

Emergency Ready Menu Recipes

Breakfast: Whole Wheat Tortilla with Almond Butter, Granola, and Banana

Servings: 4

Serving size: 1 wrap

Ingredients:

- 4 10-inch whole wheat tortilla
- 1/2 cup almond butter
- 4 medium bananas, sliced into discs
- 1 1/3 cups plain granola
- 1/4 cup honey

Preparation:

1. Spread 2 tablespoons almond butter on tortilla and arrange 1 banana's worth of banana slices in the middle.
2. Sprinkle 1/3 cup granola on top of the bananas and drizzle with 1 tablespoon honey.
3. Fold the sides and bottom of tortilla up over the filling, and then roll to close.
4. Repeat with remaining tortillas and serve immediately.

Emergency Ready Menu Recipes

Breakfast: Pear and Pecan Chutney on English Muffin

Adapted from The New Mayo Clinic Cookbook

Servings: 4

Serving size: 1 sandwich

Ingredients:

- 1/2 cup apple juice
- 2 cans pears, coarsely chopped
- 1/4 cup cider vinegar
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon mustard seed
- Sprinkle red pepper flakes
- 1/4 cup chopped pecans

Preparation:

1. Toss pears, vinegar, ginger, cinnamon, mustard seed red pepper flakes, and pecans.
2. Divide pear mixture on to four English muffins and serve immediately.

Emergency Ready Menu Recipes

Breakfast: Coconut Oatmeal Energy Bites

Adapted from Gimme Some Oven

Servings: 8

Serving size: 2 bites

Ingredients:

- 1 cup rolled oats
- 2/3 cup coconut flakes
- 1/2 cup ground flax seed
- 1/2 cup mini chocolate chips
- 1/2 cup peanut butter
- 1/3 cup honey
- 1 tsp. vanilla

Preparation:

1. Combine oats, coconut flakes, flax seed and chocolate chips.
2. Stir in peanut butter, honey, and vanilla until the dry ingredients are well combined.
3. Using an ice cream scoop or your hands, roll mixture into 16 evenly sized balls.
4. To keep fresh, store in an air-tight container

Emergency Ready Menu Recipes

Breakfast: Apple Sandwiches

Servings: 4

Serving size: 3 sandwiches

Ingredients:

- 4 medium apples, sliced into 6 discs each, cores removed
- 1/2 cup peanut butter
- 1 cup granola
- 1/4 cup mini chocolate chips

Preparation:

1. Slice each apple into six discs and use a knife to remove the core from the middle of each round.
2. Spread peanut butter on to 12 of the slices, about two teaspoons on each disc.
3. Sprinkle granola and chocolate chips evenly on peanut butter.
4. Top with the other 12 slices to make 12 sandwiches. Serve immediately.

Emergency Ready Menu Recipes

Breakfast: Cinnamon Raw Oats

Servings: 4

Serving size: About 1 1/4 cup

Ingredients:

- 2 cups shelf stable vanilla milk
- 3 cups quick oats
- 1 tablespoon ground cinnamon

Preparation:

1. Combine milk, oats, and cinnamon.
2. Stir and serve immediately.

Emergency Ready Menu Recipes

Lunch: Garbanzo Bean Gazpacho

Adapted from The New Mayo Clinic Cookbook

Servings: 4

Serving size: About 1 1/2 cups

Ingredients:

- 1 15-ounce can garbanzo beans, rinsed and drained
- 4 cups unsalted vegetable juice
- ½ 15-ounce can diced tomatoes
- 1/2 cup chopped, seeded cucumber
- 1/4 cup chopped red onion
- 2 tablespoons dried parsley
- Dash hot pepper sauce
- 2 teaspoons garlic powder
- 2 tablespoons lime juice
- 4 lime wedges

Preparation:

1. Combine beans, vegetable juice, tomatoes, cucumber, onion, cilantro, hot pepper sauce, garlic and lime juice and stir well.
2. Ladle soup into bowls and garnish with a lime wedge. Serve immediately.

Emergency Ready Menu Recipes

Lunch: Balsamic Pineapple Chicken Sandwich

Adapted from The New Mayo Clinic Cookbook

Servings: 4

Serving size: 1 sandwich

Ingredients:

- 4 whole wheat pitas
- 4 5-ounce cans chicken, drained
- 1 can unsweetened pineapple chunks, drained except for 1 tablespoon juice
- 1 cup broccoli florets
- 1/4 cup thinly sliced red onion

For vinaigrette:

- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon sugar
- Sprinkle ground cinnamon

Preparation:

1. Combine chicken, pineapple chunks, broccoli, and onions.
2. In a separate bowl, whisk together olive oil, vinegar, reserved pineapple juice, sugar and cinnamon for the dressing.
3. Pour dressing over chicken mixture and coat evenly.
4. Divide chicken mixture into four pitas. Serve immediately.

Emergency Ready Menu Recipes

Lunch: Caribbean Red Beans and Rice

Adapted from The New Mayo Clinic Cookbook

Servings: 4

Serving size: 1/2 cup rice, about 3/4 bean and vegetable mix

Ingredients:

- 1/2 yellow onion, chopped
- 1/2 green bell pepper, seeded and chopped
- 3 cloves garlic, minced
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 15-ounce can kidney beans, drained and rinsed
- 1 15-ounce can diced tomatoes
- 2 teaspoons dried thyme
- Splash hot pepper sauce
- 2 cups precooked brown rice

Preparation:

1. Combine onion, pepper, garlic, and spices.
2. Stir in beans, tomatoes, thyme, and hot pepper sauce.
3. Divide rice into four, 1/2 cup servings and top with about 3/4 cup bean and vegetable mix.
4. Splash hot pepper sauce on according to taste and serve immediately.

Emergency Ready Menu Recipes

Lunch: Citrus Salad

Adapted from The New Mayo Clinic Cookbook

Servings: 4

Ingredients:

- 1 can mandarin oranges, drained
- 1 red grapefruit
- 2 tablespoons orange juice
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Sugar, as desired
- 2 tablespoons pine nuts

Preparation:

1. Cut a thin slice off the top and bottom of the grapefruit, exposing the flesh. Stand the grapefruit upright and, using a sharp knife, thickly cut off the peel, following the contour of the fruit and removing all of the white pith and membrane. Holding the grapefruit over a small bowl, carefully cut along both sides of each section to free it from the membrane. As you work discard any seeds and let the sections and any juice fall into the bowl.
2. In a separate bowl, whisk together the orange juice, olive oil, and vinegar. Add sugar to taste.
3. Pour the mixture over the fruit segments and toss gently to coat evenly.
4. Divide into four servings and sprinkle pine nuts over top. Serve immediately.

Emergency Ready Menu Recipes

Lunch: Chicken Caesar Pita

Adapted from The New Mayo Clinic Cookbook

Servings: 4

Serving size: 1 whole pita sandwich

Ingredients:

- 4 5-ounce cans chunky white meat chicken packed in water, drained
- 2 15-ounce can diced tomatoes
- 1/2 cup jarred Parmesan cheese
- 2/3 cup fat-free Caesar dressing (newly opened jar)
- 4 whole wheat pitas, cut in half

Preparation:

1. Combine chicken, tomato, Parmesan cheese, and Caesar dressing. Toss to mix evenly.
2. Stuff the chicken mixture into the pita halves and serve immediately.

Emergency Ready Menu Recipes

Lunch: Beet Walnut Salad

Adapted from The New Mayo Clinic Cookbook

Servings: 4

Ingredients:

- 1 15-ounce cans no salt added, sliced beets, drained
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped apple
- Freshly ground pepper
- 1 1/2 tablespoons chopped walnuts

Preparation:

1. Toss beets with red wine vinegar.
2. Add apples and toss again.
3. Divide beet mixture into four servings and top with fresh ground pepper and walnuts. Enjoy immediately.

Emergency Ready Menu Recipes

Dinner: Southwestern Wrap

Adapted from The New Mayo Clinic Cookbook

Servings: 4

Serving size: 1 wrap

Ingredients:

- 1 15-ounce can diced tomatoes
- 2 teaspoons dried cilantro
- 4 10-inch whole wheat tortillas
- 1 15-ounce can black beans, drained and rinsed
- 1/2 cup salsa
- 1/2 cup jarred queso

Preparation:

1. Stir together tomatoes and cilantro.
2. Spread 1/4 cup black beans on tortilla. Top with 1/4 cup of tomato-cilantro mixture and 2 tablespoons queso.
3. Fold the sides and bottom of tortilla up over the filling, and then roll to close.
4. Garnish with 2 tablespoons salsa.
5. Repeat with the remaining tortillas and serve immediately.

Emergency Ready Menu Recipes

Dinner: Mango Tango Salad

Adapted from The New Mayo Clinic Cookbook

Servings: 4

Ingredients:

- 1 15-ounce can mangos, drained
- Juice of 1 lime
- 1 teaspoon minced red onion
- 1 tablespoon dried cilantro
- 1/2 jalapeno pepper, seeded and minced

Preparation:

1. Combine all ingredients in a mixing bowl.
2. Let stand for 10 minutes before serving.

Emergency Ready Menu Recipes

Dinner: Barbeque Chicken Pizza

Adapted from The New Mayo Clinic Cookbook

Servings: 4

Serving size: 1 muffin pizza

Ingredients:

- 1 cup pizza sauce
- 4 whole wheat English muffins
- 4 green bell pepper rings
- 1 cup canned sliced mushrooms
- 1 cup canned diced tomatoes
- 1 can chunky white meat chicken packed in water, drained
- 2 tablespoons barbeque sauce
- 1 cup jarred Parmesan cheese

Preparation:

1. Spread 1/4 cup sauce over each half of an English muffin.
2. Add the one pepper ring, 1/4 cup tomatoes, 1/4 cup sliced mushrooms, and about 1 ounce chicken.
3. Drizzle barbeque sauce over the muffin and add 1/4 cup parmesan cheese.
4. Repeat with each additional English muffin and serve immediately.

Emergency Ready Menu Recipes

Dinner: Rice and Beans Salad

Adapted from The New Mayo Clinic Cookbook

Servings: 4

Ingredients:

- 1 1/4 cups precooked brown rice
- 2 tablespoons dried parsley
- 2 tablespoons yellow onion
- 1/2 15-ounce can garbanzo beans, drained and rinsed
- 1/2 15-ounce can dark kidney beans, drained and rinsed
- 1/2 cup olive oil
- 1/4 cup rice vinegar, amount to taste

Preparation:

1. Stir together all ingredients and serve immediately.

Emergency Ready Menu Recipes

Dinner: Southeast Asian Salmon Sandwich

Adapted from The New Mayo Clinic Cookbook

Servings: 4

Serving size: 1 sandwich

Ingredients:

- 1/2 cup pineapple juice
- 1 garlic cloves, minced
- 1 teaspoons low-sodium soy sauce
- 1/4 teaspoon ground ginger
- 4 5-ounce cans salmon packed in water, drained
- 4 whole wheat pitas
- 1/2 teaspoon sesame oil
- Freshly ground black pepper, to taste
- 1 15-ounce can pineapple chunks, drained

Preparation:

1. Mix pineapple juice, garlic, soy sauce, and ginger in a small bowl.
2. Add salmon and toss to coat evenly.
3. Divide salmon and sauce into four pitas and drizzle with sesame oil.
4. Top with black pepper to taste and pineapple chunks. Serve immediately.

Emergency Ready Menu Recipes

Dinner: Edamame and Summer Bean Salad

Adapted from The New Mayo Clinic Cookbook

Servings: 4

Serving size: 1/2 cup

Ingredients:

- 2 1/2 cans wax beans, drained and rinsed
- 1/2 can edamame, drained and rinsed
- 1 tablespoon chopped yellow onion
- 1/2 can diced tomato
- 1/2 tablespoon dried basil
- 1/2 tablespoon rice vinegar
- 1/2 tablespoon lime juice
- 1/2 teaspoon honey
- 1/2 teaspoon Dijon mustard
- 1 teaspoon olive oil
- 1/3 teaspoon salt
- 1/8 teaspoon black pepper

Preparation:

1. Place wax, beans, edamame, yellow onion, tomato and basil into a large bowl. Toss to mix evenly.
2. Combine rice vinegar, lime juice, honey, mustard and olive oil in a small bowl. Add the dressing to the vegetables and toss to coat. Season with the salt and pepper.
3. Serve.

Emergency Ready Menu Recipes

Dessert: Sweet and Spicy Snack Mix

Adapted from The New Mayo Clinic Cookbook

Servings: 12

Serving size: 1/2 cup

Ingredients:

- 2 cups almonds
- 2 cups wheat chex cereal
- 1 cup dried pineapple chunks
- 1 cup raisins
- 2 tablespoons honey
- 2 tablespoons reduced-sodium Worcestershire sauce
- 1 teaspoon garlic powder
- 1/2 teaspoon chili powder

Preparation:

1. Mix the pineapple chunks, wheat chex cereal, raisins, and almonds together in dry bowl.
2. In a large glass measuring cup, combine honey, Worcestershire sauce and spices. Stir to mix evenly and pour over the mixture of the pineapples, chex cereal, raisins, and almonds.

Emergency Ready Menu Recipes

Dessert: Granola with Dried Apple Slices and Raisins

Adapted from The New Mayo Clinic Cookbook

Servings: 12

Serving size: 1/2 cup

Ingredients:

- 1/4 cup slivered almonds
- 1/4 cup honey
- 1/4 cup unsweetened applesauce
- 1 tablespoon vanilla extract
- 1 tablespoon ground cinnamon
- 2 cups dry old-fashioned oatmeal
- 2 cups bran flakes
- 3/4 cup dried apple pieces
- 1/2 cup golden raisins

Preparation:

1. In small bowl, whisk together honey, applesauce, vanilla and cinnamon. Set aside.
2. In a large bowl, add the oatmeal and bran flakes. Stir to mix well. Add the honey mixture and toss with your hands. Don't break the clumps apart.
3. In a large bowl, combine the cereal mixture, almonds, apple pieces, and raisins.

Emergency Ready Menu Recipes

Dessert: Raspberry Jam on Angel Food Cake

Adapted from The New Mayo Clinic Cookbook

Servings: 4

Serving size: 1 tablespoon jam, 1 slice cake

Ingredients:

- 4 tablespoons of raspberry jam
- 4 Slices pre-packaged angel food cake

Preparation:

1. Take one 1 tablespoon of raspberry jam and spread on 1 slice angel food cake.
2. Repeat with each additional slice and serve immediately.