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Low-Iodine Cookbook

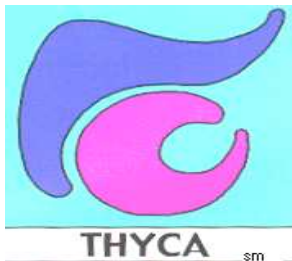
Guidelines and Tips for the Low-Iodine Diet

Used for a Short Time When Preparing To Receive Radioactive Iodine

*More than 250 delicious recipes contributed by more than 100 ThyCa volunteers,
who are sharing their favorites*

6th Edition

Leah Guljord, Editor



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recipe for the next edition of this cookbook.**

Note from the Editor

We're proud to present the expanded 6th Edition of our **free Low-Iodine Cookbook**.

This free downloadable cookbook is a gift to you from more than 100 wonderful people who donated their talents and their time. These delicious recipes were all contributed by volunteers for ThyCa: Thyroid Cancer Survivors' Association, Inc., www.thyca.org.

This cookbook features a **handy one-page summary** (page 7) of the low-iodine diet guidelines. On pages 8-12 you'll find details about the guidelines, plus tips on how to make the diet easier for you and your family. The information about the diet came from several members of ThyCa's Medical Advisory Council, plus the further sources listed below. We will continue to update and expand this book and our web site as further information becomes available.

Our thanks to the generous thyroid cancer survivors and caregivers who shared their favorite recipes. We're also grateful to Nina Geiger for contributing Low-Iodine Diet Tips and Low-Iodine Diet Snacks and to Lauren Prunetta, M.L. Sprung, Barbara Statas, Ed Walker, Jo Walker, and Cherry Wunderlich for their help with editing, proofreading, design, and production. We also thank ThyCa's medical advisors and the many other specialists who provide information and ongoing input for our web site and publications.

If you sent a recipe after this edition went to publication, we're holding it for our next edition.

We invite you to download this free book from our web site. Enjoy the recipes, Please tell others about ThyCa's many free support services, educational resources, and special events.

About ThyCa: Thyroid Cancer Survivors'

Association, Inc.SM ThyCa is a national nonprofit 501(c)(3) organization of thyroid cancer survivors, family members, and health care professionals. Visit our web site www.thyca.org for more than 600 pages of thyroid cancer information, free publications, and links to all our free support services and events.

Invitation—

Please send your recipes!

If you would like to contribute to the next edition of this collection, please send your original recipe to recipes@thyca.org or to lguljord@thyca.org

About Photocopies and Use

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Disclaimer: The information contained in this cookbook is intended for educational purposes only. It is not intended, nor should it be interpreted, as medical advice or directions of any kind. Any person viewing this information is strongly advised to consult their own medical doctor(s) for all matters involving their health and medical care.

Sources: Sources include (1) Diet guidelines provided by several members of ThyCa's Medical Advisory Council; (2) Talks and handouts from our event speakers from 2000 through Spring 2007. Speakers have included include Stephanie L. Lee, M.D., Ph.D., Endocrinologist, Boston Medical Center, MA; Christina Reiter, M.S. R.D., Resident Dietitian, University of Colorado, Boulder; and Nancy Sebring, M.Ed., R.D., Research Dietitian, National Institutes of Health, Bethesda, MD; and (3) Medical journal articles, including Pearce EN, Pino S, He X, Bazrafshan HR, Lee SL, and Braverman LE, *Journal of Clinical Endocrinology and Metabolism* 89(7):3421-3424. 2004 and Park JT and Hennessey JV, *Thyroid* (1):57-63. 2004.

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Low-Iodine Diet Guidelines — Summary

ThyCa: Thyroid Cancer Survivors' Association, Inc.SM

For details, and our **free downloadable Low-Iodine Cookbook**, visit www.thyca.org

Key Points

- This is a Low-Iodine Diet, NOT a No-Iodine Diet or an Iodine-Free Diet.
- The diet is for a short time period, usually for the 2 weeks (14 days) before a radioactive iodine scan or treatment.
- Avoid foods high in iodine (over 20 mcg per serving). Eat any foods low in iodine (up to 5 mcg per serving). Limit the quantity of foods moderate in iodine (5 to 20 mcg per serving).
- Read the ingredient lists on labels of packaged foods. Check with your physician about medications you're taking.

Not Allowed—

Avoid These Foods and Ingredients

- Iodized salt, sea salt, and any foods containing iodized salt and sea salt.
- Seafood and sea products (fish, shellfish, seaweed, seaweed tablets, carrageenan, agar-agar, alginate, nori and other sea-based foods or ingredients).
- Dairy products of any kind (milk, cheese, yogurt, butter, ice cream).
- Egg yolks or whole eggs or foods containing whole eggs.
- Bakery products containing iodine/iodate dough conditioners or high-iodine ingredients. Low-iodine homemade and commercial baked goods are fine.
- Red Dye #3. (E127 in the UK)
- Most Chocolate (due to milk content). Cocoa powder and some dark chocolates are allowed.
- Some molasses (if sulfured, such as blackstrap molasses). Unsulfured molasses, which is more common, is okay. Sulfur is a term used on labels and does not relate to iodine.
- Soybeans and soybean products such as tofu, TVP, soy milk, soy sauce. The NIH diet says to avoid some other beans: red kidney beans, lima beans, navy beans, pinto beans, and cowpeas.
- On some diets, rhubarb and potato skins (inside of the potato is fine).
- Iodine-containing vitamins and food supplements.
- If you're taking a medication containing iodine, check with your physician.

Allowed Foods and Ingredients

- Fruits except rhubarb and maraschino cherries (with Red Dye #3 or E127 in the UK).
- Vegetables: preferably raw or frozen without salt, except soybeans and (according to NIH diet) a few other beans.
- Unsalted nuts and unsalted nut butters.
- Whites of eggs.
- Fresh meats up to 6 ounces a day.
- Grain and cereal products up to 4 servings per day, provided they have no high-iodine ingredients.
- Pasta, provided it has no high-iodine ingredients.
- Sugar, jelly, jam, honey, maple syrup.
- Black pepper, fresh or dried herbs and spices.
- Oils. All vegetable oils, including soy oil.
- Sodas (except with Red Dye #3 or E127 in the UK), cola, diet cola, non-instant coffee, non-instant tea, beer, wine, other alcoholic beverages, lemonade, fruit juices.
- **Read the ingredient list on all packaged foods.**

Easy Snacks for Home, Work, or Travel

- Fresh fruit or juice
- Dried fruits such as raisins
- Fresh raw vegetables
- Applesauce
- Popcorn
- Unsalted nuts
- Sodas other than those with Red Dye #3 (E127 in the UK)
- Fruit juice
- Unsalted peanut butter or other nut butters (great with apple slices, carrot sticks, crackers, and rice cakes)
- Unsalted Matzo crackers and other unsalted crackers
- Homemade low-iodine bread or muffins

Easy Quick Meals

- Oatmeal toppings-cinnamon, honey, applesauce, maple syrup and walnuts, fruit
- Grilled fresh meat, vegetables, fresh fruit or baked apple
- Salad topped with grilled chicken or beef, oil and vinegar dressing
- "Sandwich" with Matzo crackers, plain peanut butter, jelly

Our thanks to ThyCa's medical advisors and conference speakers for information and support.

Disclaimer: This information is intended for educational purposes only. It is not intended, nor should it be interpreted, as medical advice or directions of any kind. Any person viewing this information is strongly advised to consult their own medical doctor(s) for all matters involving their health and medical care.

The Low-Iodine Diet

Thyroid cancer patients with papillary or follicular thyroid cancer often receive a dose of radioactive iodine (RAI) about two months after their surgery in an attempt to destroy (ablate) any remaining thyroid cells in their bodies.

Most of these thyroid cancer patients also undergo whole-body radioiodine scans at periodic intervals, using a “tracer” dose of RAI. If their scan is not “clean,” they may then receive treatment with a larger dose of RAI in an attempt to eliminate remaining thyroid cells.

In preparation for an RAI scan or RAI treatment, patients are usually asked to go on a low-iodine diet (LID). The diet is to prepare for the RAI. The patient follows the diet when preparing for RAI either by temporarily stopping levothyroxine (withdrawal) or by receiving injections of Thyrogen (recombinant TSH) while continuing on levothyroxine.

The purpose of a low-iodine diet is to deplete the body of its stores of iodine, to help increase the effectiveness of the radioactive iodine scan or treatment. The premise is that when the radioactive iodine is administered, the thyroid cells will “suck” up the iodine, because the body has been so depleted.

This diet is for a short time period. The usual time period is around two weeks (14 days) or slightly more. The diet usually begins around two weeks before testing and continues through the testing and treatment period. However, recommendations for the time period can vary, depending partly on the individual patient’s circumstances.

The following is a combination of diet guidelines from several ThyCa medical advisors (who use urine iodine testing to check patients' iodine levels), from researchers' findings presented in medical journals and at ThyCa events, and from input from our 22-member Medical Advisory Council. Your physician may have different guidelines. Please check with your doctor before you start the diet.

General Comments

- **The diet is a low-iodine diet, NOT a low-sodium diet.** Remember: LOW IODINE has NOTHING TO DO WITH SODIUM. Sodium is in most foods. Table salt is sodium chloride, not sodium.
- Sodium in any form is OK, as long as it is not provided as IODIZED salt. NON-IODIZED salt is OK for the diet, as long as it is not sea salt. As noted below, you should avoid any product or ingredient from the sea. That's because sea-based products are high in iodine.
- Also, **this is a "low-iodine" diet, NOT a "no-iodine" diet and NOT an "iodine-free" diet.** A low-iodine diet reduces iodine consumption—on most diets to below 50 micrograms (mcg) of iodine per day (on some diets to below 80-100 mcg per day). The American Thyroid Association recommends that the low-iodine diet include less than 50 mcg of iodine per day. (The Recommended Daily Allowance of iodine is 150 mcg per day for adults. One teaspoon of iodized salt contains 400 mcg of iodine.)
- During your time on the diet, you may freely eat any foods that are low in iodine (up to 5 mcg per serving). **There are lots of foods that you can eat. Pages 10 and 11 have lists.** However, avoid foods high in iodine (over 20 mcg per serving). Also, many thyroid cancer specialists' guidelines recommend limiting foods that are moderate in iodine (5 to 20 mcg per serving).
- For recipes and a snack list, use ThyCa’s free **Low Iodine Cookbook**. You can download it **free** from our web site **www.thyca.org** and print it out.

-
- **You also can adapt your favorite recipes from your own cookbooks to the low-iodine diet.** To do this, eliminate ingredients that are high in iodine, or substitute ingredients from the list of foods and ingredients that are fine on the diet.
 - If you follow other dietary guidelines due to allergies, diabetes, other medical conditions, or other reasons, you can adapt your recipes and meal plans. Use this cookbook's lists and tips.
 - Thyroid cancer survivors created this cookbook and donated these recipes to help you with this diet. We are proud to share this large collection of recipes, plus our handy snack list.

Avoid These Foods and Ingredients

Avoid the following foods, starting when instructed by your physician before your radioactive iodine test or treatment. Continue as instructed until after your radioactive iodine treatment (often for about 24 hours after). These foods and ingredients are high in iodine (over 20 mcg per serving, according to researchers' presentations at our conferences).

- **Iodized salt and sea salt and any foods containing iodized salt or sea salt.** Non-iodized salt may be used. For example, Kosher salt is okay unless the label says that it is iodized or sea salt. The reason to avoid sea salt is that all products from the ocean tend to be high in iodine. You can usually find plain, non-iodized salt next to the iodized salt at your grocer. Read the label. (One teaspoon of iodized salt has 400 mcg of iodine.)
- **Seafood and sea products** (fish, shellfish, seaweed, seaweed tablets, kelp). These are all very high in iodine and should be avoided.
- **Foods or products that contain these sea-based additives:** carrageenan, agar-agar, algin, alginate, nori (these food additives are seaweed by-products).
- **Dairy products** (milk, cheese, cream, yogurt, butter, ice cream, powdered dairy creamers, whey, casein, other dairy products). Note: Nondairy creamers often have iodine-containing ingredients, too. A study published in 2004 in the *Journal of Clinical Endocrinology and Metabolism* reported on tests of 18 brands of milk in the Boston, Massachusetts area. It reported that 250 ml of milk (about 8 ounces, or 1 cup, or 16 Tablespoons) contained from 88 to 168 micrograms of iodine and averaged 115 mcg. (This means that one teaspoon of milk has 1 to 3 micrograms of iodine, and one Tablespoon of milk has 3 to 9 micrograms of iodine.) The study also noted that sources of iodine in milk include iodine in cattle feed, the products containing iodine used to clean teats and udders, and a small amount from equipment cleaning products. (All low-iodine diets given to ThyCa say to avoid dairy. Some low-iodine diets allow **very small** amounts of milk or other dairy, if not listed in the first three ingredients on a label. There is no dairy in any of the recipes in this cookbook.)
- **Egg yolks** or whole eggs or foods containing whole eggs. Egg whites are acceptable, because they contain little or no iodine. (Some low-iodine diets allow foods with very small amounts of eggs, if not listed in the first three ingredients on a label. The recipes in this cookbook use only egg whites.)

(This list continues on the next page)

Avoid These Foods and Ingredients (continued)

- **Commercial bakery products.** Avoid bread products that contain iodine/iodate dough conditioners (usually small bakery breads are safe; it's best to bake it yourself or substitute with Matzos). If you read labels closely, you may also be able to find crackers made only with flour and water. While a few commercial bakery products have tested low in iodine, manufacturing processes can change over time. The study published in the *Journal of Clinical Endocrinology and Metabolism* in 2004 reported that the iodine content of single slices of 20 different brands of bread ranged from 2.2 micrograms to 587 micrograms.
- **Red Dye #3(E127 in the UK).** However, Red Dye #40 is OK. We suggest that you avoid red, orange, or brown processed food, pills, and capsules. Many red, red-orange, and brown food dyes contain iodine and should be avoided. The problem with food colors is specific to Red Dye FD&C #3 (erythrosine, E127 in the UK) ONLY. However, the problem is that some food labels do not specify which red dyes are used. Better safe than sorry. For medications, the best source is the Physician's Desk Reference (PDR), which clearly states the ingredients. For example, Rocaltrol in the 0.5 mcg size is NOT good for the diet because it contains FD&C Red Dye #3 (E127 in the UK). However, Rocaltrol 0.25 mcg does not and is safe for the diet (you can take two of them to get to the 0.5 mcg dose). Please always check with your physician.
- **Most Chocolate** (for its milk content). Cocoa powder and some dark chocolates are permitted. Check the label for other ingredients not allowed on the low-iodine diet. This cookbook has recipes with permitted chocolate.
- **Some Molasses.** Avoid if sulfured, such as blackstrap molasses, which has a slightly bitter taste. It's okay to use the milder, fairly sweet unsulfured molasses usually used in cooking. Sulfur is not related to iodine. However, it's a term used on molasses labels. Some diets don't make distinctions between kinds of molasses and say to avoid all molasses. One diet allows all molasses.
- **Soybeans and most soy products** (soy sauce, soy milk, tofu). However, soy oil and soy lecithin are both okay.
- **Some beans besides soybeans.** The National Institutes of Health diet says to avoid these beans: red kidney beans, lima beans, navy beans, pinto beans, and cowpeas. Other diets do not limit beans.
- **Some diets say to avoid rhubarb and potato skins.** The inside of the potato is fine.
- **Iodine-Containing Vitamins, and Food Supplements. Also products containing iodate or iodide.** Check the label and ingredients and discontinue completely if iodine is included. Most vitamins with minerals contain iodine.
- If you are taking a **Medication** that contains iodine, check with your physician.

Limit the Amounts of these Foods

Some diets from thyroid cancer specialists and researchers recommend limiting the daily intake of foods that are moderate in iodine—5 to 20 micrograms per serving.

- **Fresh meats.** Up to 5 ounces per day of fresh meats such as chicken, beef, pork, lamb, and veal are fine on the low-iodine diet. (Up to 6 ounces, according to one of the researchers, who noted that meat contains 25-130 micrograms of iodine per pound.) Whole cuts tend to contain less iodine than do ground meats. **Also, check the package label on meats, including whole turkeys, turkey breasts, turkey cutlets, chicken, and all pork products.** Many food makers inject broths into turkey or chicken or pork. The label may not indicate whether the broth contains iodized salt. If you are not sure, go to your local butcher for fresh turkey, pork, or chicken.
- **Grains, cereals.** Up to 4 servings per day of grains, cereals, pasta, and breads without iodine-containing ingredients are fine on this diet. The iodine content depends on the iodine content of the region where the grain was grown. Homemade baked goods and cereals are best on this diet. If you use processed foods, read the labels carefully to avoid iodine-containing ingredients. Also, remember that labels are not always accurate or up to date.
- **Rices.** Like grains, rices vary in the amount of iodine depending on the region where grown, so rice should be eaten only in limited amounts. Some low-iodine diets recommend avoiding rice. Basmati rice has been mentioned as the best for the diet.

What About Restaurant Foods and Fast Food?

Although restaurants generally use non-iodized salt, it is not possible to know whether a particular restaurant is using iodized salt or sea salt. The manager or serving staff may not know what product is being used, or whether butter or other dairy products are present in foods. The ingredients that chain and fast-food restaurants use may change.

Therefore, we suggest that you avoid restaurant foods other than plain juices or soft drinks, or the inside of a plain baked potato. For most restaurant foods, there is no reasonable way to determine which restaurants use iodized salt. Avoid if in doubt.

What About Manufactured and Processed Foods?

Some published low-iodine diets and researchers' presentations allow salty processed foods and other processed foods. Some of these foods include potato chips and cured and corned foods such as hot dogs, ham, corned beef, sauerkraut, bacon, sausage, and salami.

Currently, manufacturers of processed foods in the USA generally use non-iodized salt. However, food processing techniques can change and labels are not always accurate or up to date.

For that reason, if fresh foods are available, many patients prefer to eat fresh foods during the short period of being on the low-iodine diet. They avoid processed food, because it is not known for sure whether or not iodized salt has been used. For any processed food, it is also important read the label to be sure there is no Red Dye #3 (or E127 in the UK).

In the past some patients have contacted manufacturers asking whether or not they used iodized salt in their products or iodine-containing cleansers or sanitizers for their equipment and surfaces involved in food processing. Doing this is NOT recommended for the following reasons:

1. Manufacturers cannot guarantee that the ingredients they receive from their suppliers do not contain iodized salt.
2. Manufacturers may change procedures and may use iodine-based cleaners or sanitizers on food-processing surfaces, utensils, equipment, and containers used in processing steps.
3. Because fewer and fewer manufacturers in the USA have been using iodized salt in their food processing, there seems to be a rise in iodine deficiency. It might become the practice to start using iodized salt again.

Also, some spice blends like chili powder may contain added salt.

Read the ingredient labels on all packaged foods and spices. Some support group participants have compiled lists of brands of processed and packaged foods low in iodine. A list is being reviewed for addition to ThyCa's web site and as an appendix to this cookbook.

Foods That Are Fine to Eat on the Low-Iodine Diet

The low-iodine diet consists mostly of fresh, low-fat, low-calorie foods. Because of this, following this diet greatly reduces the tendency to gain weight while hypothyroid.

The following foods and ingredients are fine to eat. You do not need to limit the quantity, except as noted.

- Fresh fruits and fruit juices, except rhubarb, maraschino cherries (if they contain Red Dye #3 or E127 in the UK), and fruit cocktail with maraschino cherries.
- Vegetables, preferably raw and fresh-cooked or frozen without salt. (But not skins of potatoes, soybeans, and, according to the NIH diet, some other beans like pinto, lima, navy, red kidney, cowpeas).
- Unsalted nuts and unsalted nut butters.
- Grain/cereal products in moderate amounts (see above).
- Fresh chicken, beef, and other meats in moderate amounts (see above).
- Sugar, jelly, honey, maple syrup, and unsulfured molasses.
- Black pepper and fresh or dried herbs.
- All vegetable oils. Salad dressings provided they contain only allowed ingredients.
- Homemade foods (see the free Low-Iodine Cookbook from the ThyCa web site at www.thyca.org)
- Cola, diet cola, lemonade, sodas (except those with Red Dye #3 or E127 in the UK), non-instant coffee and tea, beer, wine, other alcohol.

Food prepared from fresh meats, fresh poultry, fresh or frozen vegetables, and fresh fruits should be fine for this diet, provided that you do not add any of the iodine-containing ingredients listed above.

Low-Iodine Snacks

- Fresh fruit—apples, grapes, bananas, melon, etc. Keep on hand and ready to eat.
- Apple sauce. Check label to be sure no salt.
- Raisins and other dried fruits.
- Raw carrot sticks (chopped and ready to eat).
- Unsalted peanut butter (great with apple slices, carrot sticks, crackers and rice cakes).

Unsalted peanut butter tends to be the “natural” type that separates so that the top is swimming in oil, while the bottom is dry.

Dump the contents into a bowl and stir until the oil is evenly distributed. (Add non-iodized salt to taste, if desired.) Spoon back into jar and refrigerate. Chilled, the product does not separate, yet it is still easy to spread.

- Unsalted Matzo crackers (in the Kosher aisle).
- Unsalted rice cakes.
- Popcorn (homemade, with non-iodized salt).
- Unsalted nuts—pecans, walnuts, almonds, etc. (Shop for these in the baking supplies aisle, since nuts in the snack foods aisle will probably be salted).
- Homemade bread or muffins (made with a low-iodine recipe) with honey or jelly (check label to be sure no Red Dye #3 or E127 in the UK).
- Sodas, including colas, 7-Up, and Sprite (read labels, as caramel-colored sodas may have Red Dye #3 or E127 in the UK).
- Sorbet (check label to be sure no salt, dairy, or Red Dye #3 or E127 in the UK).

DISCLAIMER—Do not assume that all items on this list are low iodine in every form or merchandise brand. Read labels to be sure that the items meet the requirements of your version of the low-iodine diet.

[Snack list contributed by Nina Geiger]

What if it's not on the "okay" list on this page, or in earlier pages in this book?

- There are minor variations in low-iodine diet guidelines provided by different thyroid cancer specialist physicians.
- These guidelines combine the recommendations of several thyroid cancer specialists whose patients have successfully used their guidelines.
- Some guidelines say just to avoid certain items or certain food categories, and do not give details within categories.
- Other diets list foods and ingredients that are allowed, without limits on quantities consumed.
- Many of our web site visitors and correspondents request details as given here, so that they can plan their menus with their own preferences in mind.
- If your health care professional has recommended that you follow a low-iodine diet, please discuss your diet guidelines with him or her.

More Low-Iodine Diet Tips

- **Vitamin/mineral supplements** often contain large amounts of iodine, so check the labels. Consider taking a calcium supplement, since the diet disallows dairy products. Avoid brands deriving calcium from oyster shell, which may contain iodine.
- **Iodine enters the body via products other than food.** Many contrast agents used in radiology testing—particularly CT scans, and possibly other scans—contain iodine. (If you are unsure if you had any such tests in the past several months, have your doctor review your files.)
- **Iodine is used as a topical antiseptic**, such as that commonly swabbed on the skin before surgery (including thyroid surgery). Avoid Betadine^(R) soaps and shampoos.
- **Check toiletry labels for Red Dye #3 or E127 in the UK**, which is also used in pills and other medications such as cough syrups. Check with your doctor if you are unsure whether any of your current medications contain Red Dye #3 or E127 in the UK or if you discover Red Dye #3 or E127 in the UK in a current medication and wonder whether to suspend taking it while on the diet.
- People on the diet often seek allowed **substitutes** for basic items. As for butter, remember that margarine also contains dairy. Most margarine substitutes contain salt or another disallowed ingredient. However, some margarines of a brand called Mother's, made in Newark, NJ, and available in parts of the USA, seem to be allowed. Read the label carefully.
- No milk substitute is allowed, because most are soy-based, and the rice-based one has sea salt. **The cookbook has a recipe for a milk substitute called "Nutty Milk."**
- **If you consume alcohol when hypothyroid**, remember that your body's metabolism is slowed down and that you may react differently than you usually do. Therefore, many people prefer to consume smaller amounts of alcohol.
- **Remember to use unsalted nuts** for any recipes that call for nuts. For any recipe that contains salt as an ingredient, use non-iodized salt and salt that is not from the sea.
- **Breadcrumbs** are easy to make in a food processor. For flavored crumbs, add parsley, oregano, and garlic powder. Your local bakery should also have fresh breadcrumbs.
- **Instead of whole eggs, use whites only, doubling the number or adding water.** Instead of commercial salad dressing, make a simple vinaigrette with equal amounts of vinegar and oil, spicing it to taste with herbs, pepper and non-iodized salt; keep refrigerated.
- **Be sure to have on hand several allowed snacks/finger foods.** When really tired or too unsettled to face a full meal, a small plate of snack foods (such as peanut butter crackers and apple sauce, or toasted bread with honey, a banana and a few nuts) is better than eating nothing or breaking down and eating disallowed foods.

A Final Note

- The key to coping well with this diet is being prepared ahead of time, especially if you are preparing for RAI by stopping your levothyroxine pills and becoming hypothyroid.
- Before you start becoming hypothyroid, prepare the basics and freeze. You do not want to be making chicken stock while you are hypothyroid.
- Remember also the handy snack list. We suggest that you stock up on snack items from the list for times when you do not feel like cooking.
- We encourage you to use our free Low-Iodine Cookbook for variety and enjoyment of low-iodine meals and snacks. Thousands of other thyroid cancer survivors have used and enjoyed our recipe collections.

Salads and Salad Dressings

Mixed Green Salad with Strawberry

Dressing

| | | |
|-------|------------|------------------------------------|
| 1 1/2 | cups | sliced strawberries, divided |
| 4 | cups | mixed greens |
| 1/4 | cup | sliced almonds, lightly toasted |
| 1/4 | cup | olive oil |
| 1 1/2 | Tablespoon | balsamic vinegar |
| 1/2 | Tablespoon | sugar |
| | | salt & pepper to taste |

Mash enough berries to measure 1/8 cup. Reserve remaining berries. Whisk together oil, vinegar and sugar to blend. Stir in mashed berries. Season with salt and pepper. Use as dressing for the above salad ingredients. Either plate individually and pour sauce on top or mix it all in a bowl and serve. Salad dressing does not keep well. Must be used right away.

Contributed by Tracy T.

Black Bean Salad

| | | |
|-----|----------|--|
| 3 | cups | black beans, cooked and drained |
| 2 | cups | frozen corn, cooked and drained |
| 2 | | sweet red or orange bell peppers, cut into pieces |
| 1/2 | cup | red onion, minced |
| 1/2 | cup | cilantro, chopped |
| 1/2 | cup | parsley, chopped |
| 1 | teaspoon | chili peppers, crushed |
| 3 | cloves | garlic, crushed |
| 1/2 | cup | lime juice |
| 1/2 | cup | canola oil |
| 2 | teaspoon | cumin |
| 1 | teaspoon | salt |

Combine beans, corn, onions, red peppers, cilantro, parsley, chili peppers. Mix garlic, lime juice, oil, cumin and salt. Pour over salad and mix.

Contributed by Trisha L.

Egg Salad

Place the following ingredients in a food processor

| | | |
|--------|--------|-----------------------|
| 12 | | hardboiled egg whites |
| 1 | | peeled avocado |
| 2 or 3 | stalks | celery cut up |
| | | fresh onion to taste |
| | | salt and pepper |

Grind to the desired consistency. All right -- it will be greenish. But the avocado gives it a creamy flavor and I don't miss the yolks and mayo.

Contributed by "A long-term survivor grateful for ThyCa.Org"

Bavarian Potato Salad

| | | |
|-----|-------------|-----------------------------|
| 4 | cups | potatoes, peeled and sliced |
| 2 | cups | chicken broth, homemade |
| 1/2 | teaspoon | salt |
| 1/4 | cup | vegetable oil |
| 1/3 | cup | onion, chopped |
| 1/2 | teaspoon | sugar |
| 2 | Tablespoons | lemon juice |
| | | pepper as desired |

Boil potatoes in broth with 1/4 teaspoon salt for 5 to 8 minutes, until tender. Drain. Toss warm potatoes with vegetable oil and onions. Dissolve remaining 1/4 teaspoon salt and the sugar in lemon juice. Pour over potatoes. Marinate salad 1 to 2 hours before serving. Serve at room temperature.

Contributed by a friend of ThyCa

Suggested Variation from a

ThyCa e-mail support group participant:

The Bavarian Potato Salad was tasty. For variety I substituted walnut or grapeseed oil for the vegetable oil, Vidalia or green onion for the yellow onion, and balsamic vinegar for the lemon juice.

Greens with Vinaigrette

| | | |
|-------|-----------|--------------------------|
| 6 | cups | romaine lettuce, torn |
| 1 | cup | radishes, sliced |
| 1/3 | cup | olive oil |
| 1/4 | cup | honey |
| 2 | teaspoons | white wine vinegar |
| 1 1/2 | teaspoons | lemon juice |
| 1/2 | teaspoon | dry mustard |
| 1 | teaspoon | poppy seeds |
| 2 | | garlic cloves, minced |
| 1 | drop | hot pepper sauce |
| | pinch | sugar |
| | | salt and pepper to taste |

In a large bowl, combine the romaine and radishes. Combine the remaining ingredients in a jar with tight-fitting lid and shake well. Just before serving, pour vinaigrette over salad and toss gently.

Contributed by a friend of ThyCa

Orzo Salad

| | | |
|-----|----------|--|
| 1 | box | orzo pasta |
| 1/2 | bag | dried cranberries, soaked in warm water until soft |
| 1 | | onion, diced |
| 1 | | red pepper, diced |
| 1/2 | cup | pine nuts, also known as pignolia nuts |
| 1/2 | cup | sugar |
| 1/2 | cup | vinegar |
| 1/4 | cup | olive oil |
| 1 | teaspoon | salt |
| | | dash pepper |

Cook orzo according to package directions. Mix all ingredients with orzo and serve warm or at room temperature. Tastes Great!

