	1 cup (372g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 860mg	37%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 2mg	10%
Potassium 599mg	15%

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DIRECTIONS

1. Place all ingredients, except pasta, into a pot and bring to a boil.
2. Cover and remove from heat.
3. In another pot, cook pasta, following package directions.

4. Drain pasta and add to curry pot.
5. Return pot to stove, reduce heat, and stir until well mixed and bubbling (if it seems too dry, add water).
6. Cover and let stand 5 to 7 minutes to thicken. Note: vegetarians can omit the beef jerky.

One Pot Meatless Spaghetti



Image from mad mags on flickr; bit.ly/image_license

Serves 4 | by Kaye Heitmann, Houston
Emergency Preparedness Cookbook

INGREDIENTS

- 1 medium onion, chopped*
- 1 clove garlic, minced*
- 2 tablespoons oil
- 1 (6-ounce) jar sliced mushrooms, drained
- 1 (14-ounce) can chicken broth or beef broth
- 1 3/4 cups water
- 1 (6-ounce) can tomato paste
- 1 teaspoon dried Italian seasoning
- 1/4 teaspoon black pepper
- 6-ounces dried spaghetti, broken into pieces
- 1/4 cup grated Parmesan cheese

Nutrition Facts	
4 servings per container	
Serving size	1 cup (264g)
Amount per serving	
Calories	470
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 810mg	35%
Total Carbohydrate 61g	22%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 44g	
Vitamin D 20mcg	100%
Calcium 241mg	20%
Iron 3mg	15%
Potassium 867mg	20%

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DIRECTIONS

1. In a large saucepan cook the onion, and garlic in oil until tender.
2. Stir in the canned mushrooms, broth, water, tomato paste, Italian seasoning, and pepper.
3. Bring to a boil. Add the broken spaghetti, a little at a time, stirring constantly.
4. Return to boil and reduce heat. Simmer gently, uncovered, for 17 to 20 minutes or until spaghetti is tender and sauce is desired consistency, stirring frequently. Serve with Parmesan cheese.



Asian Salad with Peanut Dressing

Image from aedrozda on pixabay bit.ly/3DYqP0V

Serves 4 | by Lindsay Ruschel, Houston Emergency Preparedness Cookbook

INGREDIENTS

- 1/2 cup peanut butter
- 3 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 1/4 teaspoon red pepper flakes
- 1/8 teaspoon garlic powder
- 1/2 teaspoon light brown sugar
- 1/2 cup water
- 1 (12-ounce) package rice noodle or linguine
- 1 tablespoon sesame oil
- 1 (8-ounce) can sliced carrots, drained
- 1 (8-ounce) can water chestnuts, drained
- 1 (8-ounce) can mushrooms, drained
- 1/4 cup dry-roasted peanuts

DIRECTIONS

1. In a bowl combine the peanut butter, soy sauce, vinegar, sugar, red pepper flakes, garlic powder and brown sugar, stir to blend well. Add the water, stirring until smooth. Set aside.
2. Cook the noodles in a large pot of boiling water, according to package directions. Drain and rinse, if possible. Transfer to large bowl. Toss with sesame oil to coat.
3. Add carrots, water chestnuts, mushrooms, and peanuts to the bowl with the noodles.
4. Add the peanut sauce, tossing gently to combine.

Nutrition Facts	
4 servings per container	
Serving size	1 1/2 cup (318g)
Amount per serving	
Calories	640
	% Daily Value*
Total Fat 26g	33%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 780mg	34%
Total Carbohydrate 82g	30%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 2g Added Sugars	4%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 4mg	20%
Potassium 408mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Couscous with Cranberries and Herbs

Image by Roy Buri from Pixabay <https://bit.ly/3OvwsZe>

Serves 4 | by Yan Shi, Houston Emergency Preparedness Cookbook

INGREDIENTS

2 tablespoons olive oil
 2 cups couscous
 4 cups chicken broth
 Olive oil parsley, rosemary, thyme for seasoning, as desired
 1 cup dried cranberries
 1/2 cup nuts of your choice
 1/4 cup apple cider vinegar
 3 tablespoons maple syrup
 Salt and Pepper to taste

DIRECTIONS

1. In a medium saucepan, heat the olive oil on medium-high heat. Add the couscous and cook, stirring occasionally until slightly browned and aromatic, about 3 to 5 minutes. Add the chicken broth and bring to a boil.
2. Simmer for 10 to 12 minutes or until the liquid has evaporated.
3. Transfer the cooked couscous to a large bowl and set aside to cool.
4. Add the parsley, rosemary, thyme, dried cranberries, and nuts.
5. In a small bowl, combine the apple cider vinegar, maple syrup, salt, and pepper.
6. Whisk in olive oil until the texture becomes smooth, you may need about 1/2 cup or more of olive oil.
7. Pour the vinaigrette over the couscous and toss to coat evenly.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (402g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 900mg	39%
Total Carbohydrate 49g	18%
Dietary Fiber 1g	4%
Total Sugars 22g	
Includes 15g Added Sugars	30%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 236mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Add your family's favorite recipe here.

NAME: _____

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NAME: _____

Serves | by

INGREDIENTS

DIRECTIONS

Serves | by

INGREDIENTS

DIRECTIONS

Resources and Other Information

Emergency Ingredient Substitutions

<u>Ingredient</u>	<u>Amount</u>	<u>Substitution</u>
Breadcrumbs	1 cup	1 cup cracker crumbs or ground oats
Broth/stock: beef or chicken	1 cup	1 tbsp soy sauce + 1 cup water
Butter (salted)	1 cup	1 cup shortening or vegetable oil + 1/2 tsp
Egg	1 whole	2 1/2 tbsp of powdered egg substitute + 2 1/2 tbsp water OR half a banana mashed with 1/2 tsp baking powder
Garlic	1 clove	1/8 tsp garlic powder OR 1/2 tsp garlic salt--reduce salt in recipe
Herbs--fresh	1 tbsp fresh	1 tsp (chopped or whole leaf) dried herbs
Hot pepper sauce	1 tsp	3/4 tsp cayenne pepper + 1 tsp vinegar
Ketchup	1 cup	1 cup tomato sauce + 1 tsp vinegar + 1 tbsp sugar
Lemon juice	1 tsp	1/2 tsp vinegar
Margarine	1 cup	1 cup shortening or vegetable oil + 1/2 tsp salt
Milk (whole)	1 cup	1/4 cup dry milk powder + 1 cup water OR 2/3 cup evaporated milk + 1/3 cup water
Mustard-prepared	1 tbsp	1 tbsp dried mustard + 1 tsp water + 1 tsp vinegar + 1 tsp sugar
Onion	1 cup, chopped	1/4 cup dried minced onion OR 1/4 cup onion powder
Rice--white	1 cup, cooked	1 cup cooked barley, bulgur, brown or wild rice
Soy sauce	1/2 cup	4 tbsp Worcestershire sauce + 1 tbsp water
Vinegar	1 tsp	2 tsp white wine
White sugar	1 cup	1 cup brown sugar OR 1 1/4 cups confectioners' sugar

