

No Cook Recipes—No Kitchen Required

Though you don't need pots and pans for no-cook recipes, you do need some tools. Make sure you have these items in your kitchen bin:

- Can opener
- Tin foil
- Sealable bags
- Cooler
- Ice
- Utensils
- Cutting board
- Food container with a secure lid

Breakfast Ideas

- **Cereal with milk and fruit:** Your cereal of choice, canned milk and fresh or dried fruit, or wild berries in season. If you have a cooler you can buy fresh milk in small containers instead of canned milk.
- **Peanut butter and banana sandwich: Yogurt and granola:** keep the yogurt in your cooler to keep it safe for more than a day.
- **Fruit salad with nuts:** Toss a mix of seasonal fruits together with your favorite nut mix for a sweet and crunchy breakfast.
- **Breakfast salad:** Get your daily dose of veggies at breakfast. Try a Mexican breakfast salad with greens, shredded carrots, avocado, canned black beans, canned corn and salsa. If you can keep hard-boiled eggs cold, they would be a great addition to this morning meal.

Lunch and Dinner Ideas

- **Wraps and Burritos:** Tortilla rolled up with canned tuna or peanut butter, canned chicken and pineapple, cream cheese and smoked salmon, etc.
- **Sandwiches:** Cold cuts (keep them in a cooler for a couple of days), bread and some veggies
- **Caprese sandwich:** For vegetarians, try a mozzarella, basil and tomato sandwich. Drizzle a little olive oil on top to complete the meal.
- **Canned Beans and Vegetable Salads:** High in vitamins and fiber, beans will help you feel and stay full. Taste great with corn, tomatoes, avocado, tacos or tortillas.

- **Tuna salad:** Easy to make, you can eat this with salad, bread, crackers or by itself. If you have single serve mayo packets you can store them at room temperature and mix it up right before eating.
- **Guacamole:** Make your own guacamole with chopped avocado, tomato, onion, and the juice of a lime. Serve with pita or tortilla chips.

Healthier Snack Ideas

- **Dried Fruits, Nuts, and Berries**
- **Energy Bars**
- **Jerky**
- **Crackers with peanut butter**
- **Hard cheeses** will last for a couple of days without a refrigerator, or longer if kept in a cooler or fridge
- **Wild picked berries** (when in season)

Ten No Cook Meals

CANNED CHICKEN

It's a Wrap - Chicken Salad

1 can of chunk chicken, drained
1/4 can peas, drained
1 red bell pepper, diced
2 green onions, diced
1 avocado, peeled and cubed
4 packets of mayonnaise (approx 2 oz total)
Flour tortillas
Salt and pepper

Directions: In a bowl combine ingredients, mix together. Salt and Pepper to taste. Divide chicken salad mixture evenly on tortilla and roll up. That's it!

Sweet Chicken Salad

1 can of chunk chicken, drained
1/4 cup of dried cranberries
2 tablespoons of sunflower seeds
4 packets of mayonnaise (about 2 oz or 1/4 cup)
4 packets of sweet relish
Flour tortillas or pita bread
Salt and pepper

Directions: This one is easy and doesn't require any fresh veggies. In a bowl combine ingredients, mix together. Salt and Pepper to taste. Divide chicken salad mixture evenly on tortillas or pitas. Enjoy!

Light My Fire Chicken Crackers

1 can of chunk chicken, drained

6 packets of mayonnaise (approx 3 oz total)

1/4 small can of jalapeno or green chile pepper slices, drained

1 tomato, diced

1 green onion, diced

Ritz or other crackers

Salt and pepper

Directions: In a bowl combine chicken, mayo, jalapeno and onion. Mix together. Salt and Pepper to taste. Spread on crackers. Don't prepare this an plan on paddling or hiking immediately afterward. Depending upon how many jalapenos you use, it has a quite a kick!

CANNED TUNA

Islander Tuna Salad

1 can of tuna, drained
1 small can of crushed pineapple, drained
1 green onion, diced
1/4 cup of celery, thinly sliced
1/4 cup of pecans, lightly chopped
6 packets of mayonnaise (approx 3 oz total)
2 packets of dijon mustard (approx 1 oz)
Dash of red (cayenne) pepper
Ritz or other crackers

Directions: In a bowl combine ingredients and mix. Spread on crackers. Who would have thought that pineapple and tuna fish will work together to form a delicious spread for crackers? If you just can't do the tuna, use chicken instead.

Fake Waldorf Tuna Sandwich

1 can of tuna, drained
1 apple, cored and chopped
1/4 cup of raisins
1/4 cup of nuts (walnuts or pecans)
4 packets of mayonnaise (approx 2 oz total)
1/4 cup of celery, chopped (optional - if you have it)
Pita Bread

Directions: In a bowl combine ingredients and mix. Fill pita bread with mixture. That was easy!

Spicy Scavenger Tuna Wrap

1 can of tuna, drained

4 packets of mayonnaise

2 packets of salsa or horseradish (think outside the box)

1/2 packet of yellow mustard

1/2 packet of lemon juice

Flour tortillas

Salt and pepper

Directions: Combine ingredients in bowl and mix. Add salt and pepper to taste. Spread on tortilla and it's a wrap!

VEGGIE SPECIALS

Bohemian Veggie Pita

1 large avocado, peeled and cubed
1 small can of roasted red peppers
1 tomato, diced
4 mozzarella cheese sticks, cut into cubes
1/2 bag of spinach leaves
1/4 cup of chopped red onion (optional)
2 packets of balsamic vinegar
Pita Bread

Directions: In a bowl combine avocado, peppers, tomato and cheese and mix together. Add vinegar. Line pita with spinach and fill with mixture. Peace out!

Greek Veggie Pita

1 bag of spinach leaves
1 cucumber, peeled and sliced
1 tomato, diced
1/4 cup of red or green onion, chopped
1/2 cup of feta cheese (if you can get it-optional)
Pita Bread
Salt and pepper

Directions: In a bowl mix cucumber, tomato, onion and cheese. Add in salt and pepper to taste. Line pita with spinach and fill with mixture. Yum!

DESSERTS

Diced Apple Dessert

2 apple sauce cups (8 oz total)
2 bananas, sliced
1 chocolate bar, cut or broken into small pieces
1/4 cup of nuts (peanuts, walnuts)

Directions: In bowl mix all ingredients. Spoon onto dinner plates and enjoy!

Apple Sauce Parfaits

2 apple sauce cups (8 oz total)
1/2 cup graham cracker crumbs
1 small can of chunk pineapple
1/2 cup dried fruit
1/4 cup of nuts (peanuts, walnuts)

Directions: Spoon a layer of apple sauce into cup. Add layer of graham cracker crumbs. Add layer of fruit and nuts. Repeat until full.

There you have it. **Ten delicious and easy to make no cooking required recipes.** By following the directions and a few simple ingredients such as canned chicken and tuna, apples and restaurant sized packets of mayonnaise you can eat like a king!