Contributed by a friend of ThyCa

Pasta and Pea Salad

with Marjoram-Scented Vinaigrette

| | | |
|-----|-------------|--|
| 1/2 | pound | pasta |
| 1 | cup | frozen peas, thawed |
| 1/2 | cup | chicken broth, homemade (see recipe in this cookbook) |
| 4 | Tablespoons | red wine vinegar |
| 1/2 | teaspoon | dry mustard |
| 2 | teaspoons | fresh marjoram, minced |
| | | salt and pepper, to taste |

Cook the pasta according to package directions, drain, and combine with peas. Combine the remaining ingredients in bowl and whisk together. While the pasta is still slightly warm, pour the dressing over the pasta and peas, toss, and let salad rest for one hour. Serve at room temperature.

Small tubular pasta works best. Fresh oregano can be substituted for marjoram.

Contributed by Leah G. of Florida

Pasta Salad

| | | |
|-----|-------------|----------------------------------|
| 6 | ounces | spaghetti or other pasta |
| 1 | clove | garlic — minced |
| 3 | Tablespoons | onion — minced |
| 1/4 | cup | vegetable oil |
| 1/4 | cup | white vinegar |
| 1 | teaspoon | sugar |
| 1 | teaspoon | dried oregano |
| 1/4 | teaspoon | black pepper |
| 1 | teaspoon | salt |
| 1 | package | frozen pea pods, thawed |
| 1 | cup | cooked from dried garbanzo beans |
| 1/2 | cup | frozen corn, thawed |

Cook, drain and rinse pasta. Combine pasta, beans, corn, and pea pods. Sauté garlic and onion in oil until tender. Add vinegar, sugar, oregano, salt, and pepper. Pour over pasta/vegetable mix. Mix well and refrigerate 6 hours before serving.

Note: Pea pods, beans, and corn may be substituted with any vegetable you may have on hand. If you are using fresh vegetables, it is a good idea to blanch them.

Contributed by Karen F. of South Carolina

Shoepeg Corn Salad

- 16 ounces frozen white corn —thawed
- 1 whole roasted red pepper — * see note
- 1/2 cup green pepper — diced
- 1 cup onion — diced
- 2 stalks celery — diced
- 1/2 cup sugar
- 1/2 cup vegetable oil
- 1/2 cup white vinegar
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Combine corn, peppers, onion, and celery. Combine sugar, oil, vinegar, salt, and pepper in a sauce pan. Bring to a boil and remove from heat. Combine with vegetables. Toss all together and chill 2 hours before serving.

Note: To roast pepper, place over flame of a gas stove or outdoor grill. In the case of a gas stove, the pepper may be laid directly on the burner element. Char the skin, turning often, until the entire pepper is black. Rinse under running water, scraping away the black skin.

Contributed by Karen F. of South Carolina

Spanish Potato Salad

- 1 pound new potatoes
- 4 Tablespoons olive oil
- 1 tablespoon wine vinegar
- 2 cloves garlic, crushed
- 1 small red pepper, chopped
- 1 tablespoon chives, chopped

Scrape the potatoes. Cook until tender, but do not overcook them or they will break up. Mix together the oil and vinegar. Toss the potatoes while still hot. Stir in the garlic and red pepper. Sprinkle with the chopped chives. Serve while still warm.

Contributed by a friend of ThyCa

Spinach Apple Salad

- 2 Tablespoons cider vinegar
- 2 Tablespoons vegetable oil
- 1/4 teaspoon salt
- 1/4 teaspoon sugar
- 1 cup apple, raw, unpeeled, diced
- 1/4 cup sweet onions, chopped
- 1/4 cup raisins, seedless
- 2 cups fresh spinach, torn
- 2 cups romaine lettuce, torn

In a small bowl, combine vinegar, oil, salt, and sugar. Add apple, onion, and raisins; toss lightly to coat. Cover and let stand for 10 minutes. Just before serving, combine spinach and romaine in a large salad bowl; add dressing and toss.

Contributed by a friend of ThyCa

Tangy Coleslaw

- 1/2 head cabbage, shredded
- 2 large carrots, shredded
- 1/2 cup green pepper, finely chopped
- 2 Tablespoons onion, finely chopped
- 1/4 cup sugar
- 3 Tablespoons vinegar
- 2 Tablespoons vegetable oil
- 1 teaspoon celery seeds
- 1/2 teaspoon salt

In a large bowl, combine cabbage, carrots, green pepper, and onion. In a jar with a tight-fitting lid, combine dressing ingredients; shake well. Pour over cabbage mixture and toss. Cover and chill 4 hours before serving.

Contributed by a friend of ThyCa

Warm Spinach Salad

| | | |
|--------|-------------|--|
| 1 to 2 | Tablespoons | oil |
| | | sliced mushrooms |
| 3 | Tablespoons | fresh, chopped green onion (can substitute any onion) |
| 1/4 | cup | white vinegar |
| 4 | teaspoon | sugar |
| 1/4 | teaspoon | salt |
| 1/4 | teaspoon | pepper |
| | | washed, fresh spinach |
| | | cooked chicken breast |

Add oil to 12-14-inch frying pan. When oil is warm, add mushrooms and onions. Saute for 1-2 minutes (mushrooms and onions will not be thoroughly cooked). Remove from heat and add vinegar, sugar, salt and pepper to the pan. Stir until dissolved. Begin slowly adding spinach and continue stirring. Continue until all of your spinach is in the pan and has started to wilt (may have to move pan to low heat to accomplish this if your spinach is right out of the fridge). Transfer to plates and serve with sliced, cooked chicken on top.

Contributed by Jennifer P.

Tabouli (Wheat Salad)

| | |
|------------|---|
| 1 1/2 cups | cracked wheat or bulgur wheat (found in hot cereal section of grocery store) |
| 1 1/2 cups | boiling water |
| 1 | cucumber; remove seeds |
| 3 | tomatoes |
| 1 | bunch parsley (I don't use the whole bunch) |
| | fresh or dried mint to taste |

Cook wheat in water according to package directions. It should be a grainy consistency, not pasty. Chill in refrigerator. If water is not completely absorbed, squeeze out with paper towel. Chop veggies and herbs very fine. Mix with chilled wheat.

Dressing for Tabouli

| | | |
|-----|----------|---------------|
| 1/2 | cup | vegetable oil |
| 1/2 | cup | lemon juice |
| 1 | teaspoon | salt |

Mix into wheat/vegetable mixture to taste. Chill. Salad can be eaten with a fork or on bread. We like dipping pita bread into it, but could not find any that was appropriate for the low-iodine diet.

Contributed by Darlene H.

Blender Mayonnaise

| | | |
|-----|---|---|
| 1 | egg equivalent or egg substitute; should contain egg whites and NO salt | |
| 1 | teaspoon | salt |
| 1 | teaspoon | sugar |
| 1/2 | teaspoon | prepared mustard with no salt added (look in a health food store) |
| 1/2 | teaspoon | paprika |
| 3 | Tablespoons | cider vinegar |
| 1 | cup | corn oil |

Put the first 6 ingredients in a blender and blend for a few seconds until mixed. Careful now, keep the blender lid mostly on as this will splash. SLOWLY add the oil while blending at lowest speed. Mixture will thicken up quickly. You may have to stir with a spoon, as it will be quite thick (turn off the blender when stirring). Spoon mixture into an airtight container. Chill in the refrigerator before use. Makes about 1-1/2 cups of mayonnaise.

Contributed by Russ

Oriental Salad Dressing

| | |
|---------------|--|
| 1 Tablespoon | unsalted freshly ground peanut butter |
| 1 Tablespoon | toasted sesame seed oil (or garlic-flavored olive oil) |
| several drops | Hot Chili Oil |

Slowly add and blend:

| | | |
|---|-------------|--------------|
| 4 | Tablespoons | rice vinegar |
|---|-------------|--------------|

Toss with shredded cabbage, carrot, etc., for coleslaw or with romaine, tomato, onion, etc., for green salad.

Contributed by Jo W. of Arizona

Nutty Dressing

| | | |
|-----|----------|---------------------------------------|
| 1/2 | cup | chopped unsalted walnuts or pecans |
| 1/2 | cup | extra virgin olive oil |
| 1/4 | cup | balsamic vinegar |
| 1/4 | cup | orange juice |
| 1/2 | teaspoon | salt (or to taste) |

Put all ingredients in a blender or food processor and mix to desired smoothness. (Add more nuts or reduce some of the liquids to make it thicker.) Use on a green salad, as a dip for raw veggies or crackers, or as a spread on bread.

Contributed by Nina G. of Hawaii

French Vinaigrette

| | | |
|-----|----------|---------------------|
| 1/4 | cup | white wine vinegar |
| 1 | teaspoon | sugar |
| 1/2 | teaspoon | salt |
| 1/2 | teaspoon | dried basil |
| 1/4 | teaspoon | dry mustard |
| 1/4 | teaspoon | ground black pepper |
| 1/3 | cup | olive oil |

In small bowl, whisk together all ingredients except olive oil. Whisking vigorously, add oil in slow, steady stream until well blended. Makes 2/3 cup.

Contributed by Monique C.

Balsamic Vinaigrette

| | | |
|----------|----------|--|
| 1 | ounce | honey |
| 1 | ounce | Dijon mustard |
| 6 | ounces | balsamic vinegar (middle grade is fine) |
| 6 to 8 | ounces | extra virgin olive oil |
| 1/2 to 1 | teaspoon | salt |
| | | freshly ground pepper |

Put it in a leakproof container and shake until it emulsifies. Use as salad dressing, meat marinade, on pasta salad and whatever else need a flavor boost.

Contributed by Jill B. of Virginia

Oriental Sauce

Great all around sauce can be made ahead and kept in fridge, I know its not soy sauce but it turns out well as the replacement.

| | | |
|-----|-------------|--|
| 2 | cups | water |
| 3 | Tablespoons | salt |
| 3 | Tablespoons | honey |
| 3 | Tablespoons | sesame oil (dark or light) |
| 1 | teaspoon | granulated garlic (garlic powder works also) |
| 1/2 | teaspoon | black pepper |
| 1/4 | teaspoon | white pepper |
| 1/4 | teaspoon | oriental five spice mix |

(check labels on this one some have added salt and MSG)

| | | |
|-----|----------|---------------|
| 1/4 | teaspoon | ground ginger |
|-----|----------|---------------|

In a microwave-safe bowl (2 quart size), heat one cup of water. Dissolve all dry ingredients in the hot water with wire whisk or fork. Allow to rest for 20 minutes to soften all the dry ingredients. Stir in honey and sesame oil. When dissolved well, add remaining water to cool it before putting in a bottle or carafe. Keep in fridge. Shake well to reconstitute before using.

Submitted by W. Eugene Ellison, Chef

Sweet & Tangy Oriental Sesame Vinaigrette

| | | |
|-------|------------|---|
| 1/2 | cup | extra virgin olive oil |
| 1/2 | cup | red wine vinegar |
| 1/2 | Tablespoon | balsamic vinegar |
| 1 | Tablespoon | good honey (I used very dark raw) |
| pinch | | dried oregano |
| pinch | | salt |
| pinch | | black pepper or to taste |
| pinch | | dry ginger powder |
| pinch | | white pepper or to taste |
| pinch | | garlic dehydrated |
| 1 1/2 | teaspoon | sesame seeds, dry (my pinch is about 1/2 teaspoon) |

Blend dry ingredients together place in carafe. Add wet and shake vigorously. Better if you let to sit for at least a few hours. Shake before using.

Goes fantastically over mixed baby greens, escarole, romaine, endive and radicchio with shredded carrots and mushrooms. You can also add slivered almonds toasted in the oven with salt (raw almonds are readily available) and grape tomatoes. Makes enough for 4 dinner salads.

Submitted by W Eugene Ellison, Chef

New Vinaigrette

| | | |
|-----|-------------|------------------------------|
| 1/2 | cup | red wine vinegar |
| 6 | Tablespoons | sugar |
| 1/4 | cup | canola oil |
| 1 | clove | garlic, minced |
| | | Salt- to taste |
| | | fresh ground pepper-to taste |

In a large bowl, combine vinegar and sugar; mix until sugar is dissolved. Add garlic, then whisk in oil. Season to taste with salt and pepper.

This is a nice vinaigrette to use as a salad dressing, meat marinade or vegetable marinade. I used it on frozen green bean with Basmati rice and grilled chicken.

Contributed by Monique C.

Italian Dressing Mix

| | | |
|------|-------------|----------------------|
| 1 | Tablespoon | onion powder |
| 1 | Tablespoon | sugar |
| 2 | Tablespoons | dried oregano |
| 1/4 | teaspoon | dried thyme |
| 1 | teaspoon | dried basil |
| 1 | Tablespoon | dried parsley flakes |
| 3 | Tablespoons | non-iodized salt |
| dash | | garlic powder |

Combine all dry ingredients.

Mix 2 Tablespoons of dry mix with:

| | | |
|-----|-------------|-----------|
| 1/4 | cup | vinegar |
| 2/3 | cup | olive oil |
| 2 | Tablespoons | water |

Mix well.

Contributed by Amy L.

Sweet French Dressing

| | | |
|-----|-----------|-------------------------|
| 1 | cup | “no salt added” ketchup |
| 1 | cup | sugar |
| 1 | cup | vinegar |
| 1 | teaspoon | non-iodized salt |
| 3 | teaspoons | finely chopped onion |
| 1/4 | teaspoon | pepper |
| 1/2 | cup | olive oil |

Combine all ingredients.

Contributed by Amy L.

Poppy Seed Dressing

| | | |
|-----|-----------|--------------|
| 1 | cup | sugar |
| 1/2 | cup | vinegar |
| 2 | teaspoons | salt |
| 1 | teaspoon | dry mustard |
| 2 | cups | salad oil |
| 1 | small | grated onion |
| 1 | teaspoon | poppy seed |

Stir sugar, vinegar, salt, and mustard. Add oil gradually. Add onion and poppy seed.

Contributed by a friend of ThyCa.

Sweet and Sour Salad Dressing

The following ingredients need to go into shaker or jar:

| | | |
|-----|-----|------------|
| 1/3 | cup | canola oil |
| 1/3 | cup | vinegar |
| 1/3 | cup | sugar |

Combine oil, vinegar, and sugar with Mrs. Dash, salt, and pepper to taste.

Store in refrigerator.

Contributed by Pat S.

Salad Toppings with Some Crunch

One of the things I miss on this diet is the crunch from croutons, bacon bits, etc. Here are some ideas for salad toppings that help make salads a little more appealing.

Croutons

Using a bread recipe from this book, take a slice of bread and cut it into cubes. The heel works great for this. Heat some olive oil in a pan. Add bread cubes. Sprinkle with garlic or onion powder. Toss and cook until it starts to turn golden. Transfer to a pan and bake at 350° until dry.

Toasted Almonds

Take a piece of tin foil. Fold it in half and fold up the sides slightly to keep almonds from sliding off. Preheat toaster oven to 350 degrees. Dump a package of blanched almonds (the ones that have the skins removed) on the foil. Drizzle with a small amount of olive oil. Toast in the oven until almonds start to brown. Stir part way through. Use as a salad topper.

Contributed by Tracy T.

Beef

Venezuelan Beef

2 pounds round steak
 5 Tablespoons olive oil
 1 onion, minced
 1 clove garlic, crushed
 2 bay leaves, crumbled
 1-1/2 teaspoon salt
 1/2 teaspoon black pepper

Slice steak into thin strips, 1/4 inch wide. Heat oil in skillet and add beef. Add remaining ingredients and stir with fork. Cook until beef is browned. Can cover, if desired. Serve over basmati rice.

Submitted by Jeanne R. of Colorado

Scottish Beer Pot Roast

8 to 10 ounces lamb or beef, cut into 1 inch or smaller cubes
 1 large leek or onion, halved lengthwise and sliced
 1 large potato, peeled and cut into 1/2 inch pieces
 2 medium carrots, cut into 1/2 inch slices
 4 to 6 cups water
 12 ounces dark beer
 2/3 to 1 cup barley or rice
 1/2 teaspoon black pepper
 2 Tablespoon parsley

Mix first 4 ingredients in a slow cooker. Stir in the next 4 ingredients. Cover and cook on low-heat for 8 to 10 hours or on high-heat for 4 to 5 hours. Stir in parsley before serving. Makes 2 servings.

Contributed by Kimber S.

Beef and Pepper Medley

1 1/4 Tablespoons garlic powder
 1 1/4 Tablespoons black pepper
 2 1/2 pounds beef roast
 1 large green pepper, julienne style
 1 large sweet red pepper, julienne style
 1 large sweet onion, thinly sliced
 1/4 cup olive oil
 1/3 cup red wine vinegar
 1 3/4 teaspoons dry mustard
 1 1/4 teaspoons minced garlic cloves
 1/4 teaspoon crushed red pepper
 1/4 teaspoon salt

Combine garlic powder and black pepper; rub over all sides of roast. Place on a rack in a shallow roasting pan. Preheat oven to 500 degrees F. Place roast in oven and reduce heat to 350 degrees F. Bake for 1 1/2 to 2 hours or until meat reaches desired doneness. Chill for 30-40 minutes or until meat is cool enough to handle. Cut into 3-in. x 1/4-in. x 1/4-in. strips. Place in a large salad bowl; add peppers and onions. Combine dressing ingredients in a jar with a tight-fitting lid; shake well. Pour over salad and toss to coat. Cover and refrigerate over night. Serve cold.

Contributed by a friend of ThyCa

Indian Meat with Peas

1 pound ground beef or lamb
1 Tablespoon minced garlic
2 Tablespoons curry powder
1 cinnamon stick
1 teaspoon minced fresh ginger root
(or 1/2 teaspoon ground)
1 teaspoon salt
1 pkg (10 oz) frozen peas (without salt)
Sauté meat in skillet. Add rest of ingredients except peas. Stir and cook until meat is done. Add peas & cook until just thawed and heated through.
Serve over couscous or basmati rice.
Submitted by Jeanne R of Colorado

Easy Pot Roast

3-4 pounds top round roast beef
2 carrots, cut in chunks
2 celery stalks, cut in chunks
1 large onion, cut in half
2 Tablespoons oil
salt & pepper to taste

Heat the oil in a large pot or Dutch oven. Add the roast beef and brown on all sides over medium high heat. Cover the roast 3/4 of the way with water. Add other ingredients to the pot. Cook 4 hours or until meat is tender uncovered on low heat.

Submitted by Karen P.

Reminder!

Use only non-iodized salt
and non-sea salt in these recipes.

Beef Curry

2 pounds stew meat, cubed
3 medium potatoes, quartered
1 large onion, minced
1 teaspoon garlic, minced
2 Tablespoons garam masala — Indian
spice
2 Tablespoons curry powder
1 cup water
salt to taste

In 1 tablespoon cooking oil, fry onion and garlic for one minute. Add the cubed meat and potatoes and fry until meat is browned, mixing well. Sprinkle the garam masala over the meat mixture. Stir well and fry for about 2 minutes. Add the curry powder and keep stirring until mixture starts sticking to bottom of pan; then add about 1 cup of water. Add salt to taste, cover, and cook until meat is done and mixture thickens a little.

Note : This recipe can also be made with cubed chicken breasts.

Contributed by a friend of ThyCa

Lunch in Foil

1 large hamburger
1 potato, sliced
1 carrot, sliced
1 small onion, sliced
salt & pepper, to taste

In foil, layer hamburger patty, potatoes, carrots, onions, salt and pepper. Fold foil around meat and vegetables and seal sides and corners tight. Bake at 350 degrees for 1 hour. Serves 1.

Contributed by Joan F. Recipe by Dorothy D.

Joanna's Meatloaf

| | | |
|-------|-------------|---|
| 1 1/2 | pounds | ground round hamburger |
| 1 | small | yellow onion, chopped |
| 2/3 | cup | water |
| 3 | slices | homemade (or other approved) bread, cut into small cubes |
| 3 | Tablespoons | 100% egg whites, pasteurized |
| 1/2 | Tablespoon | canola oil |
| 1/2 | Tablespoon | distilled white vinegar |
| 1-1/2 | teaspoon | salt |
| 1/2 | teaspoon | black pepper |
| 1/2 | teaspoon | garlic powder |
| 1/2 | teaspoon | sage |
| 1/2 | teaspoon | dry mustard |
| 1/2 | teaspoon | paprika |
| 1/4 | teaspoon | sugar |
| | | tomato sauce for topping, approximately 1/4 cup (see recipe in this cookbook) |

Preheat oven to 350 degrees F. Mix all ingredients together (except tomato sauce) in a large bowl. Dump into ungreased large loaf pan (around 1 1/2 quarts) and shape with spoon. Make groove down center of loaf and pour tomato sauce over top. (Note that some references disallow canned foods on the low-iodine diet, since some canning machinery may be cleaned with iodine-containing cleaners.) Bake for one hour; add 15 minutes for crispy top. Remove from pan immediately (to avoid standing in juices.) Serve with green beans! Store individually wrapped slices in freezer to pull out when desired.

Contributed by Joanna G.

Mini Meatloaves

These freeze well!

| | | |
|-------|-------------|-----------------------|
| 1/2 | cup | unsalted ketchup |
| 1 1/2 | Tablespoons | dry mustard |
| 1 | pound | ground beef or turkey |
| 1 | small | chopped onion |
| 1/4 | cup | oatmeal |
| 1/2 | teaspoon | salt |
| 1/2 | teaspoon | dried oregano |
| 1/8 | teaspoon | black pepper |
| 1 | | egg white |

Preheat oven to 400 degrees F.

Combine ketchup and mustard. Reserve 3 tablespoons. Combine remaining mixture with all other ingredients.

Divide into 4 equal portions. Shape into free-form loaves, place on greased cookie sheet.

Spread reserved ketchup mixture over loaves (I add a teaspoon of brown sugar first) and bake for about 25 minutes.

Contributed by Julie C. B.

Another Meatloaf Recipe

| | | |
|---------|--------|-------------------------|
| 1 | | white onion, chopped |
| 1 | | bell pepper, chopped |
| 3 | pounds | ground beef |
| 1 | | tomato |
| lots of | | no-salt ketchup |
| | | salt and pepper |
| | | no-salt "Tony Chachere" |

Put onions and bell pepper in microwave for a couple of minutes to soften. Mix with the meat. Add tomato and ketchup (as much as desired). Add all seasonings. Mix well. Put in a pan, sprinkle on more seasoning and ketchup, and bake for 35-45 minutes at 375 degrees F.

This recipe was sent by Leslie G. and was created by Jennifer. Leslie calls it "a good one I've saved off the listserv" (one of ThyCa's e-mail support groups).

Pot Roast with Horseradish Gravy

| | | |
|---|------------|---|
| 4 | pounds | beef brisket |
| 1 | Tablespoon | vegetable oil |
| 2 | large | onions, sliced |
| | | salt and pepper to taste |
| | | garlic powder to taste |
| 1 | Tablespoon | paprika |
| 2 | cups | water or wine |
| 6 | large | carrots |
| 4 | large | all-purpose potatoes, peeled and quartered |

For Gravy

| | | |
|-------|-------------|--|
| 1 1/2 | cups | degreased pot roast pan juices |
| 1 1/2 | cups | cooked, cut-up pot-roast vegetables |
| 2 | Tablespoons | horseradish, grated |

Dry the surface of the meat. Heat the oil in a Dutch oven. Brown the meat over moderately high heat on both sides. Remove the meat from the pan and discard the pan fat. Return the meat to the pan and turn the heat to low. Add the onions.

Sprinkle the meat and onions with salt, pepper, garlic powder, and paprika. Pour in the liquid, cover the pan, and cook over low heat 1 1/2 hours. Add the carrots and potatoes, baste them with the pan juices, cover the pan and cook another 1 1/2 hours, or until the meat is soft and tender.

When the pot roast is done, remove it from the pan. Strain the pan juices into a bowl and measure out slightly more than 1 1/2 cups. Remove and discard the layer of fat that floats to the top, leaving 1 1/2 cups liquid and set it aside.

Measure out 1 1/2 cups of the strained vegetables and puree them in a blender or food processor. Stir the puree into the 1 1/2 cups pan juices. Heat this gravy, remove it from the heat, and stir in the horseradish. Serve the brisket with vegetables and remaining pan juices, plus the horseradish gravy on the side.

Contributed by Leah G. of Florida

Veal or Beef Shank Slow Cooked with Vegetables

Slow Cooker: 5-6 quart

Prep Time: 30 minutes

Cook Time: 7-8 hours

Ingredients

| | | |
|-----|-------------|--|
| 2 | pounds | veal shank (or beef shank)* |
| 1/4 | cup | unbleached flour |
| 3 | Tablespoons | olive oil |
| 1/2 | cup | chopped onion |
| 1/2 | cup | chopped celery |
| 1 | cup | chopped carrots (or use baby carrots) |
| 1 | clove | garlic, finely chopped |
| 1/2 | cup | water |
| 1/3 | cup | dry white wine |
| 1 | teaspoon | non-iodized salt |
| 1/2 | teaspoon | dried basil leaves |
| 1/2 | teaspoon | dried thyme leaves |
| 1/4 | teaspoon | pepper |

Steps

1. Trim excess fat from shanks, if necessary. Coat shank with flour and heat in olive oil in 10-inch skillet over medium heat. Cook shanks for 20 minutes, turning occasionally, until brown on all sides; drain.
2. Place shanks in slow cooker. Mix remaining ingredients; pour over shanks.
3. Cover and cook on low heat setting for 7-8 hours or until veal/beef shank is very tender and pulls away from the bones.

4. Remove veal/beef shank and vegetables from cooker, using slotted spoon; place on serving platter. Skim fat from juices in cooker if desired.

Pour juices over veal/beef and vegetables. **

*Make sure your butcher does not treat the veal/beef shank with any preservatives, spray or any other way. Shanks are not always available. You may need to order ahead. I picked up mine from a high-end grocery store that butchers their meat on the premises (Bristol Farms).

**Another option with the juice and vegetables is to puree the vegetables with the meat juice and pour over the veal/beef shanks, as served in restaurants like Bucca de Beppo.

Contributed by Lora of California

Sloppy Joes

| | | |
|-----|-------------|---------------------------------------|
| 1 | pound | ground beef or turkey |
| 1 | small | chopped onion |
| 1 | small | chopped bell pepper |
| 1 | | minced garlic clove |
| 1/2 | cup | water |
| 1/2 | cup | unsalted ketchup |
| 2 | Tablespoons | brown sugar |
| 2 | Tablespoons | tomato paste (preferably homemade) |
| 1 | Tablespoon | vinegar |
| 1/4 | teaspoon | dry mustard |
| 1/4 | teaspoon | chili powder |
| 1/4 | teaspoon | pepper |

Combine first three ingredients in large skillet. Cook until meat is browned, stirring to crumble, drain. Add rest of ingredients to skillet and mix. Simmer 15 minutes.

Serve on rice (see rice discussion in the guidelines for the diet).

Contributed by Julie C.B.

Chili Mac

| | | |
|-----|--------------|---|
| 1 | pound | ground beef or turkey (or 2 cups additional white beans for a vegetarian version) |
| 1/2 | cup | chopped onion |
| 1/2 | cup | chopped bell pepper |
| 2 | | garlic cloves, minced |
| 2 | cups | cooked pasta or rice |
| 1/2 | cup | water |
| 1 | Tablespoon | chili powder (without salt) |
| 1 | teaspoon | cumin |
| 1/4 | teaspoon | pepper |
| 1 | 15-ounce can | diced tomato (or fresh diced tomato) |
| 1 | cup | white beans, cooked |
| 1 | can | unsalted corn (or frozen or fresh corn) |
| 1 | 8-ounce can | tomato sauce (or homemade) |
| 1 | 6-ounce can | tomato paste (or homemade) |

Cook first 4 ingredients in large pot till meat is browned (or, if there is no meat, just the veggies simmered in liquid or sautéed in oil). Add rest of ingredients and simmer 20 minutes, stirring occasionally.

Contributed by Julie C.B.

Stuffed Sweet Green Peppers

| | | |
|---|-------|---------------------|
| 4 | | green peppers |
| 1 | pound | hamburger |
| 1 | large | chopped onion |
| 2 | | chopped tomatoes |
| | | lemon pepper |
| | | salt free Mrs. Dash |
| | | minced garlic |
| | | olive oil |
| | | basil |
| | | salt |
| 1 | cup | rice, raw |

Parboil 4 peppers for 5 minutes, drain well and cut in half. Brown hamburger meat and onions, drain well and add 2 chopped tomatoes, lemon pepper, salt free Mrs. Dash, minced garlic, olive oil, basil, and salt to taste. Simmer for 10 minutes.

Cook 1 cup raw rice for 15 minutes.

Mix rice with meat mixture and stuff green peppers halves. Place green peppers in an oblong pan with a water bath around peppers. Bake at 350 degrees for 45 minutes to 1 hour.

Contributed by Gina R. of Alabama

Tomatoes, Beef, & Asparagus

| | | |
|-----|----------|--|
| 1 | pound | asparagus, cut diagonally |
| 1/2 | cup | water |
| 1 | pound | lean boneless steak, cut into thin strips |
| 1/2 | teaspoon | salt |
| 1/4 | teaspoon | black pepper |
| 6 | | scallions, thinly sliced |
| 1 | clove | garlic, crushed |
| 24 | | cherry tomatoes, halved |

Combine the asparagus and water in a skillet and bring to a boil. Reduce heat, cover and simmer until the asparagus is tender, about 2 minutes. Pour off water. Add beef, salt, pepper, scallions, and garlic.

Sauté until the beef is cooked through. Add the tomatoes and sauté until heated thoroughly

Makes 4 servings.

Submitted by Diane G.

Fried Steak or Chicken Fingers

| | | |
|----------|-------------|----------------------------------|
| 1 | pound | cube steak, cut into strips |
| OR | | |
| 1 | pound | chicken breast, cut into tenders |
| 1 | cup | flour |
| | | salt |
| | | pepper |
| 1-2 | Tablespoons | salt-free all-purpose seasoning |
| 2 | | egg whites, mixed till foamy |
| a little | | oil |

Mix flour and seasonings. Dredge chicken or steak in egg white, then in flour mixture. Saute in a little oil in a skillet.

Contributed by Julie C.B.

Quick LID Hamburger

sliced homemade LID bread

Low Fat (90-96% fat free) ground beef

Spread ground beef on the bread very thinly—all over and past the edges so the bread doesn't burn.

Broil so they sizzle and are 'done.'

Top with slices of tomato, sweet onion, and LID Wisconsin Refrigerator Pickles (recipe in this cookbook).

Serve with no-salt corn chips and enjoy!

I like variations of these even when not on the LID diet!

Contributed by Jo W. of Arizona

Fajitas—Beef or Chicken

| | | |
|-------|-------------|---|
| 1 | clove | minced garlic |
| 1 1/2 | teaspoons | salt |
| 1 1/2 | teaspoons | ground cumin |
| 1/2 | teaspoon | chili powder (without salt) |
| 1/2 | teaspoon | crushed red pepper |
| 2 | Tablespoons | vegetable oil |
| 2 | Tablespoons | lemon juice |
| 3 | Tablespoons | vegetable oil |
| 1/2 | cup | onion |
| 1/2 | cup | green onion |
| 1 | cup | sliced green & red pepper (some of each type of pepper) |

1 1/2 pounds beef or chicken, sliced

Combine first 7 ingredients. Pour over meat and marinate for 2 or more hours in the refrigerator.

Sauté vegetables in 3 Tablespoons vegetable oil in skillet until lightly brown. Remove from pan. Sauté meat/chicken in skillet until done (approx 5-8 min).

Add vegetables back to heat. Eat plain or over salad to make a great fajita salad. Or serve in corn tortillas made with only corn, lime, and water. Another variation: serve with tomatoes, guacamole, etc.

Note: When **not** on the low-iodine diet, serve with flour tortillas, sour cream, guacamole, tomatoes, cheese, etc.

Contributed by Julie C. B.

Peppered Steak Rub

(If you don't have all the ingredients, leaving some out won't change things much.)

| | | |
|-----|-------------|--|
| 2 | Tablespoons | olive or canola oil |
| 1/2 | teaspoon | paprika |
| 1/2 | teaspoon | pepper |
| 1/4 | teaspoon | each of these: salt, garlic powder, and lemon-pepper seasoning |
| 1/8 | teaspoon | each of these: dried oregano, crushed red pepper flakes, ground cumin, cayenne pepper |

In a small bowl, combine oil and seasonings. Brush over steaks.

Grill until meat reaches desired doneness.

Contributed by Tracey L.

Jonathan's Dry Rub

| | | |
|---|-------------|------------------------------|
| 2 | Tablespoons | salt |
| 2 | Tablespoons | sugar |
| 4 | Tablespoons | brown sugar |
| 2 | Tablespoons | ground cumin |
| 2 | Tablespoons | chili powder (heat to taste) |
| 1 | Tablespoon | ground black pepper |
| 1 | teaspoon | cayenne pepper |
| 3 | Tablespoons | sweet paprika |
| 1 | Tablespoon | garlic powder |
| 1 | teaspoon | onion powder |

Just mix them together and rub on the food before cooking. Don't be shy: if you don't get your hands dirty, you aren't doing it right.

Contributed by Sheila B.

Chicken

Chicken Pot Pie

| | | |
|-------|-------------|---|
| 2 | Tablespoons | oil |
| 1/4 | cup | flour |
| 2 | Tablespoons | chopped onion |
| 1 1/4 | cup | homemade chicken broth |
| 1 | cup | cooked chicken, diced |
| | | salt & pepper to taste |
| 2 | cups | salt-free frozen veggies (carrots, corn, peas, green beans) |

In a saucepan, heat oil, add flour, onion, salt, and pepper. Cook 1 minute. Remove from heat. Stir in broth and veggies. Heat mixture to boiling, stirring constantly. Boil and stir 1 minute. Stir in chicken. Pour into unbaked pie crust. You can top with additional crust or leave uncovered. Bake 25 minutes at 400 degrees F. Let stand 10 minutes.

Submitted by Kimberly T.

Sweet Apple Chicken

| | | |
|-----|----------|---------------------------------------|
| 1/4 | cup | brown sugar |
| 1/4 | cup | apple cider vinegar |
| 1/4 | cup | honey |
| 2 | whole | apples |
| 2 | whole | boneless, skinless chicken breasts |
| 1/2 | teaspoon | cinnamon, if desired |

Skin two apples and dice into small chunks.

Sprinkle with cinnamon if desired.

Mix all ingredients, except chicken, in a sealable bowl or large ziplock bag:

Add chicken breast and marinate overnight.

With a large piece of aluminum foil, make into a bowl shape, place chicken on foil, and cover with a separate piece of aluminum foil.

Bake at 375 degrees until chicken is fully cooked, about 30-40 minutes.

Contributed by Matt G., New Hampshire

Chicken Focaccia Sandwiches

This recipe makes enough for several sandwiches.

3 skinless boneless chicken breast halves (cut in half again horizontally so they are thin for sandwiches)

| | | |
|-------|------------|---|
| 1 | teaspoon | dry Italian dressing seasoning mix (from this cookbook) |
| 1/2 | teaspoon | garlic powder |
| 1/2 | teaspoon | fresh ground black pepper |
| 1 | Tablespoon | olive oil |
| 1/2 | cup | water |
| 1-1/2 | cup | sliced red onion (1/4 inch thick) |
| 2 | | red peppers, cut in strips |
| 1/3 | cup | chopped green onion |
| | | Italian salad dressing , prepared (from this cookbook) |

1 batch focaccia bread (recipe found in this book), cut in half horizontally

Note: Cook bread in the oven instead of the bread machine. Shape into two 5" loaves or one large 10" loaf. I prefer the smaller ones.

Mix Italian dressing seasoning with garlic powder and pepper. Coat each chicken breast with seasoning. Heat oil in a large skillet and sear chicken until brown. Reduce heat and add water. Cook until tender. Remove chicken and keep warm. In same pan, increase heat and cook veggies. Season with salt and pepper. Cut bread in half and toast in oven or toaster oven, top with chicken and veggies. Replace lid and cut into four sandwiches. At serving time, drizzle with Italian salad dressing for added seasoning. Wrap leftovers in foil when cool. Reheats well in microwave. Just remove top and heat.

Contributed by Tracy T.

Chicken Fried Rice — With Oriental Sauce from this cookbook

(This recipe is good for early in the hypo period, or give it to someone else to make. Otherwise it could be quite a challenge when extremely hypo)

- | | | |
|--------|-----------------|--|
| 1 | 8 ounces | chicken breast, sliced into thin strips. (add 1 teaspoon salt and good heavy pinch black pepper to chicken beforehand) |
| 2 | cups | cold cooked leftover basmati rice. (Warm it to room temperature; break it up if it's clumpy.) |
| 1/2 | cup | sliced thin carrot |
| 1/2 | cup | sliced thin celery |
| 1 | 1/2 cups | fresh snow peas in pod (trim stem ends and rinse well) |
| 1/2 | small | white onion cut into thin strips lengthwise |
| 2 | -3 large cloves | garlic peeled, sliced as thin as you can. |
| 4 to 6 | ounces | olive or sesame oil |
| 1 | Tablespoon | sesame seeds |
| 2 | | scallions sliced into rings |

First get a good heavy sauté pan about 10-inch or 12-inch size (saute pans have the flat bottom and round edges. If you have a good wok, by all means use it.)

And a glass baking dish or large pyrex bowl (you will use this to dump first half into, to hold for a few minutes while second half is being done.)

Have all ingredients ready to go beforehand (we Chefs call this *Mise En Place*, or all in place).

Heat pan over HIGH heat (takes a few minutes).

Add a little more than half the oil enough to lightly cover bottom of pan.

Allow to heat oil for just a few seconds, then add onion. Keep food moving at this time with spatula or heat-safe (silicone) implement. When onion begins to become translucent add carrots and celery, keep food moving about 1 minute (this is called stir fry for a reason). Now check oil level (no need for a mechanic; just be sure there's a good bit of oil left in pan. You will probably need to add more oil now. Slide food to one side of pan and add oil to the other side.

Add the chicken and garlic to pan, stir in to coat with oil and again, keep it moving. In about 1 to 2 minutes the chicken will be cooked if it's thin sliced.

Add snow peas, sesame seeds, and do a good stir again.

When chicken begins to separate it's well done.

Empty pan into baking dish now Put pan back on heat, let it get hot again, add oil to coat well again, and then 1 to 2 Tablespoons MORE oil. When it's good and hot, add the rice and let it sit for a minute before tossing around. (Stir fry again.....weeeee)

Allow rice to brown and crisp up some, then return the first half to pan for a final stir in (If there is a lot of moisture, use a slotted spoon to do this.)

Top with scallions.

VARIATIONS !!!!!

Now you can add fresh mushrooms, cabbage, etc. (soft veggies). Do so just after the chicken with the garlic; for any roots or tougher (like the onion), add with the celery and carrot.

I do add a couple of egg whites to the mix (when it's just rice and it's almost done).

(Makes 2 to 3 servings)

Submitted by W. Eugene Ellison, Chef

Chicken Giuseppe

- | | | |
|---|--------------|--------------------------|
| 1 | medium | onion |
| 3 | Tablespoon | chopped garlic |
| 3 | Tablespoon s | olive oil |
| 1 | teaspoon | salt |
| 3 | whole | skinned chicken breasts |
| 1 | can | salt-free tomato paste |
| 8 | ounces | package sliced mushrooms |
| 1 | cup | red wine |

Finely chop the onion and sauté under low temperature in the olive oil until translucent. Raise the temperature to medium. Add the garlic and mushrooms. Sauté until the onions are caramelized and the garlic-mushroom mixture is lightly brown. Remove from skillet. Add the chicken breasts, which you have pounded thin, and cook 5 minutes on medium until they begin to turn white on the top. Turn and cook until brown.

Remove the chicken breasts. Raise the temperature to high and add the wine to the pan to deglaze and cook off. Then, add the tomato paste, the onion mixture, and the chicken. Cover the pan, lower the heat to simmer, and let the chicken cook thoroughly. Serve over your favorite pasta.

Contributed by Judy L., District of Columbia

Chicken with Orzo

8 ounces Orzo
(cook as directed on package)
4 chicken breasts, boneless
skinless, thinly sliced
1 can "Salt Free" Diced Canned Tomatoes
Or
2 fresh large tomatoes, diced
1 white onion, diced
1-2 cloves garlic, minced
salt to taste)
white pepper to taste
3-4 Tablespoons Olive or Vegetable Oil
1/4 cup very dry sherry (optional)
(not cooking sherry)
1/4 teaspoon oregano

Place oil in a 10-inch skillet and heat. Sauté garlic and onion until tender (not burned). Remove garlic and onion and lightly cook chicken cutlets in same pan keeping the oil and drippings. After chicken turns white, replace onions and garlic. Add 1 can of salt-free diced tomatoes, salt, pepper, oregano and dry sherry. Cover and simmer 1/2 hour until tender and cooked. Add cooked orzo into the skillet and devour! "Yum Yum"!

Submitted by Susan C.

Basil Chicken

4 chicken breast halves
without skin
1/2 teaspoon paprika
1/3 cup chicken broth — homemade
1/3 cup white wine
1 teaspoon dried basil
2 Tablespoons vegetable oil

Heat 2 Tablespoons oil over medium-high heat in skillet. Sprinkle chicken with paprika. Cook chicken 5 minutes on each side. Add remaining ingredients. Bring to a boil; simmer, covered, 10-15 minutes until juices run clear. Serve with sauce.

Contributed by Leah G. of Florida

Chicken Breast Chasseur

3 Tablespoons vegetable oil
6 chicken breast halves
without skin
2 shallots — finely chopped
1/2 pound mushrooms — quartered
1 clove garlic — crushed
2 large tomatoes — peeled, seeded,
chopped

1/2 teaspoon tarragon
1/2 teaspoon salt
1/4 teaspoon black pepper
1/2 cup dry white wine
1/2 cup beef broth — homemade
1 Tablespoon cornstarch dissolved in
2 Tablespoons water

In a large frying pan, heat oil over medium heat.

Add chicken and cook, turning until brown all over, about 10 minutes. Remove and set aside.

Add shallots to pan drippings. Cook 1 minute to soften. Add mushrooms; cook until lightly browned, about 3 minutes. Add garlic, tomatoes, tarragon, salt, and pepper. Simmer 5 minutes.

Add wine and beef broth. Return chicken to pan, cover and cook over low heat until tender; about 20 minutes. Remove chicken. Stir dissolved cornstarch into sauce. Bring to a boil and cook, stirring until thickened about 1-2 minutes. Return chicken to pan and turn to coat with sauce. Serve with rice.

Contributed by Leah G. of Florida

Chicken Curry

(This can also be made with leftover beef)

Cook a whole chicken, or chicken pieces, ahead of time. Pick the meat off bones when cooled and make stock according to the recipe in this cookbook.

Heat 2 tablespoons vegetable oil in deep skillet.

Add and cook until golden:

2 large onions, chopped

Stir in

2 teaspoons flour
1 teaspoon sugar
1 teaspoon salt
1 Tablespoon curry powder (or more to
taste if you wish; I wait
and add more later)

Add stock to make 2 cups. Cook and stir until thick, let simmer for about 5 minutes on very low heat, stirring occasionally. Add chopped cooked meat. Taste and add more curry or salt to taste. I double the recipe and freeze individual portions. Great to pop out and microwave. Serve over pasta with a salad. A wonderful meal.

Contributed by Susan L.

Chicken Ridgewood

| | | |
|-----|--------|----------------------------|
| 2 | | chicken breasts — boneless |
| 1/3 | bottle | white wine |
| 2 | medium | onions — diced |
| 2 | medium | green peppers — diced |
| 1 | whole | garlic clove — chopped |
| | | flour |
| | | oil |
| | | salt |
| | | black pepper |

Dredge chicken in flour seasoned with plain salt and pepper. Fry in oil until lightly browned; remove from pan. Sauté garlic, onions, and peppers until onions are soft. Add a little of the leftover dredging flour. Deglaze (pour the wine in and hear it sizzle, stir to make gravy) with white wine. It will start making a sauce with white wine. Put chicken into a covered casserole, pour onion/garlic/peppers/wine mixture over it, cover, and bake about 45 minutes at 350 degrees F. Serve over rice or noodles, to rave reviews.

Contributed by Barb B.

Chicken with Cranberry Gravy

| | | |
|-------|------------|--|
| 1 1/2 | pounds | boneless and skinless |
| | | chicken breasts |
| | | salt and black pepper |
| | | flour |
| | | oil, for frying |
| 1 | large | shallot, minced |
| 1 | cup | chicken broth, homemade |
| 1/4 | cup | sherry (see Tip box on this page) |
| 1 | Tablespoon | cornstarch dissolved in |
| 1 | Tablespoon | water |
| | | salt and pepper, to taste |
| 1 | cup | fresh or frozen cranberries. If frozen, defrost first. |

Season cutlets with salt and pepper; then coat lightly with flour. Heat oil in a frying pan and fry chicken over medium-low heat until cooked through and lightly browned on both sides. Set chicken cutlets aside, keeping them warm. Pour off all but 1 tablespoon of fat from pan. Sauté shallots in oil over medium-low heat until soft. Add broth and sherry. Cook 4 to 5 minutes. Add cornstarch mixture to broth mixture and cook 2 minutes. Add salt and pepper to taste. Add cranberries and heat through, another 2 to 3 minutes. Pour sauce over chicken and serve. *Contributed by a friend of ThyCa*

Chicken with Sweet Peppers and Garlic

| | | |
|---|-------------|------------------------|
| 4 | | chicken breast halves |
| | | salt |
| | | black pepper |
| 1 | medium | sweet pepper |
| 3 | Tablespoons | extra virgin olive oil |
| 2 | cloves | garlic, chopped |
| 2 | Tablespoons | balsamic vinegar |
| 1 | Tablespoon | water |

Season chicken with salt and pepper. Cut sweet pepper into strips. Heat oil in large pan. Add chicken; cook turning once, until brown on both sides (2 minutes per side). Add pepper strips, cover, and reduce heat. Cook until peppers are tender (3 minutes). Add garlic; cook uncovered until softened (1 minute); stir in vinegar and water. Heat through.

Contributed by Judi

Garlic Chicken with Balsamic Vinegar

| | | |
|-----|-------------|---|
| 1 | pound | skinless chicken breasts, thinly sliced |
| | | salt |
| | | black pepper |
| 4 | cloves | garlic, chopped |
| 1/4 | cup | extra virgin olive oil |
| 2 | Tablespoons | balsamic vinegar |
| 3 | Tablespoons | fresh parsley |
| | | water |

Season chicken with salt and pepper. Chop garlic. Heat 3 Tablespoons oil in large pan; add chicken and cook turning once until browned. Move to a plate (leaving drippings in pan). Add remaining oil and garlic to pan; cook until softened but not brown, about 1 minute. Add vinegar and water, bring to a boil, and then boil 1 minute. Stir in parsley. Return chicken to pan and simmer for 1 minute or until done.

Contributed by Judi

Grilled Chicken Breast Sandwiches

- 4 boneless, skinless chicken breasts
- 2 plum tomatoes
- 1 bunch fresh basil
- balsamic vinegar
- salt
- black pepper

Focaccia Bread (see recipe in this cookbook)

Trim chicken breasts of any excess fat. Lightly season with salt and black pepper, to taste. Grill chicken breasts until firm to touch or until juices run clear. Slice tomatoes and tear basil leaves into bite size pieces. Take focaccia bread and lightly drizzle with balsamic vinegar (if you pour too much it will get soggy!). Layer one chicken breast with a couple of slices of tomato and a few pieces of basil onto focaccia bread. Enjoy!

Contributed by Lauren P. of Maryland

Tip about Wine and Sherry

When a recipe calls for wine or sherry, use drinking wine or drinking sherry. Cooking wine and cooking sherry may contain salt and other added ingredients.

Creole Skillet Dinner

- 4 cups chicken broth, homemade
- 2 1/2 cups rice, uncooked
- 1 cup red onion, chopped
- 3 cloves minced garlic, divided
- 1 1/4 teaspoons chili powder
- 1 teaspoon salt
- 1/2 teaspoon turmeric
- 1/4 teaspoon black pepper
- 1 bay leaf
- 1 sweet red pepper, julienne
- 1 green pepper, julienne
- 2 green onions, sliced
- 1 teaspoon fresh parsley, chopped
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/4 teaspoon hot pepper sauce
- 2 Tablespoons oil
- 1 cup fresh mushrooms, sliced
- 1 medium tomato, chopped
- 1 cup frozen peas
- 1 pound boneless and skinless chicken breasts, thinly sliced

- 2 Tablespoons lemon juice
- 1/3 cup sliced almonds, toasted

In a saucepan, bring broth, rice, onion, 1 tsp garlic, chili powder, salt, turmeric, pepper, bay leaf to boil. Reduce heat; cover, simmer 20 minutes or till rice is tender. Discard bay leaf. In skillet over medium-high heat, sauté the next seven ingredients and remaining garlic in oil for 2 minutes. Add mushrooms; cook till peppers are crisp-tender. Add tomato and peas; heat through. Add rice; keep warm. Over medium-high heat, cook and stir chicken in lemon juice until no longer pink. Add to rice mixture; toss. Top with almonds. *Contributed by a friend of ThyCa*

Sesame Chicken Nuggets

- 1 pound skinless chicken breasts
- salt
- black pepper
- 1/2 cup sesame seeds
- 1 whole lemon
- 3 Tablespoons vegetable oil
- 2 Tablespoons sesame oil

Cut chicken into strips and season with salt and pepper. Put sesame seeds and chicken into a plastic bag and shake chicken to coat. Heat both oils together in large pan. Add chicken, cook until brown on bottom (2-3 minutes) turn and cook until brown on other side. Serve garnished with lemon wedge. *Contributed by Judi*

Greek Grilled Chicken

- 1 pound skinless and boneless chicken breast halves
- 1 pound skinless chicken thighs
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice
- 1 lemon, sliced
- 1 clove garlic, minced
- 1 teaspoon dried oregano

Pat chicken dry with paper towels. Combine oil, lemon juice, lemon, garlic, and oregano. Place chicken and marinade in bowl or sealable plastic bag. Marinate, refrigerated, 4 hours or overnight. Grill or broil chicken, 6 to 10 minutes per side, until browned and cooked through. *Contributed by a friend of ThyCa*

Grilled Chicken with

Natural Pan Gravy

| | | |
|-------|------------|---|
| 1 3/4 | cups | chicken broth, homemade |
| 3/4 | cup | beef broth, homemade |
| 1 | Tablespoon | shallots, chopped |
| 1 | teaspoon | garlic, finely chopped |
| 1/4 | cup | dry red wine |
| 6 | | boneless and skinless chicken breast halves |
| | | black pepper, to taste |
| | | salt-free vegetable seasoning |

Combine 3/4 cup chicken broth and beef broth in 1-quart saucepan; bring to boil over medium high heat. Reduce heat to medium; simmer about 20 minutes until reduced by half. Meanwhile, prepare hot coals for grilling or heat broiler, first positioning grill or oven rack 4 inches from heat source. Lightly spray 10-inch frying pan with nonstick cooking spray; heat over medium heat. Add shallots and garlic; cook about 2 minutes, stirring occasionally until softened. Add red wine, reduced stocks, and remaining 1 cup chicken stock; bring to boil over medium-high heat. Reduce heat to medium; simmer 15 minutes until liquid is reduced to 3/4 cup. Lightly season chicken breast with pepper and salt-free seasoning; spray lightly with nonstick cooking spray. Grill or broil chicken 3 to 5 minutes on each side until juices run clear when pierced with fork. Remove to serving platter.

Remove gravy from heat; season lightly with salt-free seasoning and pepper. Spoon 2 tablespoons over each chicken breast to serve; serve remainder alongside.

Contributed by a friend of ThyCa

Chicken Fajitas without the Fajita

(Quick and easy . Family members who are not on the low-iodine diet can add the fajita.)

| | | |
|---|-----------|---|
| 1 | pound | boneless, skinless chicken breasts, cut into strips |
| | | oil for sautéing the chicken |
| 1 | | medium to large onion, sliced up |
| 2 | cups | sliced green peppers |
| 2 | teaspoons | chili powder (salt free) |
| 1 | teaspoon | garlic powder |
| 1 | teaspoon | salt |

Heat oil in skillet. Sauté chicken in oil until juices run clear. Add remaining ingredients. Cook until vegetables are tender. *Contributed by Tracey L.*

Unstuffed Cabbage

| | | |
|-----|-------------|--|
| 1/2 | head | cabbage thinly sliced |
| 3/4 | pound | ground white meat turkey or chicken |
| 1/2 | cup | unsalted bread crumbs or matzo meal |
| 1 | Tablespoon | Mideastern spice mix (cinnamon, nutmeg, fennel, pepper, coriander, turmeric, ginger) |
| 2 | cloves | garlic, sliced |
| 1/2 | medium | onion, thinly sliced |
| 1 | Tablespoon | olive oil |
| 1 | 14 oz can | no-salt stewed tomatoes in juice |
| 2 | Tablespoons | apple cider vinegar |
| 1/2 | teaspoon | sugar |
| 1/2 | teaspoon | salt |
| 1 | cup | brown rice, cooked per package directions |

Sauté onion and garlic in olive oil. Mix seasonings, turkey, and bread crumbs or matzo meal. Form into little meatballs. Add meatballs, tomatoes, with juice and 1 can of water, plus the vinegar, sugar, and salt. Add cabbage and cook until meatballs are cooked through and cabbage is tender. Serve over cooked brown rice. Serves 2-3.

Submitted by Joan S.

BBQ Chicken

| | | |
|-----|------------|--|
| | | chicken parts with bone and skin |
| 1/2 | cup | ketchup (use low-iodine ketchup recipe from this cookbook) |
| 1/2 | cup | sugar |
| 1/2 | cup | vinegar |
| 1 | cup | water |
| 1 | Tablespoon | salt |
| 1 | teaspoon | pepper |
| 1 | teaspoon | chili powder (salt free) |

Combine all ingredients. Arrange chicken in 9x13 pan. Pour sauce over chicken. Cook 3 hours at 325 degrees F, basting every 15-20 minutes until done. *Comment: It really isn't that bad basting so often. I figure I'm home anyway and this gives me an excuse to relax in front of the TV. It's also a good one if you've got folks helping out who are doing the cooking. This is a family favorite with my kids with Heinz ketchup. In particular they like it when I use the little drumettes used for hot wings.*
Contributed Julie C.B.

Italian Chicken

| | | |
|---|------------|---|
| 6 | ounces | fresh sliced mushrooms |
| 1 | medium | fresh sliced onion |
| 1 | clove | garlic, chopped |
| 1 | teaspoon | oil |
| 1 | teaspoon | basil |
| | cup | chicken stock from this cookbook |
| 1 | | tomato, skinned and cubed |
| 1 | whole head | broccoli, cut into pieces, including stem |
| 1 | pound | chicken breast, cubed |

Sauté mushrooms, onion and garlic in oil. Add basil, chicken stock, tomato, and broccoli. Simmer 10 minutes. Add chicken breast cut into bite size pieces. Simmer till done, serve over fettuccini noodles. *Contributed by Julie C.B.*

Marinated Chicken Kabobs

| | | |
|--------------------|-------------|-------------------------------------|
| 3 | cloves | crushed garlic |
| 1/2 | cup | packed brown sugar |
| 3 | Tablespoons | creamy Dijon mustard (without salt) |
| 1/4 | cup | cider vinegar |
| Juice of 1 | | lime |
| Juice of 1/2 large | | lemon |
| 6 | Tablespoons | olive oil |
| 1 | teaspoon | salt |
| | | pepper to taste |
| | | chicken |
| | | veggies |

Combine all ingredients except chicken and veggies. Reserve small amount of marinade for basting. Cut chicken into large cubes or strips. Marinate for several hours. Skewer chicken and sliced veggies. Grill, basting often, until chicken is cooked through and veggies are tender.
Contributed by Julie C.B.

Lemon Chicken Kabobs

| | | |
|---|------------|----------------------------|
| 8 | | skinless chicken thighs |
| 2 | | lemons |
| 1 | Tablespoon | fresh parsley — chopped |
| 1 | Tablespoon | balsamic vinegar |
| 2 | teaspoons | Italian seasoning |
| 1 | | clove garlic — minced |
| | | salt and pepper — to taste |

Cut thighs into 1 1/2 inch pieces. In a mixing bowl, combine lemon juice from one of the lemons, parsley, vinegar, Italian seasoning, garlic, salt, and pepper. Add chicken and toss with seasoning mixture. Cover and marinate, refrigerated, for one hour. Thread chicken and lemon wedges from the other lemon (8 wedges total) on four 8 to 10 inch skewers. Broil or grill 6 to 8 inches from heat source for about 15 minutes, turning 2 to 3 times until chicken is cooked through.
Contributed by a friend of ThyCa

Lemon Honey Chicken and Rice

14 1/2 ounces chicken broth — homemade
3 Tablespoons lemon juice
1 Tablespoon honey
vegetable oil spray
4 boneless and skinless
chicken breast halves
1 cup onions, minced
1 cup rice, uncooked
chopped parsley, optional

Blend chicken broth, lemon juice, and honey; set aside. Spray a 10-inch skillet with nonstick cooking spray. Over medium-high heat, brown chicken on both sides; remove from skillet. In same skillet, cook and stir onions in 1/3 broth mixture for 3 minutes or until tender. Add remaining broth, chicken, and rice; heat to a boil. Reduce heat; cover and simmer for 20 minutes or until liquid is absorbed. Let stand 5 minutes before serving.

Contributed by Leah G. of Florida

Pasta with Chicken and Peppers

5 Tablespoons olive oil
1 large boneless and skinless
chicken breast, sliced
1 medium onion, chopped
1 medium red bell pepper, julienne
style
1 medium green bell pepper, julienne
style
1 clove garlic, minced
1/2 teaspoon ground red pepper
2 large tomatoes, chopped
3/4 pound pasta; tubes, as in penne

Heat 2 Tablespoons olive oil over medium heat in large skillet. Cook and stir chicken until tender. Remove. Set aside. Add 2 Tablespoons olive oil to skillet. Cook and stir onion and bell peppers until tender. Return chicken to pan. Add garlic and ground red pepper. Cook 3 minutes, stirring constantly. Add tomatoes; simmer for 10 minutes. While chicken mixture in simmering, cook pasta according to directions. Do not overcook. Drain

and toss with remaining tablespoon of olive oil.

Serve chicken mixture over pasta.

Contributed by a friend of ThyCa

Millennium Chicken

3 pounds boneless chicken
40 cloves garlic
2 medium onions, quartered
1/2 cup lemon juice
1 cup sherry
2 Tablespoons Mrs. Dash No-Salt Blend
1/4 cup olive oil

Brown the chicken and add to one huge pot with balance of ingredients. Cook for 2 hours in a 300 degree F oven. Baste every 1/2 hour.

Contributed by Nancy C.

Lemon Pepper Chicken with Pasta

1 pound boneless, skinless chicken
breast, cut into bite size
chunks
1/2 box farfalle pasta
flour
concentrated lemon juice
sherry
olive oil
salt
black pepper

Once chicken is cut up, dredge lightly in flour. In a deep skillet, heat approximately 3 tablespoons of olive oil. Place chicken in skillet, season with salt and black pepper. Boil pasta in separate pot. As chicken is close to browning, add approximately 1 cup of lemon juice and 1 cup of sherry wine to skillet, adding a little more black pepper, to taste. Reduce heat to medium and let chicken simmer, removing chicken from skillet but not removing skillet from heat when it is done cooking. Once pasta is done, drain and add to liquid mixture in skillet. Add chicken back in to skillet with pasta, adding a little more of each of the liquids, so mixture does not burn in pan. Remove from heat and serve.

Contributed by Lauren P. of Maryland

Garlic Lime Chicken

| | | |
|-----|----------|---------------------------|
| 3-4 | | fresh limes (their juice) |
| 4 | large | boneless chicken breasts |
| 6 | cloves | garlic chopped |
| 1 | teaspoon | olive oil |

Cube chicken into bite size pieces. Begin to saute with olive oil and garlic about 5-6 minutes. Add all lime juice from squeezed fresh limes. Continue to cook till all juice is absorbed, and forms a brown crusty coating (about 20 minutes).

Contributed by Bethann L.

Hot Citrus Chicken

| | | |
|-----|------------|--|
| 2 | teaspoons | unsalted poultry seasoning |
| 1/2 | teaspoon | each of the following: salt ground cumin ground coriander |
| 1/4 | teaspoon | each of the following: ground allspice ground red pepper black pepper |
| 1 | pound | chicken breast, cubed |
| 1 | Tablespoon | olive oil |
| 1/4 | cup | water |
| 1/4 | cup | white wine (or extra water or homemade chicken broth) |
| 1 | Tablespoon | lemon juice |
| 1/8 | teaspoon | salt |
| 1 | Tablespoon | orange marmalade |

Combine first 7 ingredients in a small bowl, stir well. Rub chicken with spice mixture (just toss it in the bowl), let sit 5 minutes.

Heat oil in a skillet, add chicken and lightly brown (just a minute or so). Add water and wine. Cover, reduce heat, and simmer 6 minutes or until chicken is cooked through. Remove chicken. Add lemon juice, and 1/8 teaspoon salt to skillet, bring to boil and simmer until reduced about 4 minutes. Stir in marmalade and add chicken back.

Serve over rice. *Contributed by Julie C. B.*

Vinaigrette Chicken

| | | |
|-----|-------|---|
| 1/2 | pound | chicken breast, cut into serving-size pieces (3-4 ounces) |
|-----|-------|---|

Dressing: Mix the following:

| | | |
|---|-------------|---|
| 2 | Tablespoons | olive oil |
| 2 | Tablespoons | red wine (or balsamic) vinegar |
| 1 | Tablespoon | lemon juice |
| 1 | clove | garlic, crushed/minced Italian seasoning, to taste |

I freeze these in individual servings, too.

Just take out and microwave, grill, or bake!

I don't always measure when I "cook," so feel free to make the dressing to taste!

Contributed by Donna of Virginia

"Friend gave me a bread maker. What a neat toy! Even I can bake with it! I made Betty's Bread Recipe, and added dried apples & cinnamon to it. Yum!"

"I also made up several burger patties, and froze ahead the "lunch in foil." Note: I added some Mrs. Dash grillmate steak/burger seasoning to the burgers. I also mixed up the veggies a bit- added green beans, squash, etc. (I even found my Whole Foods had a nice selection of pre-cut, pre-washed, veggies.)"

Bronzed Chicken

| | | |
|---|----------|---|
| 4 | | boneless, skinless chicken breasts, pounded to 1/4-inch thickness |
| 1 | teaspoon | chili powder |
| 1 | teaspoon | cumin powder |
| 1 | teaspoon | onion powder |
| 1 | teaspoon | garlic powder |
| 1 | teaspoon | paprika |
| 1/2 | teaspoon | salt or omit salt altogether |
| 1/2 | teaspoon | pepper |
| 1/4 | teaspoon | cayenne pepper or to taste |
| 1/4 | cup | extra virgin olive oil |
| sliced vegetables (optional, see recipe directions) | | |

Be sure to check the label on the spices for added salt.

Mix all spices together.

Dip chicken in extra virgin olive oil, then in spice mixture, or sprinkle spices on the oiled chicken, and fry. Use extra virgin olive oil in pan if needed.

When the chicken is almost done, add sliced yellow squash, zucchini, onions, bell peppers to the pan and finish cooking them together. Chicken (and veggies) should have a bronzed appearance. Sometimes, I cook veggies using the same spice mixture, without the chicken. *Contributed by Vel*

Chicken and Potato Casserole

| | | |
|-----|-------------|---|
| 2 | | large onions, diced |
| 2 | Tablespoons | olive oil |
| 2-3 | Tablespoons | ketchup (unsalted) |
| 4 | | chicken breast fillets (or 4 minute steaks) |
| 2 | | large potatoes, diced |
| 1 | clove | garlic, sliced |

Sauté onions in olive oil until well browned.

Add ketchup and chicken (or beef). Sauté 3 minutes. Add potatoes and garlic.

Simmer covered for 1 hour. *Contributed by a friend of ThyCa*

Rachel's Jewish-Style Chicken

| | | |
|---|-------------|---|
| 6 – 8 | | chicken thighs with skin |
| | | Spice Hunter Poultry Seasoning & Grill™ (just enough to lightly coat chicken) |
| 1 | small jar | Smuckers™ Low Sugar Apricot Preserves |
| Approximately 1 | cup | orange juice |
| 2 | Tablespoons | water |
| 2-3 | Tablespoons | olive oil |
| Assemble chicken in a non-stick roasting pan. Sprinkle on Spice Hunter Poultry Seasoning & Grill. Spread apricot preserves over chicken. Pour orange juice in the pan. Add water to the pan. Add oil to the pan. Bake at 375 degrees F. for 40 minutes, or until chicken is cooked to an internal temperature of 180 degrees F. | | |

Contributed by Rachel D.

A comment from Rachel: All Spice Hunter Seasonings are Salt Free. They are made of herbs. I don't use any salt in my cooking. Believe me, I have tried many salt free products and this is the best one on the market in my opinion.

And from ThyCa: Spice Hunter Seasonings are available regionally. Check your local store for other brands of No-Salt Seasonings.

Rachel's Greek-Style Chicken

| | | |
|---|-------------|----------------------|
| 6 – 8 | | chicken thighs |
| 2 | Tablespoons | olive oil |
| 1 | Tablespoon | oregano |
| | cup | lemon juice |
| 2 | cloves | garlic, crushed |
| 2 | | whole lemons, sliced |
| Coat bottom of roasting pan with olive oil. Add chicken thighs. Pour lemon juice over chicken. Sprinkle garlic and oregano over chicken. Place lemon slices on chicken. Bake at 375 degrees F for 40 minutes, or until chicken is cooked to an internal temperature of 180 degrees F. | | |

Contributed by Rachel D.

Portobello Mushrooms and Chicken

3-4 cloves garlic, minced
2 Tablespoons olive oil
2-3 6 oz. packages Portobello mushrooms,
sliced
1/4 teaspoon salt
4 boneless skinless chicken
breasts, thinly sliced
1 large tomato, diced

Sauté the garlic in olive oil. Add Portobello mushrooms and salt. (May need to add a little water.) Cover and simmer until mushrooms are almost done to your liking. Add chicken breast and tomato. Season with more salt and/or herbs, such as basil, as desired. Cook until chicken is done, about 10 minutes. *Contributed by a friend of ThyCa*

Honey Mustard Chicken

3 Tablespoons honey
3 Tablespoons salt-free mustard
1 Tablespoon corn oil
1 1/2 teaspoons curry
1/4 teaspoon black pepper
1/2 teaspoon salt
4 boneless, skinless
chicken breasts

Preheat oven to 400 F. Line baking sheet with foil and set an oiled rack on top. In bowl, combine honey, mustard, oil, curry, salt, and pepper. Using a brush, coat chicken all over with mustard glaze. Set pieces on rack. Bake until chicken is golden brown on outside and no longer pink in the center, about 20 minutes. Serves. 4. *Contributed by Shelley L.*

Lamb and Pork

Grilled Butterfly Leg of Lamb

| | | |
|---|-------------|-----------------------|
| 5 | pounds | leg of lamb, boneless |
| 4 | Tablespoons | olive oil |
| 3 | cloves | garlic, chopped |
| 1 | Tablespoon | rosemary, crumbled |
| 1 | teaspoon | thyme, crumbled |
| 1 | teaspoon | salt |
| 1 | teaspoon | pepper |

Put olive oil in small bowl. Add rosemary, thyme, garlic, salt, and pepper. Combine. Rub mixture into lamb, piercing lamb with a fork. Cover and refrigerate 2-3 hours. BBQ over hot coals for 15 minutes each side. To test, cut a small slit into thickest part of lamb. Lamb should be slightly pink inside. If done in oven, grill 4 inches from the broiler for 15 minutes on each side. To serve, slice diagonally across the grain.

Contributed by a friend of ThyCa

Lamb (or Beef) Pilaf

Ingredients:For Meat:

| | | |
|-------|-----------|-----------------------|
| 1 | pound | cubed lamb or beef |
| 1/2 | teaspoon | dried thyme |
| 1/2 | teaspoon | paprika |
| 1 | teaspoon | garam masala |
| 1 | | garlic clove |
| | | Chopped |
| 1 1/2 | teaspoons | vegetable oil |
| 3 3/4 | cups | water |
| | | salt and black pepper |

For Rice:

| | | |
|---|-------------|---|
| 2 | Tablespoons | olive oil |
| 1 | | onion chopped |
| 1 | | potato peeled and chopped |
| 1 | | carrot, chopped |
| 1 | | banana pepper sliced (with seeds for "heat" if desired) |
| 1 | | red pepper chopped |

| | | |
|-------|----------|------------------------|
| 1/2 | head | cabbage—thinly sliced |
| 1 | | green chili chopped |
| 1 | teaspoon | cumin |
| 3 | teaspoon | cardamom |
| 2 | | garlic cloves |
| 1 1/2 | cups | basmati rice |
| 1/2 | cup | unsalted almond slices |

To make meat:

1. Place meat in bowl and mix with herbs for 2-3 hours.
2. Heat oil and cook meat until tender and browned.
3. Add water and keep on stove top on low to simmer until cooked.

To make rice:

1. Fry onion, potato, and carrot for 5 minutes in oil.
2. Add peppers, cabbage, chili, spices, garlic, and the stock from the meat cooking.
3. Stir well and simmer 10 minutes.
4. Stir in rice and meat; cover and cook 20 minutes or until the rice is done.
5. Sprinkle with almonds and more salt and pepper if desired.

Contributed by Calum A.

Oriental Pork

| | | |
|-----|-------------|---|
| 1/4 | cup | chopped onion |
| 1 | clove | garlic, chopped |
| 1 | Tablespoon | chopped candied or fresh ginger |
| 1-2 | Tablespoons | olive oil |
| 2 | | boneless pork chops, cut into thin slices |
| 1 | cup | snow peas or sugar snap peas |
| | | fresh orange juice (enough to make a sauce and steam) |

1 Tablespoon natural peanut butter, crunchy or smooth

In skillet, sauté onion, garlic and ginger in olive oil until translucent. Add snow peas, pork, orange juice, and peanut butter. Reduce heat and cover for 2 minutes.

Serve over whole wheat pasta or basmati rice if desired. Serves 1-2.

Contributed Sheryl J.

Cheryl's Grilled Pork Chops with Mashed Sweet Potatoes

| | | |
|-----|-------------|---|
| 7 | ounces | boneless pork chops, center-cut, butterfly salt |
| | | fresh ground black pepper |
| 2 | Tablespoons | olive oil |
| 4 | ounces | mushrooms, sliced |
| 1 | whole | shallot, thinly sliced or a small onion |
| | | fresh sage, to taste |
| 3 | small | sweet potatoes |
| 1/4 | cup | Tropicana Orange /Tangerine Juice |

Sprinkle chops with a little salt and pepper. Cook on a grill or in a grill pan that's been lightly coated with a little oil and heated. Meanwhile, heat the olive oil and sauté the mushrooms and shallot over medium heat for about 12 minutes. (This should be plenty of time for the chops to cook.) Just before removing this mixture from the heat, throw in the sage and mix it up. Spoon the mushrooms over the chops. For the potatoes, peel and dice them into cubes. Boil in water for about 15 minutes. Drain and mash them with the juice.

Contributed by Cheryl R.

"Breaded" Pork Chops

Preheat oven to 425 degrees F. Prepare pork coating mix (see below) and place in large plastic bag.

Rinse 4 pork chops, 1/2 to 3/4 inch thick.

While still wet, place one chop into bag with coating mix and shake to coat. Place on baking sheet.

Repeat with remaining chops. Bake for 30-35 minutes, until brown and cooked through.

Coating Mix:

| | | |
|-----|-------------|-------------------|
| 2 | Tablespoons | yellow cornmeal |
| 2 | Tablespoons | whole wheat flour |
| 1 | teaspoon | salt |
| 1 | teaspoon | ground sage |
| 1/2 | teaspoon | onion powder |
| 1/2 | teaspoon | sugar |
| 1/2 | teaspoon | paprika |

"I have been so grateful for the recipes in the low-iodine cookbook— it makes eating this way possible and definitely more enjoyable than trying to come up with ideas myself! Thank you so much!"

Contributed by Lisa H. of California

Pork Carnitas, Soft Tacos, with Salsa Fresca

Pork Carnitas

| | | |
|-----|-------------|---------------------|
| 1 | pound | boneless pork chops |
| 2 | Tablespoons | chili powder |
| 1/8 | teaspoon | garlic powder |
| 1/8 | teaspoon | cumin |
| 1/8 | teaspoon | cloves |
| 1/8 | teaspoon | cayenne pepper |
| 1/2 | teaspoon | salt |
| 1 | Tablespoon | vinegar |
| 1 | Tablespoon | orange juice |

Pound chops to 1/4 inch thick. Combine spices, vinegar, and orange juice and coat chops with mixture. Refrigerate minimum 3 hours or overnight. Grill or broil chops for 8-12 minutes or until no longer pink in center. Slice into bite-size pieces.

Flour Tortillas

| | | |
|-----|----------|--------------------------------|
| 3 | cups | flour |
| 1/3 | cup | vegetable oil (canola is best) |
| 1 | teaspoon | salt |
| 1 | cup | water |

Mix flour and oil until crumbly. Add salt to water add to the flour mixture and knead 3-5 minutes. Put dough in a greased bowl in a warm place (oven with bowl or pan of steaming water on lower rack works well) 1/2 to 1 hour. Divide dough in half and in half again until you have 12 dough balls. Place dough balls between sheets of plastic wrap and roll out to 6-8-inch circles. Fry in vegetable oil at medium high heat until just lightly browned on each side. If dough puffs, press down with spatula. Cool and stack with wax paper or paper towel between. Lasts 3 days in fridge or freezes well.

Salsa Fresca

| | | |
|-----|-------------|--|
| 3 | Tablespoons | finely diced onion |
| 1 | pound | Roma tomatoes diced small |
| 1 | | finely diced green or jalapeno chili |
| 2 | Tablespoons | chopped cilantro or dried cilantro spice |
| 3/4 | teaspoon | sugar |
| 3/4 | teaspoon | salt |
| 1 | Tablespoon | fresh lime juice |

Combine all ingredients and chill. Stores in fridge up to 5 days.

Spoon 2-3 tablespoons of pork carnitas into refried or reheated tortilla and garnish with salsa and lettuce or fresh cilantro. Serves well with fresh corn and/or apple sauce. Serves 6.

Contributed by Rae K.

Easy Peach Pork (or Apricot, or Apricot-Orange...)

| | | |
|--------|-------------|--|
| 2-4 | | organic pork chops |
| 2 | Tablespoons | vegetable oil |
| 3-4 | | crushed garlic cloves |
| 3/4 | cup | jam (any of above) |
| 1/4 | cup | cider vinegar |
| 1 inch | piece | chopped ginger root |
| 1/2 | teaspoon | rosemary |
| 1/4 | cup | orange juice if necessary (see below) |

1. Place chops in a casserole dish with a cover.
2. Combine remainder of ingredients (except juice) in a blender or food processor and blend smooth as possible. Add juice if mix is not pourable. Pour over chops in casserole.

3. Cover and bake in a 375 degrees F oven for approximately one hour, or until chops are cooked.

Serve with cooked squash and Brussels sprouts.

Hint: I marinated the chops in the fruit mixture for a few hours before baking. Sweet, tangy and delicious!

Contributed by Claudette M.

BBQ Pork

| | | |
|-----|--------------|---|
| 1 | pound | pork tenderloin, sliced into medallions |
| 1 | small | onion, chopped |
| 1 | clove | garlic, chopped |
| 1 | 15-ounce can | tomato sauce (or homemade) |
| 1 | Tablespoon | white vinegar |
| 1/4 | teaspoon | salt |
| 1/4 | teaspoon | black pepper |

Heat a nonstick skillet over medium high heat. Add pork slices in a single layer and brown – 2 minutes or so per side. Remove from heat. Add onion and garlic, sauté till tender (about 5 minutes).

Add tomato sauce, vinegar and salt and pepper and simmer one minute.

Add pork, cover and simmer 15 minutes to finish cooking pork and thicken sauce.

Serve over rice, or by itself.

Contributed by Julie C. B.

Pork Roast over Potatoes

| | | |
|-------|-----------|--|
| 2 | teaspoons | fennel seeds |
| 1 | teaspoon | dried oregano |
| 1 | teaspoon | paprika |
| 1 1/2 | teaspoons | chopped garlic |
| 1/2 | teaspoon | salt |
| 1/2 | teaspoon | pepper |
| 2 | pounds | pork loin roast |
| 2-3 | small | potatoes, skinned and cubed |
| 1 | cup | chicken broth (low-iodine version from this cookbook) |

Combine first 6 ingredients.

Rub into pork.

Brown under broiler (briefly – 6-9 minutes each side).

Put potatoes in crock pot.

Place pork on top of potatoes.

Pour broth over all.

Cover and cook on low for 8-10 hours.

(Gotta love having something that will be ready without much thought. I use creamer potatoes when I'm not on the low-iodine diet, and leave the skin on.)

Contributed by Julie C.B.

Skillet-Braised Pork Chops

| | | |
|-------|-------------|---|
| 2 | Tablespoons | flour |
| 1/2 | teaspoon | salt |
| 1/2 | teaspoon | black pepper |
| 4 | | pork center rib chops, trimmed of fat, 8-12 ounces each |
| 1 | Tablespoon | vegetable oil |
| 1 | pound | all-purpose potatoes, peeled and halved |
| 2 | cups | baby carrots, peeled |
| 1 1/2 | cups | frozen onions |
| 3 | cloves | garlic, crushed |
| 1 | teaspoon | rosemary |
| 1 | teaspoon | grated orange peel |
| 2/3 | cup | chicken broth, homemade |
| 2/3 | cup | beer or water |

Heat oven to 350 degrees F.

In 1-gallon plastic bag combine flour, salt, and pepper; add pork chops; shake well to coat. Remove chops from bag; set remaining flour mixture (about 1 tablespoon) aside. In 5-quart Dutch oven over medium-high heat, heat oil; add chops two at a time if necessary to avoid overcrowding; cook 2 minutes on each side until golden brown. Remove chops to plate; drain off all but 1 Tablespoon fat. To drippings in Dutch oven, add potatoes, carrots, and onions; cook over medium high heat 3 to 4 minutes, stirring occasionally until lightly browned. Add garlic, rosemary, grated orange peel, and reserved flour mixture; cook and stir 1 to 2 minutes until flour is browned and vegetables are thoroughly coated. Stir in chicken broth and beer; bring to boil. Return pork chops to Dutch oven; bake, covered, 30 to 35 minutes until pork and vegetables are tender.

Contributed by a friend of ThyCa

Breakfast Sausage

| | | |
|-----|----------|-----------------------------------|
| 1 | pound | ground pork — unseasoned |
| 1 | teaspoon | salt |
| 1/8 | teaspoon | ground pepper |
| 1/4 | teaspoon | poultry seasoning |
| 1/4 | teaspoon | thyme |
| 1/4 | teaspoon | salt-free lemon herb seasoning |

Mix all ingredients. Cook a small amount of meat and taste for seasonings. Make small patties and fry until well browned on both sides and cooked through. Remove to plate and allow to cool. Wrap one or two patties at a time in plastic wrap, and place all in freezer bag. To serve, unwrap and microwave until heated through.

Contributed by Georgia S.

Georgia says: "For weekend breakfast, serve sausage with fried potatoes and toast. The rest of the family can add fried eggs. With no milk for breakfast, I found that the extra protein and fat of these sausages helped keep me from getting hungry before lunchtime."

Maple Fennel Country Sausage Patties

| | | |
|-----|-------------|----------------------------------|
| 1 | teaspoon | salt |
| 1/2 | teaspoon | coarse black pepper |
| 1 | teaspoon | fennel seeds |
| 6-8 | large | leaves of fresh sage, chopped |
| 1 | pound | ground pork |
| 2 | Tablespoons | maple syrup |
| 1 | Tablespoon | oil |

Combine salt, pepper, and fennel in the bottom of a bowl. Add pork and mix to combine spices. (If you can't find ground pork, cut your other pork into 1-inch cubes and put in a food processor on pulse until it has a sausage texture to it) Pour 2 Tablespoons maple syrup over the pork and work the meat again to combine the maple syrup. Form meat into patties, 2 to 3 inches round. Cook patties in 1 Tablespoon oil in a nonstick skillet over medium high heat for 4 or 5 minutes on each side. Drain sausage patties on towel lined plate, and then serve.

Contributed by Amanda C.

Milk Substitute and Other Substitutes

Nut Milk

Blend or process 1 ounce of chopped unsalted nuts such as almonds, walnuts or pecans with 1 Cup water (up to 2 Cups water if very thin consistency is preferred) plus a sweetener (such as honey) to taste.

Contributed by Nina G. of Hawaii

Soy Free Margarine

1 cup soy-free shortening (For example, Spectrum has 100% palm oil)

1/2 teaspoon non-iodized salt

1/2 teaspoon artificial butter flavor (add an extra 1/8 teaspoon for a stronger taste)

3 drops yellow food coloring (optional)

1/8 teaspoon cornstarch

Melt shortening in the microwave until it is just liquefied. This will take about one minute. Add all other ingredients. Using electric mixer, blend until the mixture will take on a frothy appearance, about 1 -2 minutes. Pour liquefied margarine into a margarine tub or other small container, and place it in the fridge. It will take a while for it to harden.

"(c) 2004 by Melissa J. Taylor

(<http://www.angelfire.com/mi/FAST/margarine.html>). Permission has been granted for cookbook inclusion. Modifications by Ann Bradford."

Other Substitutions and Tips

- When possible, use fresh or plain frozen meats, fruits, and vegetables rather than canned or packaged foods.
- When a recipe calls for a spice such as chili powder, use the plain spice. If you use a blend, read the label and ingredient list to be sure that it does not contain salt or another ingredient that may be high in iodine.
- When a recipe calls for wine or sherry, use drinking wine or drinking sherry. Cooking wine and cooking sherry may contain salt and other added ingredients.
- You also can adapt your favorite recipes from your own cookbooks to the low-iodine diet by eliminating ingredients that are high in iodine, or by substituting ingredients from the list of foods and ingredients that are fine on the diet.
- If you follow other dietary guidelines due to allergies, diabetes, or other medical conditions, you can adapt your recipes and meal plans by using the lists and tips in this cookbook.

Soups and Stews and Sauces

Moroccan Soup

| | | |
|--------|---------------------|---|
| 1/2 | pound | lamb, cubed |
| 2-3 | cups | cooked garbanzo beans |
| 1 | cup | brown lentils, washed and picked over |
| ½ to 1 | cup | long grain rice, washed like basmati |
| 1-2 | large | onions, chopped—save some for the garnish |
| 2 | | carrots, sliced |
| 3 | cloves | garlic, minced |
| 2 | teaspoon | turmeric |
| 2 | teaspoon | cumin |
| 1 | teaspoon | cinnamon |
| 2-3 | shakes | cayenne |
| 1/2 | teaspoon | salt |
| 2 | 16-oz cans | salt-free tomatoes, drained |
| 2 | heaping Tablespoons | salt-free tomato paste |
| 1 | bunch | fresh cilantro chopped with some stem save some for garnish |
| 1/2 | bunch | flat leaf parsley, chopped |
| 4-6 | cups | vegetable or chicken stock |
| Or | | |
| 2-3 | cups | dry white wine |
| And | | |
| 2-3 | cups | water |
| 2-4 | Tablespoons | olive oil |

Sauté the onions in the olive oil over medium flame until soft, about 5 minutes. Add the carrots and garlic. Stir well and add more oil if needed. Add dry spices, turn down heat, and stir constantly to be sure not to burn spices. Cook for 3 or 4 more minutes until spices lose their raw aroma.

Add garbanzos and stock or wine/water to cover. Bring to a boil, cover and simmer for 30 minutes. Add lentils, rice, tomatoes and tomato paste. Check liquid level to be sure to have an inch of liquid over the beans. Bring to a boil and simmer another 30 min.

Add cilantro and parsley and check for seasonings—salt and cayenne.

Garnish with chopped raw onion if desired

The fresh herbs fade, but this tastes really good reheated. You might want to add some summer squash or sweet red pepper if you want to boost the vegetables. Don't be afraid to lessen the seasonings—I like is spicy.

This soup just gets better and better in the fridge. I've adapted this soup from a recipe for a traditional Ramadan meal, which would include the lamb and wouldn't include the garlic or the wine! For a vegetarian version, omit the lamb.

Hypo tip—I buy a box of wine at the outset of the low-iodine diet and use it instead of stock when cooking my beans and stir-frying. It is easier than trying to use corkscrew when hypo. I've never managed to make stock.

Contributed by Evie H from VA

Roasted Vegetable Soup

| | |
|---------------|---|
| 6 | beefsteak tomatoes, halved and cored |
| 2 | leeks, white and green parts cut in ½ inch pieces |
| 2 | carrots, sliced |
| 4 | garlic cloves |
| 2 Tablespoons | olive oil |
| | Salt and pepper, to taste |
| 3 cups | chicken broth |
| 1/4 cup | fresh basil, chopped |
| Or | |
| 2 Tablespoons | dried basil |

Toss all veggies and seasonings in a roasting pan. Drizzle with olive oil. Bake in a single layer at 425 degrees F until cooked (about an hour). Using tongs, peel off tomato skins and discard. In a saucepan, heat broth and veggies. Simmer 10 minutes. Purée in batches in the blender. Stir in basil.

Contributed by Tracy T.

Curried Carrot Soup

| | | |
|---|------------|---------------------------|
| 1 | Tablespoon | olive oil |
| 1 | cup | chopped onion |
| 1 | teaspoon | curry powder |
| 3 | cups | chicken broth |
| 2 | pounds | carrots, chopped |
| 2 | Tablespoon | fresh lemon juice |
| | | Salt and pepper, to taste |

Cook onion in oil with curry powder, salt, and pepper until translucent. Add broth and carrots. Bring to a boil, then simmer until carrots are cooked. Purée in batches until smooth. Add more water if it is too thick. Stir in lemon juice. Add salt and pepper to taste

Contributed by Tracy T.

Gypsy Soup

| | | |
|-------|-------------|---|
| 3-4 | Tablespoons | olive oil |
| 2 | cups | chopped onion |
| 2-3 | cloves | chopped garlic |
| 2 | cups | 1-inch cubed sweet potatoes or sweet pumpkin (don't use acorn squash) |
| 1/2 | cup | chopped celery |
| 1 | cup | fresh, chopped tomatoes |
| 3/4 | cup | chopped sweet green and/or red peppers |
| 1 1/2 | cups | dried chickpeas (soaked) |
| 1 | cup | cut green beans |
| 3 | cups | water or stock |
| 2 | teaspoons | paprika |
| 1 | teaspoon | turmeric |
| 1 | teaspoon | basil—fresh or dried |
| 1 | teaspoon | salt |
| | dash | cinnamon |
| | dash | cayenne |
| 1 | | bay leaf |

Add ingredients to pot in order. Cook just about 20 minutes or until veggies are as you like them.

(When off the diet add a Tablespoon of tamari or soy sauce at the end. While on the diet, you may want to increase the cinnamon and cayenne for flavor and decrease or eliminate the salt.)

Contributed by Dale F.

Hot and Sour Soup

| | | |
|-----|-------------------|---|
| 2 | cups | water |
| 2 | packets/teaspoons | no-salt added chicken bouillon (Herb-Ox has a good one) |
| 3 | Tablespoons | rice wine vinegar (you can use white vinegar, but the taste will be slightly different) |
| 1 | teaspoon | ground white pepper |
| 1 | teaspoon | sesame oil |
| 1 | cup | shredded cabbage (you can use pre-shredded coleslaw mix if you like) |
| 1 | cup | chopped carrots |
| 1/2 | cup | sliced mushrooms |
| 1/2 | cup | corn, fresh or frozen |
| 1 | | egg white, lightly beaten |
| 3 | Tablespoons | cornstarch |
| 2 | Tablespoons | water |
| 1/2 | teaspoon | salt (optional) |

Bring 2 cups water to a boil, add bouillon, vinegar, pepper and oil; stir to mix. Add vegetables, let boil 3-5 minutes, depending on how crunchy/soft you like them. Mix together cornstarch and 2 Tablespoons water until blended. Add to the boiling soup and stir until it thickens. Remove from heat, then slowly pour the egg white into the soup and stir slowly until you see the egg white form "ribbons" of cooked egg. Add salt to taste if you like. Makes 2 small bowls, or one huge one.

Contributed by Denise D.

Basic Gumbo

| | | |
|---|---------|--------------------------|
| 1 | large | carrot |
| 1 | package | black-eyed peas, frozen |
| 1 | large | onion |
| 3 | stalks | celery |
| 1 | large | green or red bell pepper |
| 2 | large | tomatoes, chopped |
| 1 | package | frozen corn kernels |
| 1 | package | frozen okra |

vegetable oil
bay leaves
oregano
basil
allspice
cayenne pepper
salt
black pepper

Make vegetable stock by boiling at least one carrot, several bay leaves, and any leftover root vegetables for 45 minutes in 6 cups of water. Add the black-eyed peas and simmer about 30 minutes. Chop the onion, celery, and the bell pepper. Remove all the celery leaves from the top of the bunch, rinse well, and chop them too. Sauté the onion in a little oil. Add the celery, with leaves, and after a few minutes, the bell pepper. Sprinkle generous amounts of the spices in the pan, and sauté another minute. Remove the carrot, vegetable pieces, and the bay leaves from the stock. Add the onion mixture and chopped tomatoes to the stock, and stir well, adding more water if necessary. Let simmer about 10 minutes. Chop the okra and stir in with the frozen corn; simmer another 10 minutes. Adjust the spices to taste, and serve, ideally with cornbread or any other freshly made bread.

Serves 4

Contributed by a friend of ThyCa

Black Bean Soup

| | | |
|-----|-------------|----------------------------------|
| 2 | cups | black beans, uncooked |
| 8 | cups | water |
| 2 | | bay leaves, whole |
| 1/4 | cup | olive oil |
| 2 | medium | green peppers, finely chopped |
| 1 | | onion, chopped |
| 4 | cloves | garlic |
| 1 | Tablespoon | garlic powder |
| 1 | Tablespoon | cumin |
| 1 | Tablespoon | oregano |
| 1 | teaspoon | mustard powder |
| 1 | teaspoon | dill weed |
| 1 | teaspoon | salt |
| 2 | Tablespoons | lemon juice |

Measure black beans, water, and bay leaves into soup pot. Bring to a boil; then reduce the heat and simmer partially covered, stirring occasionally to keep beans from sticking. Cook for 2 hours. In frying pan, sauté olive oil, onions, green peppers, and garlic. Add spices and herbs and cook for 5 minutes. Using a potato masher or fork, mash about 1/4 of the beans into a paste to give the soup a good thick texture. Add the cooked vegetables to beans along with salt and lemon juice. Continue simmering for another half hour. Add more salt if needed.

Contributed by a friend of ThyCa

Cabbage Stew

| | | |
|-----|----------|---------------------------------|
| 1 | medium | cabbage head — coarsely chopped |
| 4 | large | carrots, sliced |
| 3 | medium | potatoes, cubed |
| 1 | medium | onion, chopped |
| 5 | cloves | garlic |
| 1/2 | cup | white wine |
| 1/2 | cup | water |
| 1/2 | teaspoon | thyme |
| 1/2 | teaspoon | sage |
| 1/2 | teaspoon | white pepper or lemon pepper |
| | | salt to taste |

Put all in large Dutch oven; cover and bring to a boil; and then lower heat and simmer for about 30 minutes, until all is tender. Optional: Add mushrooms, zucchini, or whatever you like.

Contributed by Leah G. of Florida

Another Cabbage Stew

| | | |
|-------|-------------|---|
| 3 | Tablespoons | olive oil |
| 1 | medium | onion, diced |
| 4 | cups | chopped or shredded green cabbage (1 small cabbage) |
| 2-3 | | Roma tomatoes diced (with juices) |
| 1 1/2 | cups | chicken broth, divided |
| 1 | | bay leaf |
| 1 | teaspoon | salt |
| 1/2 | teaspoon | black pepper |
| 2 | teaspoons | cider or red wine vinegar |
| 1 1/2 | cups | cooked garbanzo beans |

Sauté onion in oil; add garlic and sauté a little longer.

Add cabbage and stir until evenly coated with oil.

Cook, stirring occasionally, until heated through.

Add tomatoes 1 cup of broth, bay leaf, salt, and pepper.

Reduce heat and simmer for 30-40 minutes until cabbage is very tender.

Add garbanzo beans. Heat through and add more broth if needed.

Serve very hot.

Contributed by a friend of ThyCa.

Chili

| | | |
|-----|-------------|---------------------------|
| 1 | pound | hamburger |
| 1 | large | onion, diced |
| 1 | Tablespoon | garlic powder |
| | or | |
| 2 | Tablespoons | fresh garlic |
| 1/2 | cup | chili powder |
| 1/2 | teaspoon | paprika |
| 1/2 | teaspoon | cayenne pepper to taste |
| 2 | cups | black beans |
| 2 | cups | fresh tomato — * see note |

Brown hamburger and onion. Drain. Add all remaining ingredients and simmer 1 hour.

Note: To prepare fresh tomatoes, cut a small X in the bottom of the tomato and immerse in boiling water for 30 seconds. Remove and slip the skin off. Cut tomato in quarters and scoop out as many seeds as possible, reserving liquid. Dice.

Contributed by Karen F. of South Carolina

Chili Powder

| | | |
|---|----------|----------------|
| 1 | teaspoon | paprika |
| 2 | teaspoon | ground cumin |
| 1 | teaspoon | cayenne pepper |
| 1 | teaspoon | oregano |
| 2 | teaspoon | garlic powder |

Combine all ingredients.

Use with any recipe calling for Chili Powder

Submitted by Sue L

Hearty Chili Con Corn

| | | |
|-------|-------------|--|
| 1 | cup | dried white kidney beans or garbanzo beans |
| 4 | cups | water |
| 1 | cup | frozen corn |
| 1 | | onion, chopped |
| 1 | | garlic clove, pressed |
| 1 | teaspoon | salt |
| 1 | Tablespoon | vegetable oil |
| 1 1/2 | cups | tomato sauce — homemade |
| 1 1/2 | Tablespoons | chili powder |
| 1 | teaspoon | cumin |

Soak kidney beans in water overnight. Cook for 1-1/2 hours. Sauté onion and garlic in oil; add seasonings, tomato sauce, and corn. Simmer 15 minutes. Add tomato mixture to cooked kidney beans and stir. Simmer. Serve over rice.

Contributed by a friend of ThyCa

Lentil Soup

| | | |
|-----|--------------|--|
| 1 | bag (16 oz.) | lentils |
| 2 | | celery stalks with leafy tops |
| 2 | | carrots |
| 1 | medium | onion |
| 1 | medium | potato (optional) |
| 2 | large | bay leaves |
| 2 | teaspoons | salt (or to taste) |
| 1/2 | teaspoon | pepper (or to taste) |
| 2 | teaspoons | white or balsamic vinegar (more if desired) |

Wash and pick through lentils as directed. Peel and chop or thinly slice carrots and onion. Cut tops off celery, chop or thinly slice stalks. Peel and chop potato. In a Dutch oven or large pot, add all ingredients, including celery tops, except vinegar. Add 8-10 cups water. Bring to boil, simmer about 1 or more hours until lentils and vegetables are tender. Add additional water during cooking as necessary, and/or more salt and pepper if desired. When vegetables are tender, remove celery tops and bay leaves, add vinegar.

Contributed by Ellen

No Cream Cream of Cauliflower Soup

| | | |
|---|--------|---|
| 2 | whole | carrots, sliced |
| 1 | medium | apple, peeled and sliced |
| 1 | head | cauliflower, cut into chunks |
| 2 | stalks | celery, sliced |
| 1 | whole | onion, diced |
| | | garlic |
| | | water or |
| | | homemade chicken broth |
| | | olive oil |
| | | cooked dried beans (1/2 bag; soak overnight; boil about 20 minutes) |

Sauté onion, garlic, and celery. Add 6-8 cups of water or broth. Add chunks of cauliflower, apple, and carrots. Add beans. Bring to a boil; simmer until cauliflower is soft. Puree in blender or food processor.

Contributed by Barb B.

Barb says: "I fiddle with this recipe all the time adding and subtracting things but it gets rave reviews at holiday time..."

Spicy Chicken Tortilla Soup

| | | |
|-----|-------------|--|
| 6 | Tablespoons | olive oil |
| 8 | | corn tortillas, coarsely chopped (containing only corn, lime, and water) |
| 6 | cloves | garlic, minced |
| 1/2 | cup | chopped fresh cilantro |
| 1 | | onion, chopped |
| 5 | | diced tomatoes |
| 2 | Tablespoons | ground cumin |
| 1 | Tablespoon | chili powder (without salt) |
| 3 | | bay leaves |
| 6 | cups | chicken broth (use chicken stock recipe in this cookbook) |
| 1 | teaspoon | salt |
| 1/2 | teaspoon | ground cayenne pepper |
| | | shredded chicken (use chicken that you used to make the broth) |

Directions:

1. In a large stock pot heat oil. Add tortillas, garlic, cilantro and onion. Sauté for 2-3 minutes.
2. Stir in tomatoes and bring to a boil. Add cumin, chili powder, bay leaves and chicken stock. Return to a boil, reduce heat to medium and add salt and cayenne. Simmer for 30 minutes. Remove the bay leaves and stir in the shredded chicken. Heat through and serve.

This is a great recipe to make up ahead of going on the diet and freeze. Then, once you start the diet you can thaw, heat, and eat.

Serve with a dollop of guacamole for an added treat (see guacamole recipe in this cookbook).

Makes 6 servings.

Contributed by Heather M.

Minestrone

Makes a HUGE pot. Great to freeze.

| | | | |
|-----|---------------|---|---|
| 3 | Tablespoons | olive oil | 3 |
| | | garlic cloves, chopped | |
| 2 | | onions, chopped | |
| 2 | cups | chopped celery | |
| 5 | | carrots, sliced | |
| 4 | cups | water | |
| 4 | cups | tomato sauce | |
| 1 | cup | white beans (cooked) | 1 |
| | 15 -ounce can | unsalted green beans (or fresh or frozen beans, cooked) | |
| 2 | cups | spinach (fresh or 1 frozen package) | |
| 3 | | zucchini, quartered and sliced | |
| 1 | teaspoon | dried oregano | |
| 2 | teaspoons | dried basil | |
| | | salt and pepper | |
| 1/2 | cup | small pasta or rice (or more) | |

In large stock pot, sauté garlic, and onion for about 8 minutes. Add celery and carrots and cook an additional couple of minutes.

Add water and tomato sauce and bring to boil, stirring frequently. Reduce heat and add white beans, green beans, spinach (thawed and drained if frozen, rinsed if fresh), zucchini, and spices. Simmer 30-40 minutes.

Cook pasta and drain. Add to soup. Freeze into smaller portions for easy reheating.

Contributed by Julie C. B.

Turkish Green Lentil Soup

Serves 6-8

| | | |
|-------|-------------|--------------------------------------|
| 1 1/2 | cups | green lentils |
| 2 | Tablespoons | olive oil |
| 2 | large | onions, finely chopped |
| 2 | Tablespoons | white flour |
| 8 | cups | water (or homemade chicken stock) |
| 1/2 | cup | small pasta (orzo) |
| | | salt |
| | | pepper |
| | | dried parsley |

In a small pot, add the lentils and add enough water to just cover them, bring to a boil, then reduce heat to a simmer and cover. Half-cook the lentils with some water (10-15 minutes). Drain.

In a large soup pot, heat (medium-high) the olive oil, sauté the onions until translucent, add the flour and mix. Cook for 10 seconds. Add 8 cups of water (or stock) and lentils, cook for 30 minutes, lower the heat, add orzo and cook until everything is tender.

Season with salt and pepper to taste. Garnish with dried parsley.

You can freeze some in small containers and eat it later.

Contributed by Elif KF

Rich Butternut Squash Soup

| | | |
|---|-------------|--|
| 2 | large | butternut squash |
| 2 | Tablespoons | olive oil |
| 1 | | onion, chopped |
| 1 | stalk | celery, chopped |
| 1 | | carrot or 5-6 baby carrots, chopped |
| 2 | cloves | garlic, chopped |
| 4 | cups | homemade chicken stock water salt and pepper to taste |

Preheat oven to 375 degrees F. Cut squash in half lengthwise, scoop out seeds. Place squash face down on a baking pan and pour approximately 1/2 cup water into pan. Place in oven and bake until tender, about 45 minutes. When cool enough to handle, scoop squash out of skins. Reserve squash and discard skins.

While squash is baking, heat oil in large stock pot. Add onion, celery, carrot and garlic and sauté over medium heat until colored and softened, about 5 minutes. (Reduce heat if mixture begins to smell burnt instead of roasted.)

Add 4 cups chicken stock and reserved squash. Bring to boil, then reduce heat to low. Simmer until everything is tender - check the tenderness of the carrot pieces as they will be the last to be done. Blend with a wand blender in the pot until smooth, or transfer soup in batches to a blender or food processor and process until smooth. Add water to reach the desired consistency. Season with salt and pepper to taste.

Contributed by a friend of ThyCa

Chicken Stock (about 2 quarts)

| | | |
|---|-------------|---------------------|
| 2 | Tablespoons | olive oil |
| 1 | medium | onion, chopped |
| 4 | pounds | chicken, any pieces |
| 2 | quarts | boiling water |
| 2 | teaspoons | salt |
| 2 | | bay leaves |

If you have a kitchen cleaver, cut the chicken into 2-inch pieces. Otherwise, simply cut each piece into halves or quarters.

Heat oil in large stockpot or soup kettle. Add onion; sauté until colored and softened slightly, 2 to 3 minutes. Transfer onion to large bowl.

Add half of chicken pieces to pot; sauté until no longer pink, 4 to 5 minutes. Transfer cooked chicken to bowl with onion. Sauté remaining chicken pieces.

Return onion and chicken pieces to pot. Reduce heat to low, cover, and cook until chicken releases its juices, about 20 minutes. Increase heat to high; add boiling water, salt, and bay leaves. Return to simmer, then cover and barely simmer until broth is rich and flavorful, about 20 minutes.

Strain broth into clean pot or bowl and discard solids. Skim fat, if desired. You can leave the fat for low-iodine cooking because the fat adds flavor as well as richness. Broth can be covered and refrigerated up to 2 days, or frozen for several months.

Contributed by a friend of ThyCa

Portuguese Kale Stew

| | | |
|-----|---------|--------------------|
| 1/2 | cup | onion — diced |
| 1/2 | cup | celery — diced |
| 1/2 | cup | carrot — diced |
| 1 | whole | cabbage — shredded |
| 1 | package | frozen kale |
| 1 | whole | potato |
| 1 | bag | white kidney beans |
| | | soaked overnight |

Start in a soup pot. Sauté onion, carrot, celery, and some garlic if you want. Add about 1 1/2 quarts of water. Add cabbage, a potato cut up into 1/2 inch chunks. Bring to a boil. Add beans and kale. Make it boil again (the kale will stop it). Get it to a simmer and allow to simmer for an hour or two until the beans are soft. Season to taste.

Barb says: “It’s supposed to have Portuguese sausage in it but no one in my family will eat it that way so we make it this way....”

Contributed by Barb B.

Quick Chicken Noodle Soup with Broccoli and Garlic

| | | |
|-------|----------|---------------------------|
| 1 | medium | leek |
| 3/4 | pound | skinless chicken breast |
| | | halves — 1 inch pieces |
| 1 | medium | carrot, thinly sliced |
| 2 | cups | chicken broth — homemade |
| 1 1/2 | cups | water |
| 1 | cup | noodles |
| 2 | cups | broccoli florets |
| 2 | | cloves garlic, minced |
| 1/8 | teaspoon | red pepper flakes |
| 1/4 | teaspoon | dried thyme |
| | | pepper and salt, to taste |

Quarter leek lengthwise, rinse well to remove sand, and slice thinly. Combine leek, chicken, carrot, chicken stock, and water in medium pan. Bring to simmer. Cover and cook over low heat 5 minutes.

Add noodles, broccoli, garlic, and red pepper flakes and return to simmer. Cover and cook over low heat until chicken and noodles are tender, about 6 minutes. Stir in thyme and black pepper to taste.

Add salt if necessary. *Contributed by a friend*

Veal Stew

| | | |
|---|-------------|------------------------|
| 1 | pound | veal stew meat |
| 1 | medium | onion, diced |
| | | oil |
| | | garlic |
| 6 | ounces | homemade chicken broth |
| | | or water |
| | | mushrooms — sliced |
| 2 | cups | chopped tomatoes — |
| | | seeded and peeled |
| | | red wine |
| 2 | Tablespoons | paprika |
| | | salt and pepper |
| | | flour |

Use a pan you can put in the oven covered, like a shallow stew pot or Dutch oven. In oil, braise veal until brown. Add two tablespoons flour, paprika, salt, and pepper. Let cook 5 minutes stirring occasionally. Take out the meat and deglaze the pan with red wine. Add broth, tomatoes, onions, and garlic. Bring to a boil. Put the meat back in, cover and cook at 350 degrees F for 75 minutes. While it is cooking, sauté the mushrooms in olive oil.

Remove from oven. Take out meat and solids, reserve liquid to another bowl. Heat 4 tablespoons oil, add 1/4 cup flour, make roux. Add reserved liquid slowly, stirring to make the gravy. Add the mushrooms, put meat back and some of the onions, stir.

Serve on noodles.

For times that you’re not on the low-iodine diet, substitute butter for oil.

Contributed by Barb B.

Thick Beef Stew

| | | |
|------------|-------------|--|
| 1 | | boneless chuck roast (4-5 pounds), cut into 3/4-inch cubes |
| 2 | medium | onions, chopped |
| 4 | | garlic cloves, minced |
| 2 | Tablespoons | olive oil |
| 1 1/2 | cups | water |
| 2 | teaspoons | salt (divided) |
| 1/2 | teaspoon | pepper |
| 3 | medium | red potatoes, quartered and cut into 1/4" slices |
| 1 | can | unsalted beef broth or 1 1/2 cups homemade beef broth |
| 1 to 1 1/2 | teaspoons | dried oregano |
| 1 | cup | frozen peas |
| 1 | Tablespoon | cornstarch |
| 2 | Tablespoons | lemon juice |

In a Dutch oven, brown beef, onions and garlic in oil; drain and return. Stir in water, 1 teaspoon salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 1-3/4 to 2 hours or until meat is tender.

Add red potatoes, beef broth (note that some references disallow canned foods on the low-iodine diet, since some canning machinery may be cleaned with iodine-containing cleaners), oregano, and 1 teaspoon salt. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until potatoes are tender. Add peas; heat through. Combine cornstarch and lemon juice until smooth; gradually add to beef mixture. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly.

Serves 4-6

Contributed by Lois J.

Vegetable Stew

| | | |
|-------|--------------|--|
| 4 | Tablespoons | olive oil |
| 1 1/2 | | portabello mushrooms chopped thickly |
| 1 | medium | onion |
| 2 | cloves | garlic |
| 1 | Tablespoon | chopped parsley |
| 1 | teaspoon | sage (fresh) (1/2 teaspoon if dried) |
| 1 | teaspoon | thyme (fresh) (1/2 teaspoon if dried) |
| 1/2 | teaspoon | salt |
| 1/2 | teaspoon | pepper |
| 1 | stalk | celery chopped |
| 1 | small-medium | zucchini chopped |
| 1 | | potato peeled and chopped |
| 1 | | carrot sliced |
| 1/2 | cup | frozen peas cayenne pepper & cumin |

1. Heat olive oil.

2. Add mushrooms, onion, garlic, herbs, spices, and celery.

3. Saute 10 minutes.

4. Add 2 cups of water and potatoes and zucchini and carrot and bring to boil.

5. Reduce heat and simmer 1 1/2 hours.

6. Take 4 tablespoons of broth and place in a small bowl. Add 2 tablespoons of flour and mix well to form a roux. Add back into pot and stir well.

7. Add peas and cook 10 more minutes.

8. Dust with cayenne and cumin once in bowls.

Contributed by a friend of ThyCa

Tomato Paste

- 6 quarts Roma tomatoes
- 1 large celery rib with leaves, cut up
- 1 Tablespoon basil
- 1 Tablespoon thyme
- 1 Tablespoon marjoram
- 1 Tablespoon oregano
- 3/4 teaspoon peppercorns
- 12 cloves
- 3 teaspoons salt
- 1 cinnamon stick — 2-inch stick
- 1 clove garlic, minced

Wash the tomatoes and cut into slices. Add remaining ingredients. Simmer these ingredients until the tomatoes are soft. Stir frequently. Put the vegetables through a fine sieve. Simmer the pulp over (not in) boiling water, or over direct low heat with the use of an asbestos pad to prevent burning. Stir frequently. After several hours, when the pulp is thick and reduced by about half, spread the paste to a depth of 1/2 inch on moist plates. Place the paste in the sun or in a 200 degree F oven to dry. When the paste is dry enough, roll it into balls, which you may dip in salad oil. Store refrigerated in airtight sterile jars. You can freeze it in small quantities.

Contributed by a friend of ThyCa

Spaghetti Sauce

- 23-25 (about 6 1/2 pounds) Roma tomatoes
- 2 large heads of garlic (about 20 cloves)
 - 2 large yellow onions
 - 16 ounces mushrooms
 - 2/3 ounce fresh oregano (or about 2 Tablespoons dry leaves)
 - 2/3 ounces fresh basil (or about 2 Tablespoons dry leaves)
 - 2 teaspoons pepper
 - 3 Tablespoons salt
 - 6 Tablespoons white sugar
 - 3 1/2 cups water
 - 1/4 cup olive oil

Cut tomatoes into eighths. Peel and chop onions and garlic. Wash and coarsely chop the mushrooms. If using fresh herbs, wash then dice with a heavy knife into very small pieces.

In a large (12 quart) heavy pot, combine all ingredients and stir to mix. Bring to a boil, then turn down to lowest setting. Simmer for at least 6 hours. The mushrooms should be very slightly firm when done.

Makes about 12-16 servings and can be frozen in serving size portions. The longer it sits, the better it is. Should make at least one day before using to let the flavors blend.

Contributed by Russ

Fresh Tomato Sauce

- 5 medium tomatoes
- 1/4 cup olive oil
- 4 large cloves garlic, finely minced
- 1/3 cup fresh basil — chopped
- 1 teaspoon salt — or to taste
- black pepper
- red pepper flakes — to taste

It is not necessary to peel the tomatoes. Wash and dry them. Cut out cores. Cut in half as you would an orange and squeeze out the juice and seeds into a strainer placed over a mixing bowl or large measuring cup. Coarsely chop the tomatoes. In a large skillet, combine the olive oil and garlic over medium-high heat. As soon as the first bits of garlic start to brown, add the tomatoes. Stir well; then let simmer without stirring. Continue simmering over medium-high heat, until the tomatoes start to look soft. Press them down with a wooden spoon; add about half the basil, about one teaspoon salt, and some pepper. Stir well. Continue to simmer briskly until it is a thick sauce; add some of the strained tomato juice if it seems desirable. Stir in the remaining basil at the end, and taste to correct the amount of salt and pepper. The cooking should take about 8-10 minutes. Makes enough for one pound of pasta.

Contributed by a friend of ThyCa

Fruit Glaze

| | | |
|-----|-------------|---|
| 4 | cups | frozen raspberries, cranberries, strawberries, or a combination |
| 6 | ounces | cranberry-apple drink(concentrate) |
| 2 | Tablespoons | cornstarch |
| 2 | Tablespoons | water |
| 1/3 | cup | honey |
| 1 | Tablespoon | dry mustard |
| 1 | Tablespoon | wine vinegar |

In a 2-quart saucepan combine 4 cups berries and frozen cranberry-apple juice cocktail concentrate. Bring to boiling; reduce heat. Cover; simmer until fruit is very tender. Strain mixture into a 2-cup liquid measure, pressing out the liquid with the back of a spoon. Add water, if needed, to equal 1 1/4 cups liquid. Discard pulp. In the same saucepan, combine 2 Tablespoons cornstarch and 2 Tablespoons water. Stir in liquid. Cook and stir until thickened and bubbly. Cook two minutes more. Stir in honey, mustard, and wine vinegar. Heat through. Cool, cover, and chill any leftover glaze for up to 5 days. Serve over chicken, pork, or turkey.

Contributed by Leah G. of Florida

Bar-B-Que Sauce

| | | |
|----------|-------------|------------------------------------|
| 6 | | whole tomatoes |
| 1 | medium | onion, finely chopped |
| 7 | | cayenne peppers, finely chopped |
| 2 | Tablespoons | fresh cilantro, finely chopped |
| 1 | Tablespoon | fresh basil, finely chopped |
| 2 | Tablespoons | salt |
| 2 | Tablespoons | sugar |
| 2 | Tablespoons | garlic powder |
| 1/2 to 1 | Tablespoon | red pepper |

Peel and chop tomatoes. Put in saucepan. Chop onion and peppers and add to saucepan. Add rest of ingredients and bring to a boil over medium heat, then let simmer for about 10 minutes. Makes a great sauce for meat or a good salsa.

Contributed by Anne K.

Blackening Mixture

for Seasoning Poultry, Beef, Pork

| | | |
|---|-------------|-----------------------|
| 4 | Tablespoons | paprika |
| 2 | teaspoons | onion powder |
| 2 | teaspoons | garlic powder |
| 1 | teaspoon | cayenne pepper powder |
| 1 | teaspoon | white pepper, ground |
| 1 | teaspoon | black pepper, ground |
| 1 | teaspoon | thyme |
| 1 | teaspoon | oregano |
| 2 | teaspoons | salt (optional) |

Store in an airtight container. This can be multiplied easily, just keep the ratios the same. (3 different pepper types may seem redundant, but they all add a distinctive characteristic). It can be used as a dry rub. It is spicy so use according to your taste. It can be used as a marinade by mixing it with balsamic vinegar and a little extra virgin olive oil, for poultry add a little sage. The ratios would depend on the quantity of meat you are making.

Contributed by Jill B. of Virginia

Ketchup

| | | |
|-----|------------|-----------------|
| 6 | large or 8 | medium tomatoes |
| 1 | medium | yellow onion |
| 4 | cloves | garlic |
| 1/2 | cup | white sugar |
| 1/2 | cup | cider vinegar |
| 1/2 | teaspoon | allspice |
| 1 | Tablespoon | salt |

Boil enough water to cover the tomatoes. After the water boils, place the whole tomatoes in boiling water for 1-2 minutes to loosen the skin.

Rinse tomatoes in cold water and peel off the skin.

Cut tomatoes in quarters and with a small spoon, scoop out and discard the seeds. Peel and chop finely the onion and garlic. Cut the tomatoes in small pieces.

Add all ingredients to a medium sauce pan and bring to a boil. Reduce temperature to low and cook for about 3-4 hours until tomatoes, onion and garlic are very soft.

Let cool, then refrigerate overnight.

Pour the mixture into a blender and blend until very smooth.

Pour into an air tight container and refrigerate.

Makes about 20 ounces of ketchup.

Contributed by Russ

Easy Homemade Ketchup

| | | |
|----------|-------------|------------------------------------|
| 2 | 6 ounce | cans no-salt-added tomato paste |
| 2/3 | cup | water |
| 4 | Tablespoons | vinegar |
| 1/2 | teaspoon | dry mustard |
| 1/2 | teaspoon | cinnamon |
| 1/2 | teaspoon | salt |
| generous | pinch | ground cloves |
| generous | pinch | allspice |
| 1/4 | teaspoon | cayenne pepper |
| 2/3 | cup | brown sugar |

In mixing bowl, combine all the ingredients with a wire whisk. Blend well. Scrape into re-sealable container and refrigerate overnight to blend flavors.

Can be used right away if needed.

If you make up this amount there is enough to use in low-iodine recipes that call for ketchup.

Contributed by Kathy S.

Vegetables

Quick and Easy Vegetables (and a Fruit)

Roasted Potatoes

Peel and cut potatoes into wedges. Place in a cast iron frying pan. Drizzle with oil. Season with salt, pepper and rosemary. Bake at 400 degrees F until crispy. Turn part way through.

Roasted Carrots with Fennel

Peel and cut carrots into wedges. Drizzle with oil and season with salt, pepper and fennel seeds. Bake at 400 degrees F until cooked. Stir part way through.

Sautéed Apples

3 apples (such as McIntosh, Golden Delicious, Granny Smith), cored and cut in chunks
2 Tablespoons olive oil
1 teaspoon fresh thyme or ½ teaspoon dried thyme
1 teaspoon grated lemon zest
Salt and pepper to taste
Heat oil in a skillet. Add the remaining ingredients. Cook until apples are tender (3-5 minutes). These are great served with pork.

Barbecued Veggies

In a ziplock bag, place Portobello mushroom tops and some Italian Salad dressing (recipe found in this book). Let marinate about 30 minutes. Remove from bag and grill, turning once. Do not over cook. These are delicious with steak and so easy to prepare.
Zucchini can also be made in the same way. Slice zucchini in ½” strips and marinate in a separate bag with Italian salad dressing. Grill on the barbecue until slightly tender, turning once.
Contributed by Tracy T.

Basil Pesto Spaghetti

| | | |
|---|---------------|------------------------|
| 4 | cloves | garlic |
| 6 | Tablespoons | pine nuts |
| | | salt |
| | | pepper |
| 1 | large handful | fresh basil |
| 6 | Tablespoons | extra virgin olive oil |

Throw ingredients into blender, blend them, and then toss them into fresh spaghetti.

Contributed by a friend of ThyCa

Fried Eggplant

| | |
|-------------------|---------------------------------------|
| 1 small to medium | eggplant |
| | flour |
| | kosher salt and pepper |
| | Pam~Olive Oil-flavored nonstick spray |

Peel eggplant and slice into 1/4 inch slices. Take a slice of eggplant and press into flour on both sides. Spray slice with nonstick spray, and place in skillet on medium. Continue with the rest of the slices according to what fits in the skillet. As each slice is cooking, spray the top side of the slices and turn after 3-4 minutes. Continue cooking for another 3-4 minutes and dust lightly with salt as you remove from skillet. Keep slices warm as you continue to cook remaining eggplant in the same way. Serves 4.

Contributed by Jo Anne H.

Lemony Roasted Vegetables

- 1 pound potatoes, cut in 2-inch cubes
- 3 stalks celery, sliced 1/2 inch thick
- 4 small carrots, cut in 2-inch pieces
- 1 large onion, cut into wedges
- 1/4 cup lemon juice
- 1 Tablespoon oil
- 1 teaspoon rosemary — crushed
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Place potatoes, celery, carrots, and onion in greased shallow roasting pan. In a small bowl, combine lemon juice, oil, rosemary, salt, and pepper. Drizzle over vegetables, tossing to coat. Bake at 450 degrees F for 30 minutes or until potatoes and onions are tender, stirring once. Serves 6-8

Contributed by Joan F. Recipe by Denise T.

Oven-Dried Tomatoes

- 1 1/2 pounds plum tomatoes
- olive oil
- fresh basil

Preheat oven to 200 degrees F.

Slice tomatoes in half lengthwise. Arrange with meat up on cookie sheet. Drizzle oil over each tomato. Sprinkle with chopped basil. Place in oven for 7-8 hours

Contributed by Robin G.-A.

Vegetarian Pasta

Sent by one of our European friends, so the measurements are in grams.

Note from Jodi: "This pasta is yummy. You can make a huge batch to freeze. It looks like a lot of ingredients, but if you chop up everything in the food processor, you then just throw it in the pot and let it cook. It's really easy."

Ingredients:

- 2 teaspoons olive oil
- 1 large onion (finely chopped)
- 2 cloves garlic (minced or chopped)
- 400 grams (14.12 ounces) coarsely grated carrot food processor or mini
- 400 grams (14.12 ounces) coarsely grated sweet
- 400 grams (14.12 ounces) zucchini, chopped
- 1 large red capsicum
- 825 grams (29.12 ounces) crushed tomatoes
- 1 Tablespoon tomato paste
- (If you prefer, instead of the crushed tomatoes and tomato paste you can use pasta sauce. I use a basil-flavored one and just added extra water.)*
- 2 teaspoons salt
- 1 teaspoon to 1 Tablespoon dried basil (according to
- 2 Tablespoons freshly chopped parsley
- pepper to taste
- 400 grams (14.12 ounces) cooked lentils (be sure to cook these separately)

Method:

Heat olive oil in a large non-stick fry pan or saucepan. Sauté onion and garlic until onion is soft. Add vegetables, tomatoes and tomato paste (or tomato pasta sauce and extra water), salt, basil, parsley, and pepper. Simmer gently until vegetables are tender. Stir occasionally so it doesn't stick to the pan. Add cooked lentils last and heat through. Serve with your favorite pasta. You can also have it with rice. This serves 8.

Just halve or quarter the recipe if you prefer.

Contributed by Jodi F.

Veggie Burgers

| | | |
|------|-------------|---|
| 3 | Tablespoons | vegetable oil |
| 3/4 | cup | zucchini chopped to kernel size, or corn kernels |
| 6 | | mushrooms, chopped |
| 1 | | yellow onion, chopped, or |
| 2 | | scallions, chopped |
| 1/2 | | red bell pepper, chopped |
| 1 | clove | garlic, chopped |
| 1 | teaspoon | cumin |
| dash | | cayenne pepper |
| 1/2 | cup | spinach, chopped |
| 1 | | carrot, peeled and grated |
| 1 | | small potato, peeled, grated |
| 1 | | egg white or egg white substitute |
| | | salt and pepper |
| 1/2 | cup | crumbs from fresh low-iodine bread (see recipes in this cookbook) |

Heat 1 Tablespoon oil over medium-to-high heat. Stir in zucchini (or corn), mushrooms, onions (or scallions), and bell pepper. Cook for 3-4 minutes. Add garlic, cumin, and cayenne and cook for 30 seconds. Remove from heat and combine in a bowl with spinach. Add carrot and potato and stir to combine. Add egg white and season with salt and pepper. Stir in enough bread crumbs so the mixture holds together. Shape it into 6 disks on a plate and chill for 1 hour.

Heat 2 Tablespoons oil in skillet and cook burgers until golden on each side. Enjoy!

More tips: I am sure you could grill it too, though I'd recommend doing it on foil, as mine were fragile. They freeze great and are a good make-ahead meal before going super-hypo. I toasted some approved bread, spread some of Russ's blender mayonnaise (from this cookbook) on it and garnished with avocado and tomato. It's fun to play around with the veggies, too. I keep the potato and carrot every time though. I (usually) can't eat anything without cheese and didn't even miss it on this!

Contributed by Kathleen L.

Eggplant Curry

| | | |
|--------|------------|--|
| 2 | large | eggplants, peeled and cut into ½ inch cubes |
| 1 | Tablespoon | salt |
| | | olive oil |
| 3 | medium | Vidalia or Spanish sweet onions, thinly sliced |
| 6 | cloves | garlic, minced |
| 1 | Tablespoon | ground coriander |
| ½ to 1 | teaspoon | cayenne pepper |
| ½ | teaspoon | turmeric |
| 8 | | jalapeno peppers, seeded and minced |
| ½ | cup | dried, unsweetened, shredded coconut meat |
| | | juice of whole lemon |
| | | zest of whole lemon |
| 1 | | bay leaf |
| 1 | teaspoon | sesame seeds |
| 1 | cup | water |
| 1 | teaspoon | sugar |
| 1 | teaspoon | mustard seeds |
| ¼ | cup | cilantro leaves, minced (optional) |

Lay the eggplant cubes on a couple of layers of paper towels and sprinkle with 1 Tablespoon salt. Roll the cubes up in the paper towels to absorb excess moisture for 30 minutes. Unroll and pat dry. Heat a large skillet to medium-high, and add enough oil to almost cover the bottom. Cook the eggplant in 2 batches for about 6 minutes each. Remove eggplant and keep warm.

Heat the skillet to medium-high and add about 2-3 tablespoons oil. Add onions, garlic, coriander, cayenne, turmeric, and jalapeno. Cook until soft, about 5-7 minutes. Stir in shredded coconut and cook an additional 2 minutes. Stir in the lemon juice, lemon zest, bay leaf, sesame seeds, and water. Return eggplant to skillet. Cover and reduce heat to simmer. Simmer for 90 minutes. Remove bay leaf. Stir in sugar, mustard seeds, and cilantro. Cook for 5 more minutes.

Good hot. Serve alone or over noodles. Also good as a spread on matzo.

Contributed by Julia S.

Ratatouille

- 1 Tablespoon olive oil
- 1 small onion chopped
- 1/2 red bell pepper chopped
- 1 small eggplant chopped
- 2 cloves garlic chopped
- 1/2 teaspoon basil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 fresh tomatoes crushed
- 1 carrot chopped
- 1 yellow squash sliced
- 1/2 cup chopped mushrooms

Heat oil in soup pot.

Add onion, pepper, half of the eggplant, garlic and spices. Saute for 5 minutes using a wooden spoon.

Add remaining ingredients with 6 cups of water.

Bring to a boil and then reduce to a simmer for 20-30 minutes.

Remove half of the soup and place in blender. Blend until silky and smooth.

Return to soup and stir. Ladle into bowls.

Contributed by Robin G.-A.

Roasted Asparagus

- 1 bunch asparagus
- 4 Tablespoons olive oil
- fresh parsley
- fresh chives
- fresh tarragon

Break off and discard woody ends of asparagus.

Place asparagus in ceramic baking dish. Pour on olive oil.

Toss to coat. Bake at 500 degrees F 10-12 minutes.

Toss with fresh herbs.

Contributed by Robin G.-A.

Roasted Winter Vegetables

- 1 whole fennel cut into 6 wedges
- 2 medium turnips — peeled and quartered
- 2 carrots — cut in 1" pieces
- 2 parsnips — cut in 1" pieces
- 2 medium potatoes — peeled and quartered
- 2 medium onions — peeled and quartered
- 4 cloves garlic — peeled
- olive oil
- salt and pepper — to taste

Mix vegetables together and place in a single layer, in a large roasting pan. Brush with olive oil; sprinkle with salt and pepper; and roast for 1 hour at 350 degrees F, turning the vegetables every 15 minutes.

Contributed by Leah G. of Florida

Roasted Yellow Squash

- 1 yellow squash
- 2-3 Tablespoons olive oil
- salt
- fresh dill

Slice the squash into halves. Score the meat (not the skin) horizontally and diagonally; drizzle with oil.

Sprinkle with salt and herbs. Broil for 5-10 minutes until edges of squash start to appear brown.

Contributed by Robin G.-A.

Stewed Tomatoes

- 6 large tomatoes
- 1 teaspoon onion — minced
- 1/2 cup celery — chopped
- 3 cloves garlic
- 3/4 teaspoon salt
- 1/4 teaspoon paprika
- 2 teaspoons sugar
- 1/8 teaspoon basil

Peel tomatoes and cut into large chunks. Combine all ingredients in a heavy pan and cook over slow heat—about 20 minutes.

NOTE: The tomatoes may be thickened with 1/2 cup of fresh bread crumbs. *Contributed by a friend*

Crunchy Zucchini and Tomatoes

- 3 small zucchini — cut diagonally
- 1 Tablespoon oil
- 2 Tablespoons onion — finely chopped
- 1/2 clove garlic — minced
- 1 cup cherry tomatoes — halved
- salt and pepper
- 1 Tablespoon sesame seeds
- 2 Tablespoons parsley — finely chopped

Blanch zucchini in boiling water for 1 minute; drain. Heat oil; add onion and garlic. Sauté on medium heat. Heat 1 minute. Add zucchini; cook, covered, 2 minutes. Add tomatoes; cook, covered, 30 seconds. Season with salt and pepper. Add sesame seeds and parsley. Toss gently.

Contributed by a friend of ThyCa

Giordano Spaghetti

- 1/2 pound whole wheat spaghetti
- 10 mushrooms, sliced
- 1 large red onion, sliced
- 1 teaspoon fresh garlic, minced
- 1 bag spinach, washed
- 3 Tablespoons olive oil

Cook spaghetti according to package directions. Drain and toss with 1 Tablespoon olive oil. Heat remaining oil in sauté pan. When sizzling, add onion, mushrooms, garlic and spinach. Cook about 5-10 minutes. Toss with spaghetti.

Submitted by Diane G.

Chewy Potato Fries

- 2 russet potatoes
- salt
- 1 Tablespoon oil
- (optional) any spices or seasonings you like

Preheat oven to 400 degrees F.

Peel and slice potatoes into approximately 1/4 inch slices. Into a large plastic bag, dump the oil, potatoes, salt to taste and spices (if you are using any). Mix around to coat potatoes. Lay slices out on a large (greased!) cookie sheet in one layer. Bake till brown and crispy/chewy. These are great, but do NOT hold well. They pretty much have to be made and eaten the same day.

Contributed by Julie C. B.

Sweet Potato, Apple, and Cranberry Bake

- 6 medium sweet potatoes
- 1 cup water
- 1 cup sugar
- 2 cups fresh cranberries — or frozen
- 1 large apple — thinly sliced
- 1/2 cup brown sugar
- 1/8 teaspoon cinnamon
- 1/8 cup oil
- 1/2 cup water or orange juice

Place sweet potatoes in large saucepan; add enough water to cover. Bring to boil, cover, and cook until tender. Cool slightly, peel, and cut into 1/2 inch slices. Combine 1 cup water, sugar, and cranberries in sauce pan. Cook until berries pop.

Preheat oven to 350 degrees F. Grease 13 x 9 inch pan. Layer sweet potato, apple slices and cooked cranberries in pan. Sprinkle with brown sugar, cinnamon, and oil. Pour water or orange juice over top of casserole. Bake 30 minutes, or until tender.

Really Easy Sweet Potato

- 1 medium/large sweet potato
- 1 Tablespoon brown sugar

Cut off ends and cut a deep 'X' into sweet potato. Place in microwave safe bowl and microwave on high, for 8-15 minutes, depending on size of potato. After 8 minutes gently squeeze (be careful, it's hot!) to check consistency. You want the potato to be soft to the touch. Microwave additional minutes for larger spud. Carefully remove skin. Using a fork lightly mash sweet potato. Add sugar for sweetness and continue to mash. I've eaten this as a meal or it can be used as a side dish for 1!

Contributed by Lauren P. of Maryland

Roasted Sweet Potatoes

| | | |
|-------|-------------|----------------------------------|
| 3 | pounds | sweet potatoes, peeled and cubed |
| 1/4 | cup | olive oil |
| 1 | Tablespoon | dried parsley |
| 1 1/4 | teaspoon | onion powder |
| 3/4 | teaspoon | dried basil |
| 1/2 | teaspoon | dried oregano |
| 2 | cloves | garlic, finely chopped |
| 8 | ounces | white mushrooms, sliced |
| 2 | Tablespoons | olive oil |

Preheat oven to 350 degrees. Coat large baking pan with cooking spray. Place cut potatoes into cold water for a couple of minutes. Place oil and spices, except for garlic, in gallon ziploc bag. Drain potatoes, add to bag, close, and shake well. Spread onto prepared pan. Bake 30-40 minutes or until golden, stirring halfway. Heat 2 Tablespoons oil in a pan, cook garlic until tender, add mushrooms, Cook until done. Spoon over potatoes.

Contributed by Dee W.

Some Ideas for Meals and Staples

Contributed by Julie C. B.

- Many of the dishes in the cookbook are dinner-ish. For lunch, small serving of leftovers are good—or fresh fruit or a veggie omelet (egg whites!) or the minestrone or vegetarian version of the Chili Mac.
- Buy a bag of dried white beans. (Many low-iodine diets allow all beans except soybeans; the NIH diet does not allow pintos, kidneys, navy beans, and black-eyed/cow peas). I cook the whole bag in non-iodized salted water and divide it into smaller Ziploc containers. Some I freeze (for week 2) and some I put in the refrigerator. I use them for lots of things. I season and mash them for ‘refried’ beans, I season them and serve them over rice for a red beans and rice dish. I add them to chili. The beans are very filling, and bulk up recipes so you can cut back on the meat.
- Load up on unsalted diced tomatoes, tomato sauce, and tomato paste. Pasta and tomato sauce is easy, and you can make a big batch and freeze it before you go hypo.
- Anything I would normally serve on bread (sloppy joes and the BBQ pork recipe in this cookbook), I just make and serve on basmati rice. Since it is not an instant rice, it stands up very well to being cooked in huge batches and reheated. Most can also go into a wrapped corn tortilla.
- For breakfast sausage recipe in the LID cookbook, since I don’t like all the fat in regular ground pork, I have the market grind me up a pork tenderloin. You have to watch it carefully when it cooks since it is so lean. I cook it all at once. Crumbled into egg whites it makes a good breakfast.
- For spices you would not regularly use, try a natural foods store. You can usually buy them in bulk for just a few cents. These stores are also good for other things.....see the recipes I contributed! I also buy all the meat here.

Dips, Spreads, Appetizers

Hummus

I'm an "old-fashioned" cook, meaning I don't often measure things. So these measurements are approximates.

In a food processor:

| | |
|----------------|--|
| 1/2 to 1 pound | chick peas – soaked and boiled as per package directions |
| 2 or 3 | clementine oranges roasted garlic* salt and pepper taste |

If the result is too "dry" — add another orange, or some olive oil.

* (put peeled garlic cloves on a sheet of aluminum foil, drizzle with olive oil, close the foil to make a pouch, and bake at 350 degrees F for an hour)

Contributed by "A long-term survivor grateful for Thyca.Org"

Superior Mole

Summer version of Guacamole (non-spicy)

| | | |
|---------------------|--------|----------------------|
| 2 | | avocados, mashed |
| 1 | medium | tomato, chopped |
| 1/4 | small | onion, chopped |
| 1/2 | | cucumber, chopped |
| | | juice of fresh lemon |
| 1/4 to 1/2 teaspoon | | salt |

Mix all ingredients together.

Contributed by Kimber S.

Guacamole Dip with Tortilla Chips

Corn tortillas (containing only corn, lime and water)

Corn oil for frying

| | |
|-----|-----------------------|
| 4 | ripe avocados |
| 2 | Roma tomatoes |
| 1/2 | yellow or white onion |
| | salt |
| | pepper |
| | ground red pepper |
| | cilantro |
| | lemon juice |

Chips:

Cut corn tortillas into triangles (1 corn tortilla = 4 chips, or cut to desired chip size). Heat oil in pan.

Fry tortilla triangles until crispy. Drain on paper towel and sprinkle with salt.

Guacamole:

Remove seed from avocados and scoop out center.

Put in bowl and mash. Chop/dice tomatoes and

onion. Add to avocado and mix gently. Season with salt, pepper, ground red pepper, and cilantro to taste.

Add squeeze of lemon juice.

You can add fresh jalapenos if you like it REAL hot!

Contributed by Liz M.

Pico De Gallo

Chop 1 to 2 tomatoes.

Chop 1 to 2 jalapeno peppers (remove seeds).

Chop 1/4 to 1/2 of a yellow or white onion.

Mix all ingredients together.

Season to taste with non-iodized salt, pepper, cilantro, garlic powder and onion powder.

Serve with homemade tortilla chips.

Contributed by Liz M.

Salsa Fresca

| | | |
|-----|-------------|--|
| 3 | Tablespoons | finely diced onion |
| 1 | pound | Roma tomatoes, diced small |
| 1 | | finely diced green or jalapeno chili |
| 2 | Tablespoons | chopped cilantro or dried cilantro spice |
| 3/4 | teaspoon | sugar |
| 3/4 | teaspoon | salt |
| 1 | Tablespoon | fresh lime juice |

Combine all ingredients and chill. Stores in fridge up to 5 days.

Contributed by Rae K.

Peanut Butter

| | | |
|-----|--------------------------|------------------|
| 4 | cups (approx 1.5 pounds) | unsalted peanuts |
| 1 | teaspoon | salt |
| 1/4 | cup | granulated sugar |
| 1/2 | cup | vegetable oil |

If nuts are not roasted: Preheat oven to 350 degrees

F. Place peanuts in a single layer on baking sheet and place in oven. Cook until peanuts are toasted, approx. 6-8 minutes. Shake pan a couple of times for overall browning. Remove pan from oven.

Place roasted peanuts in food processor (they can still be warm from roasting). Add salt and sugar.

Turn on processor and drizzle in oil. Process until smooth.

Contributed by Kim S. of New Jersey

Tostadas

"Bearitos" tostada shells (at natural foods stores) are unsalted. You can also use plain corn tortillas and either bake or fry them. Most are unsalted.

Mash up white beans and season with cumin, jalapeno, salt, cilantro (whatever strikes your fancy). Spread on tortillas/tostadas with chopped avocado, lettuce, tomato, seasoned ground beef or chicken, and homemade salsa.

You can find tortilla chips that are unsalted and delicious. (You can salt them at home if you want the salt.) You can mix the avocado and salsa and some lime juice for a good guacamole. It does not hold well, so only make what you will eat!

Contributed by Julie C. B.

Wisconsin Refrigerator Pickles

8 cups peeled, thinly sliced cucumber
Add 1 Tablespoon salt, stir well, let sit an hour or more, and drain well.

Add:

| | | |
|-------|----------|---------------------------------------|
| 1 | cup | chopped or sliced onion |
| 1 | cup | chopped or sliced red or green pepper |
| 1 | cup | vinegar |
| 1 3/4 | cups | sugar |
| 1 | teaspoon | mustard seed |
| 1 | teaspoon | celery seed |
| 1 | teaspoon | dill seed |

Mix well together & store in refrigerator.

No need to cook. Keeps well.

Variation: substitute 1/4 cup plain vinegar with balsamic or garlic vinegar.

Contributed by Jo W. of Arizona

Breakfast

Fruit Shake

1 banana
1 cup orange juice
1 cup water
1/2 tray ice cubes

Place all ingredients into a blender and liquefy!
Some additional pulsing might be necessary to break up some of the ice cubes. Feel free to add raspberries, blueberries or cut up strawberries for a flavor variation! Makes approximately 32oz when blended. Great as a breakfast shake (very filling!) or just as a refreshing beverage.

Contributed by Lauren P. of Maryland

Fruit Smoothie

1 1/2 cups orange juice
1 Tablespoon powdered egg whites
(found in bakery aisle or with health foods)
1/2 banana
handful frozen strawberries and/or
blueberries to taste

Blend in blender until smooth. Yields about 2 tall glasses. This is a great start to the day: We like it along with a bowl of oatmeal.

"Thank you for your recipe book. It was very helpful during this stressful time."

Contributed by Darlene H.

Griddle Cakes

Beat 2 egg whites with

2 Tablespoons sugar

Add

1 teaspoon vanilla

Stir in:

1 cup flour

2 teaspoons baking powder

1 teaspoon salt

1 teaspoon cinnamon

1 teaspoon vegetable oil

Then add 1/2 cup water (more as desired for batter thickness)

Stir until the batter is the consistency of thick cream.

I make mine a bit thicker because they are filling.

Spoon batter onto hot griddle which has been

greased with a bit of vegetable oil. Makes about 8

griddle cakes. Excellent hot with homemade jam or

real maple syrup. Freeze leftovers and pop in toaster.

Also excellent with breakfast sausage recipe.

Contributed by Susan L.

Griddle Cakes Variation

We have tried and enjoyed the Griddle Cakes recipe contributed by Susan L. I made a variation of the recipe that I thought was great and adds fruit and nuts to your breakfast.

Use the same Griddle Cake recipe; however, thin the batter a little by adding more water. Just enough to make Crepes instead of thick griddle cakes.

Pour on hot griddle about the size of a small bread and butter plate. Turn when batter looks dry on top and bubbles burst.

When finished, place on plate. Cut one large banana in half and then in half lengthways (1/4 banana). Place in center of crepe and add chopped unsalted nuts. Roll up in crepe and place seam side down on the plate.

Top with maple syrup. Great alternative to the plain Griddle Cakes. *Contributed by Amber M.*

Apple Morning Oats

1 1/2 cups boiling water
1/2 cup apple cider or juice
1 apple peeled and cubed
3/4 cup steel cut oats
honey or cinnamon sugar to taste
raisins

Boil till apples are softening. Add 3/4 cup steel cut oats. Simmer. (For measurements and directions, you can also follow your oatmeal box instructions.) Top with honey or cinnamon sugar, and raisins.

Contributed by BethAnn L.

Jelly Omelet

2 Tablespoons jelly (grape or any flavor)
All Whites, Egg Substitute (Equivalent of 2 eggs)
nonstick cooking spray

Spray an 8" skillet with nonstick cooking spray and place over medium heat. Pour egg substitute into skillet and cover, to allow both sides to cook quickly, about 2 minutes. Place 2 tablespoons of jelly in center of cooking egg, and gently fold one side of the egg over jelly to the other side. When jelly starts to slide out of the ends of the egg, remove omelet from skillet and enjoy!

Contributed by Lauren P. of Maryland

Easy Potato and Egg Breakfast

1 teaspoon canola oil
1 baked potato, peeled and sliced
onion, chopped
green pepper, chopped
salt and pepper to taste
3 egg whites

In a medium skillet, heat one teaspoon canola oil. Combine potato, onion, and pepper. Then add eggs and seasonings and cook in the skillet.

Contributed by Pat S.

Fruit and Oatmeal

1 medium apple; peeled, cored, and chopped
8-10 unsalted walnuts; finely chopped
1/4 cup regular oatmeal
cinnamon, to taste
raisins and/or dates, to taste
1/2 cup water
brown sugar, to taste

Combine, in a small bowl, apple, walnuts, and oatmeal and mix together

Add raisins/and or dates. Pour water over the mixture. Cover bowl and microwave 5-6 minutes on high. Let stand covered at least 2 minutes.

Add brown sugar to taste.

Contributed by Kathy C.

Pancakes

1 cake compressed or 1 package active dry yeast
4 cups water (amount may need adjustment, depending on type of flour you use)
1 teaspoon sugar
4 1/2 cups flour (can be bleached, wheat, buckwheat, or combination)
1 teaspoon salt

Soften compressed yeast in lukewarm water (85 degrees) or active dry yeast in warm water (110 degrees). Add sugar to mixture.

Combine dry ingredients. Add yeast mixture. Stir well. Let stand overnight at room temperature.

Bowl must not be more than 1/2 full.

In morning stir batter and add:

2 Tablespoons brown sugar
3/4 teaspoon baking soda
1 Tablespoon oil

Cook on lightly greased griddle.

(These are amazingly light!)

Contributed by Ann M.

Potato and Egg White Frittata with Onions and Asparagus

2 medium potatoes, peeled and thinly sliced
1 pint liquid egg whites
1/4 cup vegetable oil
1 large white onion, diced
1/2 package frozen asparagus
Salt, to taste
Pepper, to taste

Heat oil in large skillet. Add potatoes and brown like french fries. Add onion being careful not to burn it. Then add asparagus just until heated. Add egg whites and cover pan with cover to let both sides of frittata cook. Flip over once if necessary. Salt and pepper to taste.

Contributed by Susan C.

MORE ABOUT OATMEAL....

Kathleen R says:

McCann's Quick Cooking Irish Oatmeal has been a life saver. It comes in a white & gold box. No salt, no cholesterol, just oats.

1/2 cup of oatmeal and 1 cup of water.

Microwave for about 2 minutes.

Add whatever you like....golden raisins & honey; cinnamon & sugar & and nuts.

They also have a great recipe for cookies on the back of the box. Just use 1/4 cup egg substitute for the egg.

Breads and Muffins

Half Whole Wheat Bread Recipe for Bread Machines

For 1 pound loaf

| | |
|----------------------------|-----------------------------------|
| 3/4 cup Plus 1 Tablespoons | water |
| 2 teaspoon | honey |
| 1 Tablespoon | brown sugar |
| 1 cup | bread flour |
| 1 cup | whole wheat flour |
| 1 teaspoon | salt |
| 1 Tablespoon | oil, canola or vegetable oil |
| 1 1/2 teaspoon | active dry yeast |
| or | |
| 1 teaspoon | bread machine or fast-rise yeast. |

For 1 1/2 pound loaf

| | |
|------------------------------|----------------------------------|
| 1 cup Plus 2 1/2 Tablespoons | water |
| 1 Tablespoon | honey |
| 1 1/2 cups | bread flour |
| 1 1/2 cups | whole wheat flour |
| 1 1/2 teaspoons | salt |
| 1 1/2 Tablespoons | brown sugar |
| 2 Tablespoons | oil, canola or vegetable |
| 2 Tablespoons | active dry yeast |
| Or | |
| 1 1/2 teaspoons | bread machine or fast rise yeast |

Mix as directed on your bread machine instructions.

If your machine has a wheat bread setting, set it to

WHEAT BREAD

Contributed by Linda B.

Chocolate Zucchini Bread

(I use Spectrum Natural Organic Shortening to grease pan)

| | |
|---------------|----------------------|
| 2 1/2 cups | all-purpose flour |
| 1/2 cup | unsweetened cocoa |
| 1 teaspoon | baking soda |
| 1 teaspoon | cinnamon |
| 1/4 teaspoon | baking powder |
| 2 cups | sugar |
| 4 | egg whites |
| 1/3 cup | canola oil |
| 2 Tablespoons | water |
| 1 Tablespoon | pure vanilla extract |
| 2 1/2 cups | zucchini, shredded |

Preheat oven to 350 degrees F. Grease two 4x8 inch loaf pans with shortening. Sift next 5 ingredients together in a bowl. Combine next 5 ingredients in another bowl. Beat with an electric mixer until well blended. Stir in zucchini. Add dry ingredients and stir just until moistened. Divide batter equally between pans.

Bake 50-60 minutes, or until toothpick inserted near center of each loaf comes out clean. Cool loaves in pans on wire racks for 10 minutes. Remove loaves from pans and let cool completely on wire racks.

These can also be made as muffins; I suggest greasing the muffin tin rather than using paper cups, since the muffins tend to stick to paper.

Contributed by Deena D.

Beer Bread

| | |
|---------------|-------------------------------|
| 3 cups | self rising flour (see below) |
| 3 Tablespoons | sugar |
| 1 can | beer (room temp) |

Mix all ingredients well.

Put in a standard bread pan that has been sprayed with Pam or other non-stick spray

Bake at 375 degrees F for 1 hour.

Best if eat same day. Does freeze well.

Self Rising Flour:

| | |
|---------------|---------------|
| 6 cups | flour |
| 3 Tablespoons | baking powder |
| 1 Tablespoon | salt |

Sift all of above.

Contributed by Monique C.

Crackers

| | | |
|-----|------------|-------------------|
| 1 | cup | all-purpose flour |
| 1/2 | teaspoon | salt |
| 2 | Tablespoon | vegetable oil |
| 1/4 | cup | water |

Preheat oven to 400 degrees F.

Place flour, salt and oil in a large bowl and mix till well combined.

Add about 1/4 cup water and mix till mixture holds together but is not sticky.

Roll out on a lightly floured surface until 1/4 inch thick. Score lightly with a sharp knife if you want to break these into squares later on.

Bake on a baking sheet till lightly browned about 10 minutes.

Cool and enjoy. Makes 4 servings.

Contributed by Monisha R.

Basic White Yeast Bread

| | | |
|-------|-------------|---------------|
| 1 3/4 | cups | hot water |
| 3 | Tablespoons | sugar |
| 2 | teaspoons | salt |
| 1/4 | cup | vegetable oil |
| 6 | cups | white flour |
| 1 | package | dry yeast |

Test the dry yeast by adding it to 1/4 cup warm (not hot) water and 1 teaspoon sugar in a small bowl

(*Note: this water and sugar is in addition to the amounts listed above*); stir lightly and set aside for 10 minutes. If it doesn't bubble and rise up, try again with another package of yeast.

Meanwhile, using a large bowl, put the 1 3/4 cups of hot water over the sugar, salt and oil and stir. Add 3 cup of the flour and stir as well as possible. When the yeast mixture is ready, pour it into the cooled flour mixture and stir. Then gradually add all or most of the rest of the flour to the combined mixture. Turn the dough out onto the counter and knead it all together until smooth-about 10 minutes.

Place dough in a large oiled bowl, cover and set aside in a warm spot to rise for 90 minutes (or until doubled in size).

Punch down the risen dough and let stand for 5 minutes.

Divide into 2 equal chunks and shape each into a ball; let stand for 10 minutes.

Decide if you want rolls or loaves (or 1 of each)

Rolls: Spread a little flour onto counter and rolling pin and roll a ball of dough out to 1/4" thick. Cut out rounds with biscuit cutter or the rim of a glass (anything 3" works well). Keep reusing scraps until you run out of dough. Place onto lightly oiled cookie sheets, not touching. Cover and set aside for 50 minutes for final rising. Bake at 400 degrees F for 10 minutes or until golden on top. Makes about 12 large rolls.

Loaf: Shape dough into oblong to fit a 9 x 5 x 2 1/2" lightly oiled loaf pan. Cover and set aside for 50 minutes for final rising. Bake at 375 degrees F for 40-45 minutes. Top should be golden; insert toothpick to be sure center is done. Loaf can be sliced for sandwich bread.

Contributed by Nina G. of Hawaii

Betty's Bread Recipe

2 teaspoons yeast
1 1/2 cups white flour — unbleached
1 1/2 cups whole wheat flour
1 teaspoon salt
2 Tablespoons honey
2 Tablespoons canola oil
1 1/3 cups warm water

Put all the ingredients in the bread machine and let it go. For variation, you can add 1/2 cup raisins, nuts, sunflower seeds, or oatmeal. You can also substitute sugar for the honey.

Contributed by Betty S. of Massachusetts

Cinnamon Bread

Batter

1/4 cup vegetable oil
1 cup sugar
4 egg whites
2 teaspoons vanilla
2 cups white flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 cup water

Topping

8 Tablespoons sugar
2 Tablespoons cinnamon
1 Tablespoon vegetable oil

Mix the oil and sugar, stir in whipped egg whites, and add the rest (alternating the flour and water). Mix lightly. In a separate bowl, mix the topping ingredients together. Pour 1/2 the batter into a lightly greased loaf pan (9 x 5 x 2 1/2). Sprinkle over that 1/2 the topping. Add the rest of the batter and then the rest of the topping.

Bake at 350 degrees F for 40 minutes. Insert toothpick to be sure center is done. Use thick slices for breakfast or as a snack.

Contributed by Nina G. of Hawaii

Foccacia Bread (Bread Machine)

2 1/2 teaspoons yeast
3 cups flour
1 teaspoon salt
1 Tablespoon olive oil
1 teaspoon rosemary, crushed
1 teaspoon coarsely ground black pepper
1 teaspoon minced garlic
1 1/4 cups warm water

Add all ingredients to machine in order listed.

Remove bread while still warm, spray with olive oil, and sprinkle with salt.

A way to improve the bread. This takes more time and energy: Remove the dough after the first rising. Take it out and pound it flat with your fingertips to create a thin, uneven surface about one inch in depth. Let rise and pound with fingertips again.

Drizzle with olive oil and add rosemary, salt, etc.

Dust a baking pan with cornmeal and bake the bread in a hot oven (475 degrees F) for about 15 minutes.

Contributed by Karen F. of South Carolina

French Bread (Bread Machine)

2 1/2 teaspoons yeast
2 cups bread flour
1 teaspoon salt
1 teaspoon sugar
1 teaspoon olive oil
1 cup warm water

Add ingredients in machine in order listed.

Contributed by Karen F. of South Carolina

Bagel Suggestion

from a friend of ThyCa

Breakfasts were the hardest until I realized that some bagels would fit the restrictions. Check with a bagel store in your area. Ask if the dough is made on the premises. If so, you can ask to see the bag of salt used to make them. I found two stores in my area that make them on-site and use non-iodized salt.

French Bread

| | | |
|-----|----------|--|
| 1 | package | active dry yeast |
| 1/3 | cup | warm water, 105-115 degrees F |
| 3 | cups | all-purpose flour, reserve 2 teaspoons |
| 1 | teaspoon | salt |
| 2/3 | cup | very cold water |

In small bowl, sprinkle yeast over warm water. Set aside about 10 minutes, or until dissolved.

In work bowl of food processor fitted with steel blade, combine flour and salt. Start processor and add yeast mixture. Add cold water in a slow steady stream as quickly as the flour absorbs it; this should take about 20-25 seconds.

Continue processing until dough forms a ball, then for 60 seconds longer to knead dough.

Sprinkle inside of a 1-gallon zip lock plastic bag with the 2 teaspoons of reserved flour. Remove dough from work bowl and shape it into a smooth ball. Place dough in prepared bag; squeeze out air and close the top; leaving space for dough to rise. Place in a warm, draft-free place to rise until doubled in bulk, about 1 – 1 1/2 hours. Release seal on bag and punch down dough in bag.

Remove dough and shape into a 24" long slender loaf with tapered ends. Lightly spray a large baking sheet with nonstick spray. Place loaf on sheet and cut several diagonal 1/2" slashes across top of loaf. Spray a sheet of plastic wrap with nonstick spray and drape sprayed side loosely over loaf. Set aside in a warm, draft-free place to rise until doubled in bulk, about 30-40 minutes.

Preheat oven to 400 degrees F. Bake for 20 minutes until well browned and bread sounds hollow when tapped on the bottom. Remove from baking sheet and cool on wire rack.

Contributed by Nancy

Golden Honey Bread

(Bread Machine)

| | | |
|-------|------------------------|-------------------------|
| 1 | cup plus 2 Tablespoons | water (70-80 degrees F) |
| 2 | Tablespoons | honey |
| 2 | Tablespoons | olive oil |
| 1 1/2 | teaspoons | sugar |
| 1 | teaspoon | salt |
| 3 1/2 | cups | bread flour |
| 2 | teaspoons | active dry yeast |

In bread machine pan, place all ingredients in order suggested by manufacturer. Select basic bread setting. Choose crust color and loaf size, if available. Bake according to bread machine directions. Yield: 1 loaf

Contributed by Lois J.

Multi-Grain Wheat Bread

(Bread Machine)

| | | |
|-------|---------------------------|---|
| 1 | cup | water |
| 1/4 | cup | honey |
| 3 | Tablespoons | corn oil |
| 2 | | egg whites |
| 1 1/4 | teaspoons | salt |
| 1/4 | cup | oats |
| 1/4 | cup | yellow corn meal |
| 1/4 | cup | toasted wheat germ or other grain (I use 7 grain) |
| 2 | cups | whole-wheat flour |
| 1 | cup | all purpose flour |
| 1 | package (2 1/4 teaspoons) | dry yeast |

Place in bread machine in order listed. Use High (whole wheat) setting.

Makes a 2-pound loaf. This is a very dense bread. Great for making sandwiches.

Contributed by Brenda H.

Basic White/French Bread (Bread Machine)

(This recipe was created using the “Basic Bread” setting)

Makes a 1 1/2-pound loaf

1 1/8 cups warm water

1 1/2 Tablespoons oil (optional)

3 cups all-purpose flour

1 1/2 teaspoons salt

2 teaspoons active dry yeast

Add all ingredients to bread pan in the order given.

Contributed by Brenda N.

Makes a 2-pound loaf

1-1/2 cup warm water

2 Tablespoons oil (optional)

4 cups all-purpose flour

1 1/2 teaspoons salt

2 1/2 teaspoons active dry yeast

Reminder!

Use only non-iodized salt and non-sea salt in these recipes.

Simple White Bread

(No bread machine required)

This bread is very easy to make but it takes a few hours, as it has to sit around a lot doubling in size.

Just like being hypo, really!

Ingredients:

2 teaspoons dry yeast

2 teaspoons sugar

1/2 cup warm water

3 cups plain flour

1 1/2 teaspoons salt

3/4 cup warm water, in addition to the water above

Method:

Place yeast, sugar and half a cup of warm water in a bowl and stir until sugar is dissolved. Stand for 10 minutes or until frothy. If it does not become frothy, try again with another packet of yeast.

Place flour, salt and three-quarters of a cup of warm water in a food processor and process for a few seconds. While motor is running, add yeast mixture and process until combined.

Scrape mixture onto floured surface and knead into a ball. Place in a greased bowl, cover with plastic wrap, and stand in a warm place until doubled in bulk, about 1 hour.

Punch down dough; knead on floured surface into a loaf shape, and place in a greased loaf tin. Stand in a warm place uncovered for 40 minutes or until doubled in bulk.

Bake in a moderately hot oven for 15 minutes, then reduce heat to moderate and bake for a further 40 minutes. Turn out on wire rack to cool.

Electric Temperatures

| | | |
|----------------|-------------------|-------------------|
| Moderately hot | 220-230 degrees C | 425-450 degrees F |
| Moderate | 190-200 degrees C | 375-400 degrees F |

Gas Temperatures

| | | |
|----------------|---------------|---------------|
| Moderately hot | 190 degrees C | 375 degrees F |
| Moderate | 180 degrees C | 350 degrees F |

Serving Suggestions

This bread is great for sandwiches and toast. Another great alternative is to make your own herb bread by brushing thick slices of the bread with olive oil, sprinkling with herbs and putting under the grill, in the oven, or in the toaster for a few minutes. You can also make garlic bread by brushing with oil and then either rubbing garlic over it or spreading some minced garlic on top.

Contributed by Jodi F.

Simple Bread or Pizza Crust

In a large mixing bowl, combine the following:

| | | |
|-----|-------|------------|
| 1/2 | ounce | yeast |
| 2 | cups | warm water |

Mix with fork. Then add:

| | | |
|---|-----------|-------|
| 2 | teaspoons | salt |
| 2 | teaspoons | sugar |
| 4 | cups | flour |

Let dough rise 5 minutes. Then spread on 12 x 18 baking sheet using Pam or canola oil. Garnish as you please. My favorite is Mrs. Dash and Rosemary.

You might try onions, tomato, or even jam, raisins, or nuts for a real breakfast treat. Bake at 400 degrees F for 20 minutes or till golden brown.

“I miss my breads the most. All of the family will enjoy sitting down to a meal of bread and salad.”

Contributed by Pat S.

Quick Mix Thin and Crispy Pizza

With suggestions for Toppings

“That’s right, I said PIZZA!!! Now, granted, it has no cheese, but it still tastes pretty darn good. And it’s so quick and easy.”

Ingredients:

| | | |
|---------------------|-----------------|--|
| 2 | cups | plain flour |
| pinch | | salt |
| 1 | teaspoon | sugar |
| 3/4 | cup | warm water |
| 7 grams (1/4 ounce) | sachet (packet) | dried yeast (If using compressed yeast use 15 grams instead of 7 grams. Or 1/2 ounce instead of 1/4 ounce) |

Method:

Sift flour and salt into a bowl. Make a well in the center. Stir water into yeast and sugar. Pour this mixture into the flour. Mix to a firm dough. Knead on floured surface until smooth.

Divide dough in half; roll each half large enough to cover the base of two 28-centimeter (11-inch) pizza pans. Don’t worry; if you don’t have a pizza pan, just use a baking tray.

Top with your favorite topping; leave about an inch around the edge for the crust and bake in a hot to very hot oven for 15 minutes.

If you want to freeze the dough you can, just bake for an extra 15 minutes when using.

Toppings and Serving Suggestions:

Spread the base with tomato paste. I actually used a salt-free basil-flavored tomato sauce that was meant for pasta. Then chop up some onion, fresh tomato and zucchini. Cook that up in a little olive oil for a few minutes. Spread on top of the base, and sprinkle with dried or fresh basil and black pepper. If you like, add some fresh pineapple. Cook for 15 minutes in the oven.

You could even use the basil pesto recipe in this cookbook (maybe with a bit less oil). Spread this on the base and top with your favorite veggies.

I am vegetarian, but I’m sure you could put some low-iodine-compatible chicken or some other type of meat on top. The meat would already have to be cooked, obviously.

You can really use whatever you like as long as the topping is low-iodine-compatible. Serve with some herb or garlic bread...yum! Contributed by Jodi F.

Breadsticks or Rolls

8 ounces water at room temperature
1/2 teaspoon salt
2 Tablespoons olive or canola oil
3 cups all purpose flour (could substitute 1/2 cup with wheat germ or 1 cup wheat flour)
1 1/2 teaspoons active dry yeast

Combine ingredients in bread machine from top to bottom. Use the "Dough" setting. Once dough is done, shape into breadsticks or rolls and bake at 425 degrees F for approximately 10 minutes.

(I adapted this recipe from a recipe for a pizza crust. It makes an excellent pizza crust.)

Contributed by Tracey L.

Biscuits

In a mixing bowl, mix together:

2 cups sifted flour
3 teaspoons baking powder
1 teaspoon salt

then add all at once

1/3 cup oil (I use canola)
2/3 cup ice cold water

Mix together until a ball is formed.

Knead about 8 or 10 times.

Roll or pat out between two sheets of wax paper until about 1/2 inch thick, cut with a biscuit cutter or a glass, and place on an ungreased baking dish.

Bake for 10 minutes in a 475 degree F oven, or in a toaster oven as I do at 450 degrees F for 10 minutes.

(My wife hates to be without biscuits, so I came up with these changes to our usual biscuit recipe.)

Contributed by James L J. of Oregon

Fruit Quick Bread

peel of one large orange
1/2 cup raisins
1 cup + 2 Tablespoons orange juice
1/4 cup unsweetened applesauce
(from jar)
1/4 cup vegetable oil
4 egg whites
3/4 cup sugar
2 cups flour
1/2 teaspoon baking soda
2 teaspoons baking powder

Remove as much of white pith from orange peel as possible and cut peel into pieces. Puree peel, orange juice and raisins in a blender or food processor. Mix sugar and oil, add applesauce, pureed fruit and mix well. Stir in egg whites. Add flour, baking soda and powder, mix just until blended. Pour into a 9" x 5", oiled and floured loaf pan. Bake at 350 degrees F for one hour or until tester comes out clean. Freezes well.

Contributed by Ellen

Orange Muffins

| | | |
|-----|------------|--|
| 1 | cup | orange juice |
| 1/2 | cup | vegetable oil |
| 2 | cups | white flour |
| 1/2 | cup | sugar |
| 1 | Tablespoon | orange extract |
| 3 | | egg whites |
| 3 | teaspoons | baking powder |
| 1 | teaspoon | salt |
| 1 | cup | pecans, optional (unsalted, chopped into pieces) |

Beat the sugar and oil, whipping in the egg whites, orange juice, and orange extract. Stir in the rest very lightly. Line a muffin tin with paper cups, or grease lightly. Bake at 400 degrees F for 15 minutes, until golden on top.

Makes 12 muffins.

Contributed by Nina G. of Hawaii

Apple Muffins

| | | |
|-----|-----------------------------|--------------------|
| 1/3 | cup | corn oil |
| 1/2 | cup | granulated sugar |
| 1/4 | cup | packed brown sugar |
| 3 | | egg whites |
| 1 | cup (give or take a little) | chunky applesauce* |
| 1 | teaspoon | cinnamon |
| 1/4 | teaspoon | nutmeg |
| 2 | cups | flour |
| 3 | teaspoons | baking powder |
| 1 | teaspoon | salt |

* Even with all-natural applesauce, you have to be careful and read the label because some of them may contain salt.

Beat oil and sugars together. Whip in egg whites, applesauce and spices. Stir in flour, baking powder and salt. Grease muffin pan and divide mixture evenly between 6 muffin cups.

Bake at 400 degrees F for 20-25 minutes.

Contributed by Laura J.

Cranberry-Pumpkin Muffins

Pre-heat oven to 400 degrees F.

Mix:

| | | |
|-----|----------|-------------------|
| 3/4 | cup | whole wheat flour |
| 1 | cup | white flour |
| 3/4 | teaspoon | baking soda |
| 1 | teaspoon | ginger |
| 1/2 | teaspoon | allspice |
| 1 | teaspoon | cinnamon |
| 1/4 | teaspoon | baking powder |
| 1/4 | teaspoon | salt |

Mix separately:

| | | |
|-----|--------------------|------------------------------------|
| 1 | cup | canned pumpkin (see note) |
| 1/2 | cup | sugar |
| 1/3 | cup + 1 Tablespoon | orange juice |
| 1/4 | cup | vegetable oil |
| 2 | | egg whites |
| 3/4 | cup | dried cranberries (or cherries) |

(Note that some references disallow canned foods on the low-iodine diet, since some canning machinery may be cleaned with iodine-containing cleaners). Mix wet and dry ingredients. Add dried cranberries (or cherries). Divide mixture evenly into 12 greased muffin cups. Bake at 400 degrees F. for approx. 15 minutes. Makes 12 muffins.

Contributed by Ann DS.

Whole Wheat Banana Muffins

| | | |
|-----|----------|-------------------------------------|
| 1 | cup | mashed banana (2-3 medium) |
| 2/3 | cup | brown sugar |
| 1/3 | cup | corn oil |
| 2 | | egg whites |
| 3/4 | cup | all purpose flour |
| 3/4 | cup | whole wheat flour |
| 1 | teaspoon | baking soda |
| 1 | teaspoon | baking powder |
| 1/2 | teaspoon | salt |
| 1/2 | cup | chopped unsalted nuts (optional) |

Topping: 1/4 cup white sugar, 1/2 teaspoon cinnamon

Combine mashed bananas, brown sugar, oil and egg whites. Beat until mixed.

Stir dry ingredients together and add to banana mixture, stirring to combine. Add nuts if desired.

Pour into muffin pan, filling half way.

Combine sugar and cinnamon for topping; sprinkle on top of batter before baking. Bake at 350 degrees F for 20 minutes. Makes 6 muffins.

Contributed by Alison B.

Oat Bran Applesauce Muffins

1/2 cup brown sugar, packed
1 1/2 cups oat bran cereal (Hodgson
Mill)
1 1/2 cups white flour, unbleached
1/2 Tablespoon baking powder
1/2 Tablespoon baking soda
1/2 teaspoon salt
4 egg whites
1 cup applesauce, chilled
1 Tablespoon vegetable oil

Preheat oven to 400 degrees F. Line 12 muffin cups with paper liners or grease muffin cups. Blend together dry ingredients. Add egg whites, chilled applesauce, and vegetable oil. Mix until well blended. Spoon batter into muffin cups. Let stand for 10 minutes. Bake 15 minutes or until golden brown.

Yield: 12 muffins

Contributed by Elaine J.

Blueberry Muffins

2 egg whites
1 cup water
1/4 cup vegetable oil
2 cups flour
1/4 cup sugar
3 teaspoons baking powder
1 teaspoon salt
1 cup fresh blueberries (or 3/4 cup frozen)

Heat oven to 400° F. Beat egg whites. Stir in water and oil. Mix in flour, sugar, baking powder, and salt until moistened. Gently fold in blueberries. (If using frozen blueberries, thaw and pat dry on paper towels). Pour batter into a greased or paper-lined muffin pan. Makes 12 muffins.

Contributed by Cathy T.

Corn Muffins

1-1/4 cups flour
3/4 cup corn meal
1/4 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 cup water
1/4 cup vegetable oil
2 egg whites

Heat oven to 400° F. Combine dry ingredients. Stir in water, oil, and egg whites. Mix until dry ingredients are moistened. Pour batter into greased or paper-lined muffin pan. Bake 15 to 20 minutes.

Contributed by Cathy T.

Banana Coconut Bread

3 cups unbleached or whole-wheat pastry flour, or a combination of the two
1 cup unsweetened shredded coconut
4 teaspoons baking powder
1 teaspoon baking soda
2 Tablespoons sunflower or other light oil
2 Tablespoons maple syrup or alternative liquid/syrupy sweetener
4 very ripe bananas, mashed well

Preheat oven to 350 degrees F. Lightly oil and flour a loaf pan. Combine the flour, coconut, powder, and soda in a large mixing bowl. Add remaining ingredients, mixing together well with a wooden spoon (batter will be thick). Spread evenly into the loaf pan, smoothing the top. Bake 40 to 45 minutes or until a toothpick stuck into the middle comes out clean. Cool for at least twenty minutes before slicing and serving.

Contributed by Nina S.

Soft Pretzels

| | | |
|-------|-------------|------------|
| 1 | cup | flour |
| 1/2 | teaspoon | dry yeast |
| 1 | teaspoon | sugar |
| pinch | | salt |
| 6 | Tablespoons | WARM water |

Mix ingredients and knead until well combined. Let dough rest approximately 30-60 minutes in oiled bowl. Fold into shape and let rest 5 more minutes. Bake at 450 degrees F for approximately 10 minutes. Makes 4.

Contributed by Kim S. of New Jersey

Kari's Pizza, Using Kim's Soft Pretzel Dough

Ingredients:

soft pretzel dough, using Kim S.'s recipe on this page

small amount of olive or corn oil

clove of fresh garlic

sliced and chopped fresh vegetables such as half a small onion, two mushrooms, a third of a zucchini, and spinach

sliced tomatoes

seasonings (basil, oregano, rosemary, garlic powder, etc.)

While the dough is rising, sauté all the vegetables except the tomatoes in the oil over low heat. Don't add the tomatoes right away; they'll get too soft. When the vegetables are almost done, add the tomatoes and stir everything around a few more times.

Then, instead of rolling all the dough into pretzels, use half of it for a pizza crust (or all of it to make two pizzas). Adding extra oil before rolling it out makes the crust more of a golden brown shade. It also makes the dough easier to work with. Once it's rolled out on the cookie sheet, sprinkle it with seasonings and put the tomato slices on it. Then add all the other toppings.

Bake at 450 degrees F for about 10 minutes (it may take longer because of the added toppings).

Hint: Don't skimp on the seasonings; they're the key to making a passable cheeseless pizza.

Contributed by Kari S.

Desserts

Oil Pie Crust

| | | |
|-------|-------------|--------------------------------------|
| 1 1/2 | cups | flour |
| 1 1/2 | teaspoons | sugar |
| 1/2 | teaspoon | salt |
| 1/2 | cup | oil |
| 2 | Tablespoons | cold almond milk (or other nut milk) |

Combine the ingredients and press into a pie pan (can be rolled between two pieces of wax paper or parchment paper. Bake: 400 degrees F for 8 minutes. Or use with any pie recipe according to instructions

Bake some extra crust to crumble on top of a cooked fruit filling. YUM!

Contributed by Don and Geneva E.

Pie Crust (double for a two crust pie)

| | | |
|-------|-------------|----------------------|
| 1 1/2 | cup | flour |
| 1/2 | cup | Spectrum™ shortening |
| 1/2 | teaspoon | salt |
| 4-5 | Tablespoons | cold water |

Combine flour & salt. Cut in shortening to make crumbs. Drizzle water to combine.

Contributed by Kimberly T.

Apple Pie

| | | |
|-----|-------------|--------------------------------|
| 6-8 | medium | apples peeled cored and sliced |
| 1 | cup | sugar |
| 1/2 | teaspoon | salt |
| 1 | teaspoon | cinnamon |
| 1/2 | teaspoon | nutmeg |
| 2 | Tablespoons | flour |

Combine all ingredients and pour into unbaked pie crust. Top with additional crust or crumb topping of:

| | | |
|-----|-----|----------------------|
| 1/2 | cup | flour |
| 1/2 | cup | sugar |
| 1/4 | cup | Spectrum™ shortening |

Bake at 425 for 15 minutes then lower to 350 degrees F for 30 to 40 minutes until you hear bubbles.

Contributed by Kimberly T.

Berry Pie

| | | |
|--------|------------|--|
| 6 to 7 | cups | blueberries or raspberries (frozen or fresh) |
| 1/3 | cup | flour |
| 1 | cup | sugar |
| 1/8 | teaspoon | salt |
| 1 | Tablespoon | lemon juice |

Combine all ingredients. Pour into unbaked pie crust. Top with additional crust and bake at 425 degrees F for 20 minutes then lower to 350 degrees for 30 to 40 minutes until you hear bubbles.

Contributed by Kimberly T.

Caramelized Pears

| | | |
|-----|-----|--|
| 4 | | Bartlett pears, halved lengthwise and cored (choose pears that are firm) |
| 1/3 | cup | sugar |
| 1/2 | cup | water |

Place sugar on a plate and press cut side of pear into sugar. Heat a large skillet over medium heat. Place pears, cut side down, on skillet. Cook until they brown, about 7 minutes. Add water, cover, and simmer until pears are tender, about 5 – 10 minutes depending on how firm the pears are. Add more water if necessary. Remove pears from skillet. Reduce sauce in pan by turning up heat if it is too thin. Pour sauce over pears.

Contributed by Tracy T.

Fruit Cocktail (Drink)

| | | |
|---|------|---|
| 1 | cup | orange juice |
| 2 | cups | fresh fruit, peeled and cut into chunks (My favorite combination is cantaloupe, mango and peach.) |

Blend in blender until smooth. Add more fruit or juice to reach desired consistency. Great for breakfast or whenever you need a boost!

Experiment with different fruit combinations. The frozen packages of fruit may also be used. Use less fruit if it is frozen as it is more difficult to blend.

Contributed by Tracy T.

Cooked Papaya

1 jumbo papaya, just barely ripe
(still firm)
1/3 cup sugar
1 1/2 cups water
2 cinnamon sticks
Zest of one lime
Juice of one lime
Peel and cut papaya into chunks. Place in a
saucepan with water, sugar, cinnamon sticks, and
lime juice. Cook over medium heat until liquid
starts to steam. Do NOT boil. Remove from heat
and stir in lime zest. Serve warm or cold. Keeps
well in the fridge. *Contributed by Tracy T.*

Apple Cake

1 cup sugar
1/2 cup canola oil
1 egg white
1 1/4 cup flour
1/2 teaspoon baking soda
1 teaspoon cinnamon
1 teaspoon nutmeg
1/2 teaspoon salt
2 1/4 cups chopped apples
Mix well. Pour into oiled 8 x 8 pan. Bake at 350
degrees F 35 minutes, or a bit longer (until a tester
comes out clean.) *Contributed by Karen Fr. Fr.*

Apple Crisp

5 cups sliced apples, peeled if
desired
3 Tablespoons sugar
1/2 cup rolled oats, regular or quick
1/2 cup brown sugar packed
1/4 cup flour
1/4 teaspoon cinnamon
2 Tablespoons vegetable oil
Preheat oven to 375 degrees F. Grease 8 inch baking
dish with vegetable oil. Place fruit in baking dish
and sprinkle with sugar, toss to coat, and set aside.
In separate bowl, add remaining ingredients, stir
until well mixed, and sprinkle over apples. Bake at
375 degrees F oven for 30 to 35 minutes. Serve
warm. *Contributed by Rae K.*

Baked Bananas

Use one banana per person. After cooking any
dinner in the oven, turn oven off. Place whole,
unpeeled bananas on cookie sheet and place in oven.
By the time you are finished eating dinner, the
bananas will be cooked. Place banana on a plate and
slice open with a knife. Serve warm.
*Karen (FergieQ) served these to me at her house. It
was so simple yet so delicious. The banana flavor
gets very intense.*
Contributed by Leah G. of Florida

Baked Cinnamon Apple

1 apple
1 Tablespoon sugar
2 teaspoons cinnamon
Slice the apple and put in a bowl. Sprinkle the sugar
and cinnamon over top. Tightly cover bowl with
plastic wrap. Microwave for 1-2 minutes until
apples are soft. Open plastic wrap carefully. Let sit
for a minute or two before eating.
Contributed by Teresa M.
*Teresa says, "I had no idea there were so many
recipes out there! These recipes are great and will
help me for future scans. ...[this] ...recipe...became
my saving grace when I was too tired to cook.."*

Steamed Pears

2 pears
2 Tablespoons honey
Cut off top of pears and core. Pour honey in each
and replace lid. Steam over boiling water for 30
minutes.
Contributed by Karen F. of South Carolina

Frozen Fruit Concoction

Nothing is actually measured. Just put in the blender and adjust to taste.

Use semi-thawed frozen strawberries, blackberries, blueberries, raspberries...a mixture of berries or use one kind of berry and/or a mixture of frozen fruits. Put berries/fruits in a blender. Use enough to go to the “max” sign on side of blender.

Add Sprite™, 7-Up™ or similar lemon-lime soda.

Diet sodas are fine. Blend.

Add sugar or artificial sweetener, if desired.

Add splash of vanilla. Blend.

Add chopped pecans or almonds (optional).

Serve in wine glasses for an extra “treat”.

Contributed by Vel

Lemon Curd

| | | |
|-------|-------------|--------------------------|
| 1/4 | cup | cold water |
| 1/2 | cup | granulated sugar |
| 3 | Tablespoons | cornstarch |
| pinch | | salt |
| 1/4 | cup | fresh lemon juice |
| 1 | teaspoon | finely-grated lemon zest |

In a steep-sided bowl, whisk together the water, sugar, cornstarch, and salt until the cornstarch is dissolved. Transfer to a saucepan. Bring the mixture to a boil over medium high heat, stirring constantly. When the mixture thickens, reduce the heat to low and cook for another minute, still stirring. Pour the mixture into a bowl, and mix in well the lemon juice and zest. Allow to cool and thicken at room temperature. Best served at room temperature, but may be refrigerated, covered, for several days. Either way, before serving, beat thoroughly with a whisk or fork to a smooth, spreadable consistency.

Contributed by Nina S.

Fried Banana Cakes

| | | |
|--------------|-------------|------------------|
| 4 | medium | bananas |
| 4 | cups | unbleached flour |
| 3 | teaspoons | sugar |
| 1 1/2 | teaspoons | salt |
| 4 | Tablespoons | vegetable oil |
| 1/2 to 1 cup | | water |

vegetable oil for pan-frying

In a large mixing bowl, mash bananas well. Add the flour, sugar, salt, oil and mix well. Add enough water to make a stiff dough. Cover the bowl with a towel and let it stand at room temperature for 30 minutes. Remove dough from the bowl and place on lightly floured board or other smooth surface. Roll the dough out to one-fourth to one-half inch thick, then cut it with a wet or floured knife into 4-inch squares. Heat thin layer of oil -- about one-eighth inch -- in heavy skillet until very hot. Place only as many squares as fit without touching into the skillet (this may mean cooking only one at a time unless you have a very large skillet). Pan-fry squares until golden brown, about 3 minutes, then turn over and pan-fry second side until golden, about 2 minutes. Replenish oil as needed between batches. Drain on paper towels. Serve warm. *Contributed by Nina S.*

Glazed Fruit Kabobs

| | | |
|-----|--------|--|
| 1/2 | small | cantaloupe, peeled and seeded, cut into small cubes |
| 3 | medium | peaches, peeled and pitted, cut into small cubes |
| 2 | medium | oranges, peeled and sliced crosswise |
| 2 | medium | apples, peeled, cored, and cut into small cubes |
| 1/2 | pound | fresh strawberries, washed, tops cut off, cut into chunks |
| 1/4 | cup | honey |
| 1/4 | cup | real maple syrup |

In a large mixing bowl, place prepared fruit, honey, and syrup. Stir well. Alternate fruit pieces onto metal or wooden kabob sticks.

