

Tips and Recipes for Personal and Family Preparedness and Resiliency

Guide to help you and your family prepare and plan for 7-days of meals and snacks for times of hardship, inclement weather, and natural or other disasters



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Recipe Sources:

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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, with the exception of 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
- ✓ Instant beverages (coffee, cocoa, 100% fruit juices)
- ✓ Peanut butter or other nut butters
- ✓ Hard Cheese (Parmesan)
- ✓ Non-perishable pasteurized milk (or nut milks) in boxes or cans
- ✓ Fresh fruits and vegetables (they keep for several days without refrigeration)

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

TIP!
Choose foods you would eat, even without an emergency

- ✓ Cash- in the instance that there is no electricity and credit cards will not work
- ✓ Medicine
- ✓ Family Favorites: add your families favorites here
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Pantry and Shopping List for 7 Days of Meals & Snacks

Multiply this list by 2 if you are needing 14 days of food for 4 people. Add these items to your grocery list or substitute for other locally available ingredients that your family prefers.

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 1 (12 oz) package light Spam luncheon meat 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 1 (16 oz) package green lentils
Produce	<u>Vegetable:</u> 6 medium white onions 1 medium red onion 1 (5 lbs) 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 frozen 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 <u>Fruit:</u> 1 (15 oz) can mango slices 2 (15 oz) cans mixed fruit 2 bananas*
Baking Items	1 (15 oz) can pumpkin 1 (1 lbs) bag of white sugar 1 (1 lbs) bag of brown sugar 1 (5 lb) bag of all-purpose flour 1 (8 oz) container of baking powder
Packaged Goods	<u>Dried Fruit:</u> 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 <u>Nuts/Nut Butters/Seeds:</u> 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 <u>Other:</u> 1 (14 oz) container unsweetened applesauce 5 (5.5 oz) cans tomato juice OR 1 (46 oz) can tomato juice
Sauces, Broths, and	<u>Oils and Vinegar:</u> 1 (16 oz) container vegetable oil 1 (24 oz) container olive oil

Seasonings	<p> 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 </p> <p><u>Sauces/Salsa:</u></p> <p> 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 </p> <p><u>Broths:</u></p> <p> 3 (14.5 oz) cans low-sodium vegetable broth 6 (14.5 oz) cans chicken broth </p> <p><u>Seasonings:</u></p> <p> 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 </p>
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	1 (3 oz) container Italian seasoning Salt Black Pepper
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Other:

	1 (1 oz) container vanilla extract 1 (2 oz) container lemon juice 3 Gallons of bottled water
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*Perishable food items

❄ Do not require a heat source

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
- Hand soap or hand sanitizer

- Dish soap

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+ Fahrenheit (4.4 Celsius) for two or more hours.

Emergency Ingredient Substitutions

Ingredient	Amount	Substitution
Bread crumbs	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

Breakfast Recipes



Corn Pancakes (Makes 6, 6-inch pancakes) by OSU Food Hero

Ingredients:

- ½ cup cornmeal
- ½ cup all-purpose flour
- 1 Tablespoon baking powder
- ½ teaspoon salt
- 2 large eggs
- ½ 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).



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.

Directions:

1. In a large bowl, mix corn meal, flour, baking powder and salt.
2. In another bowl, mix together 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.

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 large pot 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.

photo: The Recipe Critic



Nutrition Facts	
6 servings per container	
Serving size	1 cup (154g)
Amount per serving	
Calories	180
% Daily Value*	
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



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
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.

Nutrition Facts

2 servings per container	
Serving size	1/2 muffin+fruit (81g)
Amount per Serving	
Calories	120
% Daily Value*	
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

Ingredients:

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

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

Ingredients:

- 2 cups cooked brown rice
- 1 cup nonfat or 1% milk (or 4 Tbsp. milk powder to 1 cup water)
- ½ 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
- ¼ cup powdered milk
- 1 teaspoon vanilla
- 4 cups old fashioned rolled oats
- ½ cup sunflower seeds
- 1 cup raisins



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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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).

Tofu Scramble (Serves 4) by OSU Food Hero

Ingredients:

- 14 ounces shelf stable extra firm tofu
- 1 cup onion, chopped*
- 1 cup bell pepper, chopped*
- 1 teaspoon oil
- 15 ounces can spinach, thawed/drained
- 1 teaspoon garlic powder or 4 garlic cloves, minced
- ½ teaspoon salt and 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%
<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>	



Add your family's favorite breakfast recipe here...

Recipe name:

Serves:

Ingredients:

Directions:

Snacks



Peanut Butter Fruit Spread (Serves 4)



by Cheryl Driggs, Houston Emergency Preparedness Cookbook

Ingredients:

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

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%
<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>	



Black Bean and Mango Salsa (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
- 1/4 cup onion, minced*
- 1/4 cup oil and vinegar salad dressing

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.

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%
*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.	

Grilled Popcorn (Serves 4)

by Kaye Heitmann, Houston Emergency Preparedness Cookbook

Ingredients:

- 1 tablespoon canola oil
- 1/4 cup popcorn kernels
- 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%
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Nutter Butter and Banana Wraps (Serves 4)

by Kaye Heitmann, Houston Emergency Preparedness Cookbook

Ingredients:

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

Directions:

4. In a bowl, combine peanut butter, and honey and mix well.
5. Stir in raisins.
6. Spread tortillas with peanut butter mixture.
7. Roll up each tortilla with ½ banana, sliced its length.
8. 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 Roll-Ups (Serves 6)

by Kaye Heitmann, Houston Emergency Preparedness Cookbook

Ingredients:

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

Directions:

1. In small bowl combine tuna, mayonnaise, capers or olives, mustard, and Parmesan cheese and mix well.
2. Spread over bread.
3. Roll up bread, enclosing filling. Trim ends, if desired, then cut roll into 1" pieces.
4. 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%
*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 snack recipe here...

