

Hurricane Meal Plan Recipes

3 Days of Creative, Delicious Meals for Your Family

Mayo Clinic Florida Dietetic Internship Class #52



DAY 1

Breakfast:

Grandma Helen's Energy Bars

Prepare one day in advance of storm.

Prep Time: 20 min; Cook Time: 5 min; Total Time: 25 min

Ingredients:

¾ cup creamy or chunky peanut butter
¾ cup honey
1 ½ cups chopped walnuts
½ cup raisins
½ cup dried cranberries
4 cups brown rice crispy cereal
1/8 tsp. salt
1 tsp. vanilla extract
1 cup semi-sweet chocolate

Directions:

Use 13x9x2 foil pan with plastic lid.

In a large saucepan, melt peanut butter with honey over medium low heat. Stir and watch carefully to prevent scorching. When the mixture is smooth and boiling, cook for 1 minute. Remove from heat. Add salt and vanilla; stir to combine. Use a large spatula to stir in walnuts, raisins, cranberries, cereal, and chocolate chips.

Stir until all ingredients are coated with the peanut butter/honey mixture. Scrape mixture with spatula into foil pan. Use the spatula to evenly spread mixture in the pan. Place a large piece of waxed paper over the mixture and use a rolling pin to smooth the top. Cover with the plastic lid and refrigerate for about 2 hours before cutting. Wrap bars in wax paper and store in a covered container in the refrigerator until the storm.

Yield: 16 to 32 bars depending on desired bar size.

Lunch:

Tom's Tasty Tuna Salad on Whole Wheat Pita Bread

Prep Time: 10 min; Total Time: 10 min

Ingredients:

4 whole wheat pitas
2 (5 ounce) cans chunk light tuna, drained and flaked
4 packets mayonnaise
1 Tbsp. Parmesan cheese
3 Tbsp. sweet pickle relish
1/8 tsp. dried minced onion flakes
¼ tsp. curry powder
1 Tbsp. dried parsley
1 tsp. dill weed
1 pinch garlic powder

Directions:

In a medium bowl, stir together the tuna, mayonnaise, Parmesan cheese, and onion flakes. Season with curry powder, parsley, dill, and garlic powder. Mix well. Spread on 4 whole-wheat pitas. Serve immediately. Serves 4.

Dinner:

Uncle Bob's Black Bean and Corn Salad Tacos

Prep Time: 10 min; Total Time: 40 min

Ingredients:

8 taco shells
1 can corn drained
1 can diced tomatoes
2 cans black beans, rinsed and drained
1 Tbsp. dried parsley
1 tsp. dried minced onion flakes
¼ cup balsamic vinegar
2 Tbsp. olive oil
1 tsp. lemon juice
¼ tsp. garlic powder
1 tsp. honey
Salt and pepper to taste

Directions:

In a large bowl, combine the corn, beans, parsley, onions, vinegar, oil, lemon juice, garlic, and honey. Let the salad marinate for 30 minutes at room temperature. Add salt and pepper to taste. Fill 4 taco shells with the mixture. Serve immediately. Serves 4

Evening Snack:

Paula's (Not Dean) Petite Pears with Rosemary Sugar

Prep Time: 5 min; Total Time: 5 min

Ingredients:

1 can pear halves, drained
¼ cup orange juice
1 tsp. dried rosemary
½ cup sugar or no calorie sweetener

Directions:

Cut pear halves into wedges. Arrange wedges onto individual plates. Drizzle with orange juice. Combine rosemary with sugar and sprinkle over pears. Serves 4.

Adapted from: Real Simple, APRIL 2004

DAY 2

Breakfast:

Little Noah's Vanilla Pudding Parfait

Prep Time: 2 min; Total Time: 2 min

Ingredients:

4 individual vanilla pudding cups

1 cup fruit and nut granola

Directions:

Spoon one-half of the pudding into 4 individual bowls. Sprinkle one-half of the granola over each. Repeat layers. Serves 4.