Contributed by Christine N. of Virginia. Recipe by Food Allergy Network.

Persimmon Pudding

| | | |
|-----|-------------|--|
| 1 | cup | very ripe cooking persimmons |
| 1 | cup | sugar |
| 1/2 | cup | canola oil |
| 1 | teaspoon | cinnamon |
| 2 | teaspoons | baking soda mixed with 2 teaspoons hot water |
| 1 | | egg white |
| 1 | teaspoon | vanilla |
| 1 | cup | raisins |
| 2 | Tablespoons | lemon juice |
| 1 | cup | flour mixed with 1/2 teaspoon salt |

Combine all ingredients and mix well. Pour into greased bowl or mold, cover securely with foil, and steam in a covered pot for 2 1/2 hours.

Contributed by Karen Fr. Fr.

Company Cake

(Can be doubled and put in 9 x 13 pan)

Preheat oven to 375 degrees F. Lightly oil 8" pan, or bake in non-stick pan.

Stir together:

| | | |
|-------|-----------|---------------|
| 1 1/2 | cups | flour |
| 2 | teaspoons | baking powder |
| 1/2 | teaspoon | salt |
| 1/2 | cup | sugar |

Beat 2 egg whites until fluffy and add:

| | | |
|-----|-----|---------------|
| 1/2 | cup | water |
| 1/2 | cup | vegetable oil |

Add liquid to dry ingredients and stir until well mixed. Batter will be sticky. Spread in 8" square pan. Top with frozen fruit. I use a mixture of frozen raspberries/blueberries/blackberries. Bake until top is golden. About 20-25 minutes. You can also sprinkle lightly with brown or white sugar before baking. Serve warm.

Contributed by Susan L.

Wacky Cake

| | | |
|-------|-------------|---------------|
| 1 1/2 | cups | flour |
| 1 | cup | sugar |
| 3 | Tablespoons | cocoa |
| 1 | teaspoon | baking soda |
| 1/2 | teaspoon | salt |
| 5 | Tablespoons | oil |
| 1 | teaspoon | white vinegar |
| 1 | teaspoon | vanilla |
| 1 | cup | cold water |

Preheat oven to 350 degrees F. Sift together flour, sugar, cocoa, soda, and salt into an 8 x 8 inch baking pan or dish. Mix thoroughly. Make 3 holes in the dry ingredients. Place oil in first hole, vinegar in second hole, and vanilla in third hole. Pour water over all and mix well. Spread batter evenly in pan and bake in the dish that batter was mixed in. Bake 30 minutes or until center is firm. Cool. This can then be sprinkled with confectioners sugar.

Topping suggestion from Tracy T Crush strawberries (if in season) or stew a package of frozen berries. Sweeten slightly with sugar and serve over pieces of cake

Contributed by Christine N. of Virginia. This is one of the first recipes contributed to the ThyCa Low-Iodine Cookbook.

Raisin Cake

| | | |
|-------|-------------|-------------------------------------|
| 1 | cup | sugar |
| 2 | cups | flour |
| 3 | Tablespoons | vegetable oil |
| 2 | teaspoons | cinnamon |
| 1 | cup | cooked raisins |
| 1/2 | teaspoon | nutmeg |
| 1 | cup | raisin juice (see directions below) |
| 1 | teaspoon | soda |
| pinch | | salt |

Sift dry ingredients. Stew raisins in 2 cups water, until 1 cup liquid remains. In bowl combine sugar, oil, and cooled liquid. Slowly add dry ingredients 1/2 cup at a time, stirring well each time. Add cooked raisins. Pour into a greased and lightly floured 10 x 8 inch pan. Sprinkle top with sugar and bake at 350 degrees F for 22-30 minutes.
Contributed by Lois J.

Nana's Portuguese Chocolate Applesauce Cake

| | | |
|-------|-------------|------------|
| 1/2 | cup | canola oil |
| 1 | | egg white |
| 1 1/2 | cups | sugar |
| 1 1/2 | cups | applesauce |
| 2 | teaspoons | cinnamon |
| 1 | teaspoon | nutmeg |
| 4 | Tablespoons | cocoa |

Mix the above together in a large bowl. In a small bowl or measuring cup, mix:

| | | |
|-------|-----------|-------------|
| 2 | cups | flour |
| 1 1/2 | teaspoons | baking soda |
| 3/4 | teaspoon | salt |

Add the dry ingredients to the wet ingredients. Then fold in:
One to two cups raisins.

Pour into oiled tube pan and bake 350 degrees F for 50 to 60 minutes.

Contributed by Karen Fr. Fr.

Karen says, "This recipe comes from my great grandmother, my mother's mother's mother."

Brenda's Chocolate Cake

| | | |
|-----|------------------------|-------------|
| 3 | cups | flour |
| 5 | Tablespoons | cocoa |
| 2 | cups | sugar |
| 2 | teaspoon | baking soda |
| 1 | teaspoon | salt |
| 3/4 | cup plus 3 Tablespoons | oil |
| 2 | Tablespoons | vinegar |
| 1 | Tablespoons | vanilla |
| 2 | cup | cold water |

Combine first 5 ingredients. Add oil, vinegar, vanilla, and cold water. Mix slightly with mixer or by hand. Bake in 9x13 inch pan for 35-40 minutes at 350 degrees F. *Contributed by Brenda N.*

Frostings

"White Mountain"

| | | |
|-----|-------------|-------------------|
| 1/2 | cup | sugar |
| 1/4 | cup | light corn syrup* |
| 2 | Tablespoons | water |
| 2 | | egg whites |
| 1 | teaspoon | vanilla |

Mix sugar, corn syrup, and water in 1-quart saucepan. Cover and heat to rolling boil over medium heat. Uncover and boil rapidly to 242 degrees F on candy thermometer (or until small amount of mixture dropped into very cold water forms a firm ball that holds its shape until pressed). As mixture boils, beat egg whites in 1 ½ qt bowl just until stiff peaks form. Pour hot syrup very slowly in thin stream into egg whites, beating constantly on medium speed. Add vanilla; beat on high speed until stiff peaks form. Frosts 13x9 inch cake or fills and frosts two 8-inch or 9-inch cake layers.

Variations: Cocoa Frosting: sift 1/4 cup cocoa over frosting and fold in until blended.

Satiny Beige Frosting: Substitute packed brown sugar for the granulated sugar and decrease vanilla to 1/2 teaspoon.

Coffee Frosting: Beat 1 teaspoon powdered instant coffee into Satiny Beige Frosting (above).

* Read the label on the corn syrup. It may be salt-free, or it may have a small amount of salt.

Contributed by Brenda N.

Nina's Chocolate Cake

| | | |
|-------|------------|--------------------------|
| 2 | cups | water |
| 1/2 | cup | 100% vegetable oil |
| 1 | Tablespoon | white vinegar |
| 2 | teaspoons | vanilla extract |
| 3 | cups | all-purpose flour |
| 1 1/2 | cups | sugar |
| 1/2 | cup | unsweetened cocoa powder |
| 1 1/2 | teaspoons | baking soda |
| 1/2 | teaspoon | salt |
| | | vegetable cooking spray |
| 2 | teaspoons | powdered sugar |

Preheat oven to 350° F. Combine first four ingredients in a large bowl. Combine flour and next four ingredients; stir well. Add the flour mixture to the water mixture. Beat at low speed of an electric mixer until well blended. Beat an additional one minute at high speed. Pour the batter into a 13x9x2 inch baking pan coated with cooking spray. Bake for 35 minutes or until a wooden pick inserted in center comes out clean. Cool completely in the pan on a wire rack. Sprinkle powdered sugar over top of cake.

Contributed by Nina S.

Hot Fudge Pudding Cake

| | | |
|-------|-------------|---------------|
| 3/4 | cup | sugar |
| 1 | cup | flour |
| 3 | Tablespoons | cocoa |
| 2 | teaspoons | baking powder |
| 1/4 | teaspoon | salt |
| 1/2 | cup | water |
| 1/3 | cup | corn oil |
| 1 1/2 | teaspoons | vanilla |

Mix first five dry ingredients. Add water, oil, and vanilla. Mix until smooth. Pour into 8x8x2 inch or 9x9x2 inch greased pan.

Topping:

| | | |
|-----|-------------|---------------------------|
| 1/2 | cup | granulated sugar |
| 1/2 | cup | brown sugar |
| 4 | Tablespoons | cocoa |
| 2 | teaspoons | instant coffee (optional) |

Mix and sprinkle over batter. Pour 1-1/4 cups hot water over top (use 1 1/2 cups for more pudding). DO NOT STIR. Bake at 350 degrees F for 40 minutes until the center is almost set. Let stand 15 minutes.

Contributed by Brenda H.

No-Bake Cookies

| | | |
|-----|-------------|---|
| 1 | cup | sugar |
| 1 | cup | unsalted peanut butter |
| | | a little plain salt (start with 1/4 teaspoon) |
| 4 | Tablespoons | oil or vegetable shortening |
| 1/3 | cup | unsweetened cocoa |
| 3 | cups | oats |

You can adjust ingredients to your liking (for example, more chocolate—cocoa—or more peanut butter).

Stir first 5 ingredients over low heat. When it is mixed well and creamy, add oats 1/2 cup at a time.

Drop on waxed paper till cool.....enjoy!

Contributed by BethAnn L.

Oatmeal Cookies

| | | |
|-----|----------|-------------|
| 1/2 | cup | shortening |
| 1 | cup | brown sugar |
| 2 | | egg whites |
| 1 | teaspoon | vanilla |
| 1 | cup | flour |
| 1/2 | teaspoon | salt |
| 1/2 | teaspoon | baking soda |
| 1 | cup | rolled oats |

Cream shortening and brown sugar. Add egg whites and vanilla. Mix well.

Sift together flour, salt and baking soda. Add to creamed mixture. Mix well.

Stir in rolled oats.

Drop from spoonful onto cookie sheet and bake at 350 degrees F for 10-12 minutes or until edges of cookies start to brown. Cool and eat!

You can cook some dates as filling to spread between two cookies.

Contributed by Alison B.

Peanut Butter Balls

| | | |
|-------|----------|---|
| 1/2 | cup | vegetable oil |
| 1 | cup | unsalted peanut butter |
| 2/3 | cup | maple syrup or alternative syrup sweetener |
| 2 1/4 | cups | unbleached or whole-wheat pastry flour |
| 1/2 | teaspoon | baking powder |
| 1 | teaspoon | ground cinnamon |

Mix the vegetable oil with the peanut butter. Add in the syrup and mix well. Mix the flour, baking powder, and cinnamon together, then add to the peanut mixture and mix well. Preheat the oven to 350 degrees F. Pull off bits of dough and roll into 1-inch balls between the palms of your hands. Place the balls on a lightly greased cookie sheet. They can be placed close together (not touching) because they don't flatten out during baking. Bake for about 12 minutes.

Contributed by Nina S.

Flourless Chocolate Almond Cookies

(Also good with pecans)

| | | |
|-------|----------|-----------------|
| 2 | cups | chopped almonds |
| 1/4 | cup | cocoa powder |
| 2 1/2 | cups | powdered sugar |
| 1 | teaspoon | vanilla |
| 1/8 | teaspoon | salt |
| 4 | large | egg whites |

Preheat oven to 350 degrees F.

Mix cocoa powder, sugar, and salt. In a different bowl, mix vanilla and egg whites. Slowly mix liquid into dry, increasing to medium speed until mixture is glossy—about 2 minutes. Stir in almonds.

Drop 1/4 cup batter 3 inches apart onto a large cookie sheet lined with parchment (that aluminum “release” foil works great, too). Put in oven and immediately reduce heat to 325 degrees F. Cook until small cracks appear and they are nearly firm to touch (16 minutes or so). Cool on the paper or foil, then remove. Return oven to 350 degrees before the next batch. Makes 12 big cookies.

Contributed by Julie C. B.

Chewy Oatmeal Cookies

| | | |
|-----|-----------|-------------------|
| 4 | cups | rolled oats (raw) |
| 1 | teaspoon | salt |
| 2 | teaspoons | vanilla |
| 3/4 | cup | vegetable oil |
| 4 | | egg whites |
| 2 | cups | sugar |

Whip the egg whites lightly, then mix in all the rest (oats last). Chill mixture in fridge a couple of hours. Drop by large spoonfuls onto lightly greased cookie sheets, leaving space (approx. 6 cookies per sheet). Bake at 325 degrees F for 15 minutes until outsides are golden brown and crunch. The inside will stay chewy.

Makes about 18 large cookies.

Add 1/2 cup coconut if you can find a brand without added salt.

Contributed by Nina G. of Hawaii

Matzo Cookies

| | | |
|-------|-------------|-----------------------------------|
| 2 | cups | matzo meal (crumb consistency) |
| 2 | cups | farfel (small pieces) |
| 1-1/2 | cups | sugar |
| 1 | teaspoon | cinnamon |
| 1 | cup | raisins |
| 1 | cup | chopped walnuts (optional) |
| 1/4 | teaspoon | salt |
| 6 | extra-large | egg whites |
| 2/3 | cup | corn oil |

Mix matzo meal, farfel, sugar, cinnamon, raisins, nuts (if used) and salt. Add egg whites and oil.

Drop spoonful size balls onto greased cookie sheet. Bake at 350 degrees F. for 20-25 minutes.

Contributed by Kim S. of New Jersey

Peanut Butter Cookies

| | | |
|---|-----|---------------|
| 1 | cup | peanut butter |
| 1 | cup | sugar |
| 2 | | egg whites |

Mix ingredients. Roll into small balls and place on ungreased cookie sheet. Press with fork. Bake at 350 degrees F for 10-12 minutes.

Contributed by Theresa B.

Forgotten Cookies

| | | |
|-------|---------------|--------------------------------------|
| 2 | | egg whites |
| pinch | | salt |
| 1/2 | cup | sugar |
| 1 | teaspoon | vanilla extract |
| 1/2 | cup (or more) | chopped walnuts or pecans (optional) |

Preheat oven to 350 degrees F.

Beat egg whites and salt until light peaks form. Add vanilla and slowly add sugar while beating.

Continue to beat until stiff peaks form. (A hand mixer works best.) Fold in nuts, if using. Drop batter by heaping teaspoonfuls onto parchment or Silpat lined baking sheet. Place sheet in oven and immediately turn oven off. Leave cookies in oven overnight. Remove from sheet and store in airtight container. These keep for several days in container and freeze well. Makes about 25-30 cookies.

Contributed by a friend of ThyCa

Blond Praline Brownies

| | | |
|-------|-----------|------------------|
| 1 1/3 | cups | flour |
| 1 | cup | brown sugar |
| 1/2 | cup | white sugar |
| 1/2 | teaspoon | non iodized salt |
| 1/2 | teaspoon | baking powder |
| 4 | teaspoons | vanilla |
| 1/4 | cup | canola oil |
| 3 | | egg whites |
| | cup | chopped pecans |

Mix with spoon and pour into greased 7x11 pan.

Bake at 350 degrees F for about 20 minutes until set and golden.

Contributed by Elaine J.

Chocolate Pecan Drop Cookies

| | | |
|-------|-------------|--------------------|
| 1 1/2 | cups | sugar |
| 2 1/2 | Tablespoons | cocoa |
| 2 2/3 | cups | chopped pecans |
| 3 | | egg whites at room |
| Pinch | | salt |
| 1/4 | teaspoon | vanilla |

Preheat oven to 350 degrees F. Line two cookie sheets with parchment paper.

Sift sugar and cocoa together in a large bowl. Add pecans and stir to combine well.

In a mixing bowl, whip egg whites until foamy, add salt and vanilla, and beat to soft peaks.

Gently fold egg whites into the sugar mixture, using a rubber spatula, until combined.

Using a spoon (or disher), drop batter onto cookie sheet (12 to a sheet).

(Dipping spoon or disher into water before each cookie makes it easy to drop).

Bake for approximately 10 - 12 minutes.

Simple to make, and delicate and tasty to eat.

Contributed by Linda S.

Brownies

Dry Ingredients:

| | | |
|-------|----------|--------------|
| 1 1/3 | cups | flour |
| 1 1/2 | cups | sugar |
| 2/3 | cup | cocoa powder |
| 1/2 | teaspoon | salt |

Wet ingredients:

| | | |
|-----|---------------|--|
| 2/3 | cup | canola oil |
| 4 | teaspoons | vanilla |
| 3 | | egg whites (OR mix together and let sit for 5 minutes: |
| | 2 Tablespoons | powdered egg whites and |
| | 6 | Tablespoons water) |

In separate bowls, mix dry ingredients and mix wet ingredients. Combine. Stir. Spread into a 13 x 9 inch greased baking dish. Bake at 350 degrees F for 18-23 minutes.

Contributed by a friend of ThyCa

Hershey's Special Dark Chocolate

8 ounces Hershey's Unsweetened
Baking Chocolate,
broken into pieces
1/4 cup shortening*
1 teaspoon shortening*
1/8 teaspoon vanilla extract
2 cups confectioner sugar

In medium bowl, microwave chocolate and shortening on high for 1 1/2 to 2 minutes, until mixture is melted and smooth when stirred. Add vanilla extract. Gradually stir in confectioner's sugar. If mixture becomes too thick, knead with clean hands. Spread out in pan. Cover tightly; refrigerate until firm. Break into pieces. Store, well covered, in refrigerator.

* Many shortenings contain soy products. Spectrum Natural Organic Shortening is made from palm oil only and is allowed on the low-iodine diet.

Contributed by Christine N. of Virginia

Christine says: "After changing the formulation on Special Dark chocolate bar to now include milk (low-iodine diet no-no), Hershey agreed to provide a milk-free version via mail order, in response to allergy consumer requests. Unfortunately, there has not been enough consumer interest to provide this service. Aware of how this may affect those who are allergic to milk, Hershey has developed a recipe for milk-free chocolate bar that you can make at home."

Chocolate Cookies

2 1/4 cups flour
2/3 cup baking cocoa
1 teaspoon baking soda
1/4 teaspoon salt
1 cup Spectrum™ shortening
3/4 cup sugar
2/3 cup brown sugar
1 teaspoon vanilla
4 egg whites

Combine flour, cocoa, soda, and salt in a small bowl. Beat shortening, sugars, and vanilla until creamy. Beat in egg whites. Gradually beat in flour mixture. Roll into walnut sized balls and flatten with bottom of a glass. Bake 8-10 minutes at 350 degrees F.

Contributed by Kimberly T.

Snacks

Mom's Donuts

2 packets yeast
1 cup warm water, divided
1/3 cup sugar
3 to 4 cups flour
1 teaspoon salt
1/3 cup shortening

Mix 2 packets of yeast and ½ cup warm water together and set aside for 5 minutes.

Then add ½ cup warm water and 1/3 cup sugar. Set aside.

Sift 3 to 4 cups of flour with 1 teaspoon of salt. Add 1/3 cup shortening. Mix well.

Now add the yeast mixture to the second mixture along with 3 egg whites. Mix well.

Cover and chill 3 hours to overnight.

Take out. Make donuts or donut holes. Let rise 30 to 40 minutes.

Fry in oil 2 minutes, turning only once, on medium-high heat.

Recipe by Gaye B. Contributed by Kimber S.

Aztec Oranges

3 oranges
1 lime
2 Tablespoons tequila
2 Tablespoons orange-flavored liqueur
brown sugar, to taste

Cut a slice off the top and bottom of the oranges, and then remove peel and pith, cutting downward and taking care to retain shape of oranges. Holding oranges on side, cut horizontally into slices. Place oranges in bowl. Cut lime and squeeze over oranges. Sprinkle with tequila and liqueur; then sprinkle sugar to taste. Cover with plastic wrap and chill in refrigerator until ready to serve. Makes 2-4 servings

Contributed by Kimber S.

Rice Cake with Banana and Honey

On an unsalted rice cake, spread mashed banana.

Warm 2 Tablespoons of honey and pour on top.

Enjoy! *"My biggest problem is being faced with what snacks to eat. I do not have access to unsalted bread nor a bread machine. So most of the day I feel hungry. This is super yummy and hits the spot! Enjoy!"*

Contributed by Andrea

Mary's Spiced Nuts

1 egg white
1 teaspoon water
3/4 cup sugar
1 1/2 teaspoons cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon ground cloves
1/2 teaspoon salt
2 cups nuts (such as pecans, almonds)

Beat egg white with water until stiff. Mix sugar, spices and salt; mix with egg white. Add nuts and mix.

Spread on cookie sheet. Bake at 275 degrees F for 30 minutes. Cool. Separate nuts.

Store in airtight container.

"I am a snacker while on the LID. One of my fun ones."

Contributed by Mary Van D. of Michigan

Spiced Pineapple

1 pineapple, peeled & cored
1 cup vinegar
1 cup sugar
8 - 10 whole cloves
2 4-inch sticks cinnamon

Heat the vinegar, sugar, cloves and cinnamon to boiling. Add the pineapple. Boil until the pineapple is heated through. Refrigerate. Drain to serve.

Contributed by Mary Van D. of Michigan

Fresh Fruit Sorbet

| | | |
|-----|-------------|--------------------------|
| 4 | cups | fruit |
| 1 | cup | sugar (or more to taste) |
| 1/2 | cup | orange juice |
| 2 | Tablespoons | lemon juice |

Puree fruit. In saucepan combine sugar and orange and lemon juices. Stir over medium heat until dissolved. Remove from heat. Stir in pureed fruit. Pour into a 9x13 pan and freeze to firm. In batches, process firm fruit mixture in blender until light and fluffy (approximately 1 minute). Pour into containers and freeze until firm.

Yield: about 6 cups

I have tried this with peaches, strawberries, blueberries (this could use 1 cup orange juice), cantaloupe (my favorite) and cantaloupe and honeydew swirled together.

Contributed by Mary Van D. of Michigan

Geraldine's Spiced Nuts

| | | |
|-----|-------------|---|
| 3/4 | cup | sugar |
| 3/4 | teaspoon | salt |
| 1 | teaspoon | cinnamon |
| 1/2 | teaspoon | ground cloves |
| 1/2 | teaspoon | nutmeg |
| 1/4 | teaspoon | allspice |
| 1 | | egg white |
| 2 | Tablespoons | water |
| 5 | cups | nuts (such as pecans, almonds, etc.); any combo |

Preheat oven to 275 degrees F.

In a large bowl, blend the sugar, salt, cinnamon, ground cloves, nutmeg, and allspice.

Lightly beat 1 egg white with 2 Tablespoons water.

Add to the sugar mixture and mix well.

Add nuts and stir until evenly coated.

Spread nut mixture onto buttered or parchment lined cookie sheet. Bake 45 minutes at 275 degrees F.

Turn nuts after 20 minutes. Finish cooking.

Transfer to another lined sheet to cool and dry for at least 2 hours.

Store in an airtight container.

Contributed by Geraldine L.

Granola Bars

| | | |
|-------|-------------|------------------------|
| 2 | cups | oatmeal |
| 1 1/2 | cups | brown sugar |
| 1 | teaspoon | salt |
| 1 1/2 | cups | flour |
| 1 | teaspoon | cinnamon |
| 1 1/2 | Tablespoons | canola oil |
| 1/2 | cup | pineapple orange juice |

Heat oven to 350 degrees F.

Mix brown sugar with flour; mix in oatmeal; mix in remaining ingredients.

May need to add more oil to make it moist. Pour into greased pan. Bake 40 minutes or until done.

Cut into pieces and store in airtight container

For crunchier bars, cook longer. For moister bars, cook less time or add more liquid.

You can also add nuts or fruit, depending on your personal tastes.

Contributed by Dee W.

Never-Fail Microwave Peanut Brittle

| | | |
|-----|----------|---|
| 1 | cup | sugar |
| 1/2 | cup | light corn syrup* |
| 1 | cup | raw peanuts, or use unsalted dry roasted; almonds and walnuts are good also |
| 1/8 | teaspoon | salt |
| 1 | teaspoon | vanilla |
| 1 | teaspoon | baking soda |

Combine first 4 ingredients in 2-quart microwave mixing bowl. Microwave on HIGH for 8 minutes, stirring after 4 minutes. Add vanilla. Microwave on HIGH 2 minutes. Brittle should not get too brown. Stir in the baking soda until light and foamy. Spread on lightly oiled baking sheet as thinly as possible. Cool. Break into pieces.

* Read the label on the corn syrup. It may be salt-free, or it may have a small amount of salt.

Contributed by Mary Ann S.

More Granola Bars

| | | |
|-----|-------------|--|
| 1/2 | cup | oats |
| 1/2 | cup | dried fruit and/ or nuts (cranberries, raisins, sunflower seeds, etc.) |
| 1/2 | cup | sliced almonds |
| 1/4 | teaspoon | salt |
| 1/2 | teaspoon | cinnamon |
| 3 | Tablespoons | vegetable oil |
| 1/2 | cup | brown sugar |
| 1/2 | cup | natural almond butter or peanut butter (I prefer the almond) |
| 1 | Tablespoon | water |
| 1 | large | egg white |

Line an 8x8 pan with two crisscrossed rectangles of parchment paper leaving an overhang on two opposite ends. Combine dry ingredients and set aside. In a saucepan, whisk together oil, brown sugar, cinnamon, almond butter, salt and water. Stir over low heat until sugar is dissolved. Cool slightly. Whisk in egg white. Pour over oat mixture and stir well. Spread evenly in the bottom of the pan and pat down. Bake at 300° until top is firm, about 30 minutes. Let cool slightly and lift out of pan using parchment paper as handles. Cool completely and cut into bars. *Contributed by Tracy T.*

Popcorn Seasoning

The following recipes are sized for ½ cup uncooked kernels.

Spicy Seasoning:

| | | |
|-----|-----------|---------|
| 1 ½ | teaspoons | paprika |
| ½ | teaspoon | salt |
| ½ | teaspoon | cumin |

Pinch each of cayenne pepper and black pepper

| | | |
|---|-------------|-----------|
| 2 | Tablespoons | olive oil |
|---|-------------|-----------|

Sweet Seasoning:

| | | |
|---|-------------|-----------|
| 2 | Tablespoons | sugar |
| 1 | teaspoon | cinnamon |
| ¼ | teaspoon | salt |
| 2 | Tablespoons | olive oil |

Combine dry ingredients. Toss hot popcorn with oil and sprinkle reserved dry ingredients.

Contributed by Tracy T.

Peanut Butter Apple Rings

Core a firm apple and slice into three thick rings. Butter one side of each ring with peanut butter and top as desired. (Sample toppings: toasted coconut, raisins, dried cranberries, sliced almonds, etc.)

Contributed by Tracy T.

Spicy Pumpkin Seeds

| | | |
|-----|----------|--|
| 1 | cup | raw pumpkin seeds (pepitas) |
| 1 | teaspoon | chili powder |
| 1/8 | teaspoon | cayenne pepper (or more if you want them spicier) |
| 1/4 | teaspoon | salt |
| 2 | teaspoon | fresh lime juice |

Toss to coat. Spread on a baking sheet and bake 10 minutes at 350 degrees F until puffed and browned.

Variation: Use raw sunflower seeds in lieu of pumpkin seeds. These can be found in the organic section of the grocery store. Watch carefully as they cook quickly

Great on top of salads also.

Contributed by Tracy T.

Corny Nuts

| | | |
|---|-------------|-----------------------|
| 6 | Tablespoons | canola oil |
| ½ | cup | unpopped corn |
| 1 | | garlic clove, crushed |
| ½ | cup | unblanched almonds |
| ½ | cup | raw cashews |
| ½ | cup | raw peanuts |
| ½ | cup | raw brazil nuts |
| ½ | cup | raw pistachios |
| 1 | teaspoon | tequila |
| 1 | teaspoon | curry powder |
| ¼ | teaspoon | chili powder |
| | | salt |

Heat 2 Tablespoons oil in a pan. Add unpopped corn, stir well, then cover and cook over high heat for 3-5 minutes, holding pan lid firmly and shaking pan frequently until popping stops. Turn popped corn into a dish, discarding any unpopped kernels. Heat rest of oil in a skillet and add garlic and all the nuts. Stir in tequila, curry powder and chili powder. Cook mixture over medium heat, stirring frequently until nuts are lightly toasted. Remove from heat and stir in popped corn. Season with salt to taste and mix thoroughly. Transfer to serving bowl and serve warm or cold. Makes 4 servings

Contributed by Kimber S.

POTATO CHIPS –

We found unsalted from Cape Cod brand. I would put them on foil in the toaster oven on light toast just until you smell them. It happens fast. Pull them out when the oil on the chips has warmed in the oven and sprinkle with seasoned salt of your choice. (We liked LID salt, pepper & powdered garlic.) I hope this is a help to someone. Krista in Connecticut (Ian's mom)

U.S. to Metric**Capacity**

1/5 teaspoon = 1 ml
1 teaspoon = 5 ml
1 tablespoon = 15 ml
1 fluid oz. = 30 ml
1/5 cup = 50 ml
1 cup = 240 ml
2 cups (1 pint) = 470 ml
4 cups (1 quart) = .95 liter
4 quarts (1 gal.) = 3.8 liters

Weight

1 oz. = 28 grams
1 pound = 454 grams

Metric to U.S.**Capacity**

1 milliliters = 1/5 teaspoon
5 ml = 1 teaspoon
15 ml = 1 tablespoon
30 ml = 1 fluid oz.
100 ml = 3.4 fluid oz.
240 ml = 1 cup
1 liter = 34 fluid oz.
1 liter = 4.2 cups
1 liter = 2.1 pints
1 liter = 1.06 quarts
1 liter = .26 gallon

Weight

1 gram = .035 ounce
100 grams = 3.5 ounces
500 grams = 1.10 pounds
1 kilogram = 2.205 pounds
1 kilogram = 35 oz.

Hope you enjoy these recipes!

If you would like to contribute your own original recipe to the next edition, please send it to recipes@thyca.org. Thank you!

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