Recipe name:

Serves:

Ingredients:

Directions:

Lunch



BBQ Chicken Sandwich (Serves 4)

by Margaret Raber, Houston Emergency Preparedness Cookbook

Ingredients:

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

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%
<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. 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.

EZ Pasta Alfredo (Serves 4)

by Norma Atherton, Houston

Emergency Preparedness

Cookbook

Ingredients:

- 1 (14 1/2-ounce) can sweet peas, drained
- 1 package noodles or other pasta
- 1/2 cup evaporated milk
- 1/4 cup olive oil or margarine
- 1 package Italian salad dressing mix
- 2 1/2 tablespoons parsley, chopped (optional)

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	
4 servings per container	
Serving size	1 cup (169g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 960mg	42%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 102mg	8%
Iron 2mg	10%
Potassium 266mg	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.	

Light Spam® Sandwich (Serves 4)

by Brenda Thorne, Houston Emergency Preparedness Cookbook

Ingredients:

- 1 package light Spam® luncheon meat
- 2 cups lettuce (optional)*
- 8 slices bread, crackers, or muffins (multi-grain preferably)
- 2 tomatoes (optional)*

Directions:

1. Open the Light Spam luncheon meat with the attached opener. (You may use regular Spam, if preferred).
2. Slice the luncheon meat according to preferred thickness. Number of servings will depend on the thickness of the slice.
3. Place a slice of tomatoes and a leaf of lettuce, if available, on bread, crackers or muffin.



Photo: <https://www.yummy.ph/recipe/spam-and-relish-sandwich-a394-20180715>

Nutrition Facts	
4 servings per container	
Serving size 1 sandwich (236g)	
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 1380mg	60%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 1mcg	6%
Calcium 108mg	8%
Iron 3mg	15%
Potassium 821mg	15%
*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.	

Simple Chickpea Sandwich (Serves 4)

by Katherine Hale, Houston Emergency Preparedness Cookbook



Ingredients:

- 2 cans chickpeas
- 8 slices bread
- 3 tablespoons vinegar
- Salt and pepper, to taste

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 and Beans (Serves 3)

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%
<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>	

Refried Bean Soup (Serves 10)

By OSU Food Hero

Ingredients:

- 1 Tablespoon vegetable oil
- 1 cup finely chopped onion
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- 1 can (28 ounces) crushed or chopped tomatoes with juice
- 1 large can (30 ounces) fat-free refried beans
- 2 cans (14.5 ounces 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 (Serves 4)

by Margaret Raber, Houston Emergency Preparedness Cookbook

Ingredients:

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

Directions:

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



Add your family's favorite lunch recipe here...

Recipe name:

Serves:

Ingredients:

Directions:

Dinner



Whatever is in the Pantry Soup (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
% 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%
*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.	

Salmon Pasta in Creamy Dill Sauce

(Serves 4) by Lindsay Ruschel, Houston Emergency

Preparedness Cookbook

Ingredients:

10 ounces pasta
2 (7-ounce) cans pink salmon, drained
1 cup evaporated milk
2 tablespoons lemon juice
1 1/2 tablespoons dill
1/2 teaspoon sugar
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 cream or 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
% 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%
*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.	



Lentil and Beef Curry (Serves 4)

by Eunice Santos, Houston Emergency Preparedness Cookbook

Ingredients:

- 1 cup beef jerky, cut into small pieces
- 2 cans vegetables (like mushrooms, onions, and carrots)
- 2 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

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



Nutrition Facts	
4 servings per container	
Serving size	1 (492g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 1270mg	55%
Total Carbohydrate 65g	24%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 6mg	35%
Potassium 714mg	15%
*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.	

One Pot Meatless Spaghetti (Serves 4)

by Kaye Heitmann, Houston Emergency Preparedness Cookbook

Ingredients:

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

Nutrition Facts	
4 servings per container	
Serving size	1 cup (262g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 260mg	11%
Total Carbohydrate 45g	16%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 81mg	6%
Iron 3mg	15%
Potassium 629mg	15%
*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.	

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.



White Chicken Chili (Serves 4)

by Peggy Krysiak, Houston Emergency Preparedness Cookbook

Ingredients:

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

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.	



Asian Salad with Peanut Dressing (Serves 4)

by Lindsay Ruschel, Houston Emergency Preparedness Cookbook

Ingredients:

- 1 (12-ounce) package rice noodle or linguine
- 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
- 1 tablespoon sesame oil
- 1/2 cup water
- 1/2 cup peanut butter
- 2 tablespoons rice wine vinegar
- 3 tablespoons soy sauce
- 1/2 teaspoon light brown sugar
- 1/4 teaspoon red pepper flakes
- 1/8 teaspoon garlic powder

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.	

Directions:

1. In a bowl combine the peanut butter, soy sauce, vinegar, sugar, red pepper flakes, and garlic powder, 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.

Couscous with Cranberries and Herbs

(Serves 4) by Yan Shi, *Houston Emergency Preparedness Cookbook*

Ingredients:

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

Add your family's favorite dinner recipe here...

Recipe name:

Serves:

Ingredients:

Directions:

