

14 Recipes for Food to Eat When Power Is Out

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No electricity? No problem! From major storms to local blackouts, the inconvenience of a power outage doesn't have to leave you feeling, well, powerless. These recipes will provide plenty of food to eat when power is out.

Just like that, a storm has hit. But the family still needs to eat! Planning in advance will ensure that there's plenty of food to eat when the power is out. First, stock up on nonperishable goods like dried fruit, nuts and canned food. If you know a storm is coming, prepare some (again, nonperishable) snacks in advance, like energy bars or even homemade beef jerky, and fill the pantry with staples like oatmeal.

During a power outage, stay away from the fridge and freezer—keeping the door closed will help maintain the cooler temperature and keep food from spoiling. Instead, plan to make meals that use only shelf-stable ingredients.

Tuna Wraps

Simple and packed with protein to keep energy levels up, a tuna wrap is an easy emergency dish. Use veggies such as bell peppers, onions, celery—that can be kept on the counter without a refrigerator for a few days. For some extra flavor and creaminess, mash in avocado, roll and enjoy! You can also purchase packaged tuna that comes pre-seasoned with Sriracha or herbs.

Avocado Bread

Channel a fancy brunch, even when you don't have power. You can store avocado (stock up on a few not-yet-ripe ones in advance) and bread outside of the fridge for a couple of days. Just mash the avocado onto your bread and sprinkle with a bit of sea salt for an ideal breakfast.



Bean Salad

It's easy to turn canned beans into a filling dish, particularly if you have a few varieties on hand. Some fresh veggies, like onions and bell pepper, can last on the counter for days, and are easy to chop and toss in. You can also pile your concoction on tortillas for a makeshift taco night. Combine a can of beans with tomatoes, sweet pepper, onion, celery; add dried basil, oregano, salt and pepper; then stir in equal parts olive oil and vinegar, such as red wine or balsamic vinegar, with 1 tablespoon of Dijon mustard.



Overnight Oats

Nutritious, fiber-packed and versatile, oats are a reliable staple in almost any situation—including being the perfect food to eat when power is out.

To make overnight oats power-outage friendly, just swap in water for the milk or yogurt and add nuts or dried fruit, or fruit that doesn't need refrigeration, like bananas. For example: 1/3 cup old-fashioned oats, 6 tablespoons water, 1 tablespoon honey, 1/2 cup dried fruit and 2 tablespoons walnuts or other nuts.

Banana Wraps

Amp up your sandwich game with a wrap. Bananas are great to have on hand during a storm (and there are plenty of creative banana recipes once the power is back). Pair with peanut butter and raisins for a twist on normally savory wraps.

Chicken Tacos

Power outages call for kitchen creativity. Rather than cooking meat for tacos, open up some canned chicken. You can season it if you want (chili, onion and garlic powders; cumin; oregano), but to save time, dollop it onto your taco shells with some avocado, canned corn and tomatoes, if you have them, for a delicious Mexican-inspired meal.

Tuna Salad

Canned tuna can save the day when you need to feed your family without the usual appliances. Omit the mayo and put together a protein-packed healthy tuna salad. Mix the tuna with onion, celery, pepper, parsley flakes and a little oil and vinegar. Enjoy it as is, or make a heartier meal by smearing it on a sandwich. Just be sure to finish the batch; tuna salad should be refrigerated once it's prepared.

Tomato Salad

Eating when the power is out doesn't mean relying entirely on canned goods and cereal. Tomatoes and onions last several days on the counter, and can be chopped up and lightly seasoned for a fresh snack loaded with nutrients and flavor. Drizzle with olive oil and lemon juice and sprinkle with dried oregano, salt and pepper.



Trail Mix

Since you can't pair your granola with yogurt during a power outage (unless you're transferring fridge items to a cooler and want to use it up), jazz up your granola by turning it into trail mix. Let everyone add in their own ingredient as a fun activity for surprising flavor combinations while you snack. Here are some suggestions: pumpkin seeds (pepitas), almonds, sunflower kernels, walnuts, dried fruit, chocolate chips or chocolate candies.



Corn Salad

Canned corn is another staple for when emergency strikes—add some other shelf-stable veggies (celery, tomatoes, onions and bell peppers, while often typically refrigerated, can also be stored on the counter) for more zest. To avoid opening the fridge to get dressing, sub in a drizzle of olive oil and vinegar.

No-Bake Treats

Requiring nothing more than a mixing bowl and ingredients in your cabinets, these no-bake peanut butter balls make a power outage a little more enjoyable. They'll keep kiddos happy and satisfy your sweet tooth, as well as provide a fun activity to lift moods. All you need is 1/3 cup chunky peanut butter, 1/4 cup honey, 1/2 teaspoon vanilla extract, 1/3 cup nonfat dry milk powder, 1/3 cup quick-cooking oats, and 2 tablespoons graham cracker crumbs. Mix the peanut butter, honey and vanilla together. Add the milk powder, oats and crumbs. Shape into balls.

Hummus

Filling and tasty, hummus is an easy, savory solution when you can't cook. Mash the chickpeas with a fork instead of using a food processor. Whisk together $\frac{1}{2}$ teaspoon baking soda, $\frac{1}{4}$ cup lemon juice, 1 tablespoon minced garlic, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon cumin. In another bowl, whisk together $\frac{1}{2}$ cup tahini, 2 tablespoons extra virgin olive oil and $\frac{1}{4}$ cup cold water. Stir lemon juice mixture into the mashed chickpeas and then add the liquids. Serve the hummus with crackers or use it beef up sandwiches and vegetable wraps.

Peanut Butter Sandwich

It's a classic for a reason: peanut butter sandwiches deliver a healthy dose of comfort, particularly during trying times. Stock up on peanut butter that doesn't need to be refrigerated before the storm hits. And you don't need to be basic. Try sliced bananas and chocolate chips on your sandwich for some extra sweetness and flavor!