

Gourmet Meals after the Storm Recipes

Zesty Salsa

- 1 can (14.5 oz) petite-diced tomatoes
- 1 small onion, minced
- ½ cup fresh cilantro, chopped
- ¼ tsp salt
- 1 tbsp fresh lime juice
- Tabasco
- Tortilla chips

Combine tomatoes, onion, salt, lime juice, and cilantro in a small bowl. Season with Tabasco to taste. Let mixture sit for 1 hour for ingredients to blend. Serve with chips.

Serves 4



Gazpacho Charley

- 1 (14.5 oz) can petite-diced tomatoes
- 2 garlic cloves, minced
- 1 tbsp fresh lemon juice
- 1/3 cup extra-virgin olive oil
- 2 tbsp red wine vinegar
- ½ tsp salt
- 1 tbsp dried parsley
- Tabasco sauce
- ½ tsp black pepper
- ½ avocado, peeled, pitted and cubed

Combine tomatoes, garlic, lemon juice, oil, vinegar, parsley, salt and pepper in a jar. Shake vigorously (about 10 seconds). Add Tabasco sauce to taste and optional ingredients of your choice. Top with avocado cubes.

Serves 2



Potato Salad ala Dijon

- 1 can (14.5 oz) diced new potatoes, drained
- 4 tbsp onion, minced
- 1 tbsp imitation bacon bits
- 1 tsp dried parsley flakes
- Salt and pepper
- Chives, chopped
- For the dressing:**
- 4 tbsp extra-virgin olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp Dijon mustard

Combine potatoes, onion, bacon bits, and parsley in a bowl. Season with salt and pepper. Combine dressing ingredients in a jar and shake vigorously. Pour dressing over potato mixture and toss well to coat. Top with chopped chives before serving.

Serves 2



Yummy Black-Eyed Pea Salad

2 cans black-eyed peas, drained and rinsed
1 medium onion minced
4 tbsp fresh lemon juice
½ cup olive oil
¼ cup fresh parsley
Salt
Black pepper

Combine peas, onion, and parsley in a bowl. Combine olive oil and lemon juice in a jar and shake until liquid appears cloudy. Pour over pea mixture and toss. Season to taste with salt and pepper. Yummy!
Serves 4

Thai Chicken over Puffed Rice

12.5 oz (1 can) white meat chicken
8 tbsp creamy peanut butter
2 tsp light brown sugar
2 tbsp fresh cilantro, chopped
Black pepper
1 tsp soy sauce
1 cup canned coconut milk
¼ tsp chili oil
2 cups puffed rice cereal

In a jar, combine peanut butter, coconut milk, soy sauce, chili oil, and brown sugar. Shake vigorously until all ingredients are combined, making sure peanut butter is blended. Place drained chicken in a bowl. Pour sauce over chicken and toss to coat. Spoon chicken mixture over puffed rice cereal. The chicken mixture can also be eaten on crackers or wrapped in a whole wheat tortilla. Sprinkle with fresh cilantro and season with black pepper. If using puffed rice cereal serve immediately to prevent cereal from getting soggy.
Serves 4

Avocado Boats with Tuna Salad

1 can (6 oz) or packet light tuna in extra-virgin olive oil, drained
2 tbsp light creamy ranch dressing (small packet)
1 can peas, drained
¼ cup fresh parsley, plus more for garnishing
1 can (4 oz) chopped mushrooms, drained
2 avocados, halved and pitted
Black pepper



In a small bowl, combine dressing, peas, mushrooms, parsley, and tuna. Season with pepper. Spoon mixture into avocado halves. Top with parsley, if desired. The tuna salad can also be eaten on crackers or wrapped in a whole wheat tortilla.
Serves 4

Peach and Raspberry Cobbler

1 can (15.25) oz peach slices
1 can (4 oz) red raspberries in heavy syrup, syrup reserved
3 tbsp walnuts
½ cup granola
1 tbsp orange juice
1 tbsp honey
1 tbsp raspberry syrup
1/8 tsp cinnamon



Combine peaches, raspberries, and walnuts in a medium-sized bowl. In a small jar, combine orange juice, honey, raspberry syrup and cinnamon and shake vigorously. Pour over fruit mixture and toss. Spoon mixture evenly into dessert bowls. Top with granola.

Canned cherries and syrup may be substituted for raspberries and syrup.

Serves 4

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