

Of Hurricanes & Yoga Pants

Written by Debbi Covington

Tuesday, 19 September 2017 13:58



How many pounds did you gain during our recent visit from Hurricane Irma? When Vince and I realized that Irma could be a real threat to our beloved Beaufort, we stocked up with all of the hurricane "essentials." You know, the important stuff like batteries, bottled water, a first aid kit, Little Debbie nutty buddies, Pepperidge Farm cookies, two kinds of nabs, potato chips, Cap'n Crunch, pretzel chips, tortilla chips, nacho cheese sauce, onion dip and canned soups - all stuff we never have in the house, at least not all at the same time.

Good gracious! While we were glued to the television watching the Weather Channel for five days, it was so hard to not dig into the "hurricane stash" - after all, the point was to have that food for after the hurricane hit and we were possibly without power or water. What to do? I think I'm going to call it "Stress Nesting." I kind of lost my mind. All I wanted to do was cook and bake. Baking is my least favorite part of cooking, but there I was ripping out pages of *Southern Living*

magazine and whipping up batches of cookies like we didn't have a bite of anything sweet in the house. I made shrimp salad, lasagna, pasta salad and chopped salad. Trying to eat all of the meat out of our freezer, we grilled filet mignon, pork tenderloin and chicken tenders. I even cooked beef tips in the crockpot. All this food in five days for two people! Typically, when I'm in crisis, the first thing to go is my appetite. Evidently, that's not going to be the case with hurricanes. And, being the non-waster of food that I am, I of course, felt compelled to eat everything that I had made. Monday night, after the storm was pretty much over, Vince and I looked at each other and said, "we've gotta start eating better, my pants are tight." Both of us. So, today is Thursday and I'm squeezed into a pair of yoga pants. Our diet has improved over the past couple of days but we still have a few pounds to go before things get back to normal around here. The recipes this week are a few from my "Stress Nesting" phase. They're each good in their own right. You just don't need to eat them all at the same time. I didn't forget to include that cookie recipe from

Southern Living

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either. Beaufort was lucky this time. I'm so grateful. Let's hope and pray that we don't get any more uninvited guests like Irma ever again.

Chopped Salad

Chopped salads are easy and fun to make! Fresh salad materials are chopped into small pieces, so every bite has several ingredients.

For the vinaigrette:

2 tablespoons fresh lemon juice

1-1/2 teaspoons sugar

1 small garlic clove, minced

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/3 cup olive oil

For the salad:

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4 cups chopped romaine lettuce (1 large head)

1 English cucumber, diced

1 carrot, peeled and chopped

2 medium tomatoes, diced

1 small red onion, finely chopped

1 cup snow peas, diced

4 ounces crumbled goat cheese

1/4 cup dry roasted sunflower seeds

Whisk together lemon juice, sugar, garlic, salt and pepper in a bowl. Add the oil in a stream, whisking together until combined. Refrigerate until ready to use. Toss salad ingredients in a large bowl; dress with vinaigrette just before serving. Serves 6 to 8.

Shrimp Remoulade

Remoulade is a mayonnaise-based sauce with pickles, mustard, herbs and chopped hard-

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