Lunch:

Nephew Peter's Peanut Butter and Jelly Sushi Rolls

Ingredients:

Prep Time: 5 min; Total Time: 5 min

4 whole wheat tortillas

½ cup creamy peanut butter

½ cup jelly

Directions:

Spread 2 Tbsp. of peanut butter on each tortilla. Spread 2 Tbsp. of jelly on each. Roll each tortilla into a tight spiral. Cut each spiral into eight pieces and serve. Serves 4.

Adapted from: <http://www.jjf.com/Recipes/Details/3004>

Dinner:

Reggie's Chopped Barbecue Chicken Salad on Flatbread

Ingredients:

Prep Time: 10 min; Total Time: 10 min

¼ cup barbeque sauce

2 Tbsp. olive oil

2 Tbsp. lime juice

1 Tbsp. red wine vinegar

2 cans kidney beans, drained

2 large cans chicken, drained

1 can corn, drained

1 can diced tomatoes, drained

¼ tsp. onion powder

Salt and pepper to taste

4 flatbreads

Directions:

In a large bowl, mix barbeque sauce, olive oil, lime juice, and vinegar. Add beans, chicken, corn, tomatoes, and onion powder. Add salt and pepper to taste. Serve on flatbreads. Serves 4.

Adapted from: Sunset, AUGUST 2003

Aunt Bernice's Balsamic Carrot Salad

Prep Time: 5 min; Total Time: 5 min

Ingredients:

2 cans carrots, drained

2 Tbsp. dried cilantro

2 Tbsp. white balsamic vinegar

1 Tbsp. olive oil

½ tsp. dried oregano

¼ tsp. salt

¼ tsp. black pepper

Directions:

Combine all ingredients in a large bowl, tossing to coat carrots. Serves 4.

Evening Snack:

Sheri's Easy Cranapple Pie

Prep Time: 5 min; Total Time: 5 min

Ingredients:

4 individual graham cracker pie crusts

1 can apple pie filling

¼ cup chopped walnuts

¼ cup dried cranberries

Directions:

Distribute apple pie filling evenly over each pie and serve. Serves 4.

DAY 3

Breakfast:

Granny Smith's Apple Quesadillas

Prep Time: 5 min; Total Time: 5 min

Ingredients:

4 whole wheat tortillas
½ cup creamy peanut butter
¼ cup apple butter
1 cup raisins
1 handful granola, if desired

Directions:

Spread 2 Tbsp. of peanut butter on one tortilla. Spread 2 Tbsp. of apple butter on top. Top with a ½ cup of raisins and a handful of granola. Spread 2 Tbsp. of peanut butter on another tortilla and place on top. Cut in half. Repeat. Serves 4.

Lunch:

Charlie's Chicken Salad on Flatbread

Prep Time: 5 min; Total Time: 5 min

Ingredients:

4 flatbreads
4 packets mayonnaise
1 Tbsp. lemon juice
¼ tsp. black pepper
1 (16 ounce) can chicken, drained
½ cup slivered almonds

Directions:

Mix mayonnaise, lemon juice, and pepper in a large bowl. Toss with chicken and almonds. Serve on flatbread. Serves 4.

Dinner:

Nana Rose's Marinated Green Beans and Mushrooms

Prep Time: 5 min; Total Time: 5 min

Ingredients:

1 (14 ½ ounce) can cut green beans, drained
1 ((4 ounce) can sliced mushrooms, drained
¼ cup lemon juice
¼ cup olive oil
½ tsp. sugar
¼ tsp. tarragon
¼ tsp. seasoned salt
Dash pepper
Dash onion powder

Directions:

In a serving bowl, gently toss all ingredients. Serves 4.

Evening Snack:

Debi's Chocoholic Peanut Butter Pie

Prep Time: 5 min; Total Time: 5 min

Ingredients:

4 individual graham cracker crusts
4 peanut butter cups
4 individual chocolate pudding cups
4 Tbsp. creamy peanut butter

Directions:

Swirl one Tbsp. peanut butter into pudding. Spoon pudding into each crust. Crumble peanut butter cup on top. Serves 4.