

Recipes for Disaster Preparedness

Fall 2020



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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

1. Combine all ingredients except oat or coconut flour in a medium bowl and mix until well incorporated. 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.

