



# *No Cook Power Outage Recipes from the Pantry*

1. Easy taco salad: Chopped lettuce or baby spinach topped with drained canned black beans, leftover chicken (or other meat), salsa, shredded cheese, and a dollop of plain yogurt. Crumble organic tortilla chips on top. (We like Beanitos Nacho Cheese with White Bean Chips for this salad.)
2. No Cook Apple Crisp: Try topping applesauce with granola and vanilla yogurt or pudding
3. Ants-on-a-log: Celery sticks stuffed with natural peanut butter then topped with raisins
4. 5 layer dip: Spread a can of refried beans in a dish. Top with mashed avocado or guacamole, salsa, plain yogurt or sour cream, and shredded cheese.
5. Cajun beans and rice: canned beans, pouch of pre-cooked rice, 2 tbsp of tomato paste, and Cajun seasoning
6. Roll up soft tortillas that have been spread with cream cheese or ricotta, and topped with fruit preserves
7. Salad Nicoise: Combine a can of tuna, a can of white beans, chopped onion, chopped peppers and chopped black olives (veggies are optional). Top with Italian dressing mixed with dijon mustard to taste. (Note: I no longer use canned tuna because of Fukushima, but any canned fish will do in this recipe)
8. Quinoa and fruit salad: Toss pre-cooked quinoa with diced apples and pears, dried cranberries, and walnuts. Top with raspberry vinaigrette.
9. No-Power Nachos Layer organic tortilla chips with canned cheese sauce, salsa, and canned jalapeños