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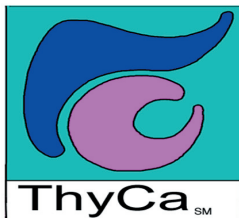
Low-Iodine Cookbook

Guidelines and Tips for the Low-Iodine Diet

*More than 185 delicious recipes contributed by more than 60 ThyCa volunteers,
who are sharing their favorites*

5th Edition

Leah Guljord, Editor



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Note from the Editor

We're proud to present the expanded 5th Edition of our free Low-Iodine Cookbook. This free downloadable cookbook is a gift to you from more than 60 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. The information 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 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. If you sent a recipe after this edition went to publication, we're holding it for our next edition.

We also thank ThyCa's 22 medical advisors and the many other specialists who provide information and ongoing input for our web site and publications, including this cookbook.

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

About Photocopies and Use

You are welcome to photocopy complete pages or the whole book and to give them to others, provided that you include the ThyCa information at the bottom of each page. Please do not copy individual recipes or reproduce the recipes or other material in plain text for e-mails or other media. Also, the material in this book is not for commercial use.

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 from several members of ThyCa's Medical Advisory Council; (2) talks and handouts from our event speakers through October 2005, including 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.

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 ThyCa: Thyroid Cancer Survivors' Association, Inc.SM

ThyCa is a national all-volunteer, nonprofit 501(c)(3) organization of thyroid cancer survivors, family members, and health care professionals. Our free support services and education are designed to support your well-being, your treatment, and your communication with your health care professionals.

- **Award-Winning Web Site** —www.thyca.org
- **E-Mail Support Groups**
- **Local Support Groups**
- **Person-to-Person Support**
- **Toll-Free Survivors' Telephone Line**
- **Low-Iodine Cookbook**—Free and Downloadable
- **Newsletters**
- **Conferences and Workshops**
- **Thyroid Cancer Awareness Month**
- **Thyroid Cancer Research Funds and Grant Funding**

Our services are open to all. Funding to support our services, outreach, and contributions to our Research Funds for Thyroid Cancer comes from individual donations, membership dues, and grants from organizations. We welcome new volunteers and members at any time.

ThyCa's free support services and publications are made possible by the generous support of our members and individual contributors, and unrestricted educational grants from Genzyme Therapeutics, AstraZeneca, Abbott Laboratories, King Pharmaceuticals, and KRONUS.

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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 radioactive iodine 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 the labels of packaged foods. Check with your physician about medications you are 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.
- 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).
- 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), 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 Quick Meals

- Oatmeal with cinnamon or honey; plus 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

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
- 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

Our thanks to our medical advisors and conference speakers for your 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

- Remember: **LOW IODINE** has **NOTHING TO DO WITH SODIUM**. **The diet is a low-iodine diet, NOT a low-sodium diet.** 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 Additives

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. It 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. (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.)
- **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 mcg to 587 mcg.
- **Red Dye #3.** 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) 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. 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.

(This list continues on the next page)

Avoid These Foods and Additives—*continued from the previous page.*

- **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.
- **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 mcg 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 mcg 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.

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), 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), 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).
- Sodas, including colas, 7-Up, and Sprite (read labels, as caramel-colored sodas may have Red Dye #3).
- Sorbet (check label to be sure no salt, dairy, or Red Dye #3).

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**, 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 if you discover Red Dye #3 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 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

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, hopped
- 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 clove, 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.

Notes : 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.

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

Contributed by Jo W. of Arizona

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

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

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.

Beef

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

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

Reminder!

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

Lunch in Foil

- 1 large hamburger
- 1 potato, sliced
- 1 carrot, sliced
- 1 small onion, sliced
- salt and 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 F 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" seasoning

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 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

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.

Chicken

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 teaspoon garlic, chili powder, salt, turmeric, pepper, and bay leaf to boil. Reduce heat; cover and simmer 20 minutes or until rice is tender. Discard bay leaf. In a skillet over medium-high heat, sauté the next seven ingredients and remaining garlic in oil for 2 minutes. Add mushrooms; cook until 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. Saute chicken in oil until juices run clear. Add remaining ingredients. Cook until vegetables are tender.

Contributed by Tracey L.

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
1/2	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

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.

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

Lemon Pepper Chicken with Pasta

1	pound	boneless, skinless chicken breast, cut into bite size chunks
1/2	box	farfalle pasta (bowtie shaped)
		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

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.

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.

Contributed by Rachel D.

Rachel's Greek-Style Chicken

6 – 8		chicken thighs
2	Tablespoons	olive oil
1	Tablespoon	oregano
1/4	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.

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

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

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.

Reminder!

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

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."

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.

Milk Substitute and Other Substitutes

A Milk Substitute

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

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

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

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

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

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

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 roasty.)

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

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 salt — optional

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 of ThyCa

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

Vegetables

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 (you can do this in a food processor or mini chopper. Ditto the other vegetables)
400 grams (14.12 ounces) coarsely grated sweet potato
400 grams (14.12 ounces) zucchini, chopped
1 large red capsicum (pepper), finely chopped
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 your taste and whether you use flavored tomato pasta sauce)
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 frypan 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 and 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.

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

1. Heat oil in soup pot.
2. Add onion, pepper, half of the eggplant, garlic and spices. Saute for 5 minutes using a wooden spoon.
3. Add remaining ingredients with 6 cups of water.
4. Bring to a boil and then reduce to a simmer for 20-30 minutes.
5. Remove half of the soup and place in blender. Blend until silky and smooth.
6. Return to soup and stir.
7. 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 of ThyCa

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

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.

Contributed by Barb B.

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

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

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 liquify! 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 Omelette

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 omelette 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.

Sweet Snacks

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.

Breads and Muffins

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

Focaccia 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

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

Add all ingredients to bread pan in the order given.

Contributed by Brenda N.

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

1/2 cup peel of one large orange
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.

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, saute 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

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 an oiled 8 x 8 pan.
Bake at 350 degrees F for 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
light vegetable oil for pan-frying

In a large mixing bowl, mash the bananas well. Add in the flour, sugar, salt, oil and mix well. Add in enough of the water to make a stiff dough. Cover the bowl with a towel and let it stand at room temperature for 30 minutes. Remove the dough from the bowl and place on a 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 a thin layer of oil -- about one-eighth inch -- in a heavy skillet until very hot. Place only as many squares as will fit without touching into the skillet (this may mean cooking only one at a time unless you have a very large skillet). Pan-fry the squares until they are golden brown, about 3 minutes, then turn over and pan-fry the second side until golden, about 2 minutes. Replenish oil as needed between batches. Drain on paper towels and 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.

Contributed by a friend of ThyCa

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 1/2 quart 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 a 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).

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
1/2 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 temperature
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."

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!