



Cold Raisin Oatmeal

Serves 2

Ingredients:

- 2 packets instant oatmeal
- 1/3 cup dry milk
- 1 cup water
- 1/2 cup raisins, or other dried fruit
- 2 teaspoons sugar

Directions:

Mix all ingredients and let stand for five minutes. Divide oatmeal into two bowls, enjoy.





Speedy Southwest Chicken

Serves 2

Ingredients:

- 5 ounce can chicken breast*, drained
- 8 ½ ounce can corn, drained
- 8 ½ ounce can diced tomatoes w/ green chili (or herbs and seasoning of your choice), drained



Directions:

Mix all ingredients, divide meal in two, enjoy.

Quick & Hearty Ham Goulash

Serves 2

Ingredients:

- 5 ounce can chunked ham*
- 8 ½ ounce can baked beans, undrained
- 8 ½ ounce can mixed peas and carrots, drained

Directions:

Mix all ingredients, divide meal in two, enjoy.



* Can be substituted with canned fish, poultry, or meat of your choice.



Easy Orange Marmalade Salmon

Serves 2

Ingredients:

- 5 ounce can salmon*, drained
- 2 tablespoons (2 packets) orange marmalade
- Dash seasoning to taste



Directions:

Mix all ingredients, divide meal in half, enjoy.

Walnut Chicken Salad

Serves 2

Ingredients:

- 5 ounce can chicken breast*, drained
- 2 tablespoons (2 packets) mayonnaise
- ½ cup chopped walnuts
- ½ cup raisins (or other dried fruit)



Directions:

Mix all ingredients, divide into two bowls, enjoy.

* Can be substituted with canned fish, poultry, or meat of your choice.



Tuna Salad

Serves 2

Ingredients:

- 5 ounce can tuna*, drained
- 2 tablespoons (2 packets) mayonnaise
- 1 tablespoon (2 packets) relish

Directions:

Mix all ingredients and divide into two bowls.



Sweet and Spicy Spam

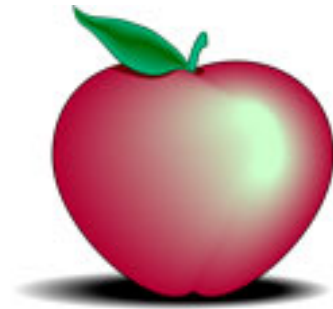
Serves 2

Ingredients:

- 2 single serving packets Spam* (3 oz each)
- 2 tablespoons (2 packets) apple jelly
- 1 teaspoon (1 packet) spicy brown mustard

Directions:

Mix all ingredients and divide into two bowls.



* Can be substituted with canned fish, poultry, or meat of your choice.