# Recipes for Disaster Preparedness

cook well

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## **Mediterranean Chickpea Salad**

Vegan. Common allergens: none as written.

Adapted from The Houston Emergency Preparedness Cookbook

Serves 2

### Ingredients

- 1 can chickpeas, rinsed and drained
- ½ cup roasted red pepper
- 2 tablespoons capers
- 2 tablespoons olive oil
- 2 tablespoons vinegar (red wine, white, apple cider, etc.)
- 1 tablespoon dried parsley
- 2 teaspoons dried minced onion
- Black pepper to taste
- Salt to taste, if needed

#### Instructions

- 1. Place all ingredients in a large bowl and stir to combine.
- 2. Allow to sit at room temperature for approximately 30 minutes, to allow onions and parsley to soften and flavors to blend.
- 3. Serve at room temperature. Serve alone, with crackers or bread, or on top of greens.

Other optional ingredients include canned tuna, olives, artichoke hearts, sundried tomatoes, or fresh vegetables if available, such as diced cucumber or tomatoes. You can also use white beans instead of chickpeas (pictured).



## **Chocolate Chip Peanut Butter Balls**

Vegetarian, can be vegan. Common allergens: Peanuts (or tree nuts if other nut butter used), oats may contain gluten, & check chocolate chip label (use vegan, dairy-free or check other allergens if necessary).

Adapted from: Chocolate Covered Katie Makes 16

### Ingredients

- ½ cup rolled oats
- ½ cup peanut butter (or other nut butter)
- 3 tablespoons maple syrup
- pinch salt (if peanut butter unsalted)
- 2 tablespoons oat flour or coconut flour
- 2 tablespoons chocolate chips
- ½ teaspoon vanilla extract

#### Instructions

 Combine all ingredients except oat or coconut flour in a medium bowl and mix until wellincorporated. Add oat or coconut flour ½ tablespoon at a time until the mixture holds together but is not too sticky. Roll into balls. Store in the refrigerator.

In case of a power outage, prepare only enough to eat within an hour or two.

# Sample Grocery List for Disaster Preparedness Fall 2020



Produce  Sweet potatoes  Potatoes  Onion  Cabbage  Carrots  Garlic  Winter Squash  Apples  Citrus fruit	<ul> <li>Shelf Stable</li> <li>Beans, dried or canned/jarred (chickpeas, white beans, black beans)</li> <li>Lentils</li> <li>Grains (can find pre-cooked packets)</li> <li>Spices and herbs (dried parsley, dried oregano, garlic powder, chili powder, cumin, etc.)</li> <li>Dried minced onion</li> <li>Bouillon paste or cubes</li> <li>Popcorn kernels</li> <li>Nuts and seeds</li> <li>Nut butter</li> <li>Pasta</li> <li>Dried fruit</li> <li>Shelf-stable milk or milk alternative</li> <li>Coffee and/or tea</li> <li>Comfort foods</li> </ul>
Refrigerated Tofu Tempeh Frozen vegetables, fruit, edamame, corn	Baking  Flour (all purpose, whole wheat, oat, almond, etc.)  Sugar  Maple syrup or other sweeteners like honey or agave  Baking soda and powder  Vanilla extract  Chia seeds, ground flax seed (can be used as egg replacement)  Cocoa powder  Chocolate chips  Yeast
	Cans, Jars, and Bottles  Canned or jarred vegetables (red peppers, capers, artichoke hearts)  Marinara sauce  Tomato sauce, diced tomatoes, tomato paste  Canned fish  Vinegars (red wine vinegar, white vinegar - can be used for cleaning)  Salsa  Soy sauce or tamari