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# Low-Iodine Cookbook

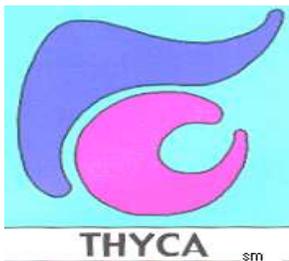
*Guidelines and Tips for the Low-Iodine Diet*

*Used for a Short Time When Preparing To Receive Radioactive Iodine*

*More than 340 delicious recipes contributed by more than 150 ThyCa volunteers,  
who are sharing their favorites*

**7th Edition**

**Leah Guljord, Editor**



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*We dedicate this book to*

- *the more than 150 wonderful people who contributed your recipes and tips*
- *the medical professionals who contributed your information and expertise*
- *the proofreaders and designers who put the pages together*
- *all our donors whose financial support makes possible the printing and distribution*

*Thank you very much for your generosity and kindness in helping to ease the thyroid cancer journey for countless others.*

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Send your own favorite original recipe for the next edition. Thank you!

**123 Help us help others**

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## Note from the Editor

We're proud to present the expanded 7th Edition of our **free Low-Iodine Cookbook**—over 340 recipes.

This free downloadable cookbook is a gift to you from more than 150 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](http://www.thyca.org).

This cookbook features a **handy One-Page Low-Iodine Diet Summary** on page 7. On pages 8-14, you'll find details about the guidelines, plus helpful tips on how to make the diet easier for you and your family.

The information about the diet came from several members of ThyCa's Medical Advisory Council, plus the further sources listed below. We will continue to update and expand this book and our web site as further information becomes available.

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

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

We invite you to download this free book from our web site. Enjoy the recipes, Share them with others.

Please tell others about ThyCa's many free support services, educational resources, special events, awareness campaigns, and thyroid cancer research fundraising and research grants.

### **About ThyCa: Thyroid Cancer Survivors' Association, Inc.**SM

ThyCa is a national nonprofit 501(c)(3) organization of thyroid cancer survivors, family members, and health care professionals, dedicated to education, communication, support, awareness for early detection, and thyroid cancer research fundraising and research grants. Visit our web site [www.thyca.org](http://www.thyca.org) for more than 650 pages of thyroid cancer information, free publications, and links to all our free support services and events.

### **Invitation—**

***Please send your recipes!***

**If you would like to contribute to the next edition of this collection, please send your original recipe to [recipes@thyca.org](mailto:recipes@thyca.org).**

### **About Photocopies and Use**

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

**Sources:** Sources include (1) Diet guidelines provided by several members of ThyCa's Medical Advisory Council; (2) Talks and handouts from our event speakers from 2000 through Spring 2010. Speakers have included 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.

### **Thank You—**

*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 AstraZeneca, Bayer/Onyx Pharmaceutical, Bristol-Myers Squibb, Exelixis, Inc., Genzyme, KRONUS, and Sigma-Aldrich.*

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# Low-Iodine Diet Guidelines — Summary

*ThyCa: Thyroid Cancer Survivors' Association, Inc.<sup>SM</sup>*

For details, & the ThyCa Free downloadable Low-Iodine Cookbook with over 340 delicious recipes, visit [www.thyca.org](http://www.thyca.org)

## Key Points

- This is a Low-Iodine Diet, NOT a No-Iodine Diet or an Iodine-Free Diet. The goal is under 50 mcg iodine per day.
- The diet is for a short time period, usually for the 2 weeks (14 days) before a radioactive iodine scan or treatment.
- Avoid foods high in iodine (over 20 mcg per serving). Eat any foods low in iodine (up to 5 mcg per serving). Limit the quantity of foods moderate in iodine (5 to 20 mcg per serving).
- Read the ingredient lists on labels of packaged foods. Check with your physician about medications you're taking.

### Not Allowed—

#### Avoid These Foods and Ingredients

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

### Allowed Foods and Ingredients

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

### Easy Snacks for Home, Work, or Travel

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

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

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

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

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# 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. Some patients later receive further treatment with RAI.
- Thyroid cancer patients also have further testing, whole-body radioiodine scans using a “tracer” dose of RAI. If their results are not “clean,” they may then receive treatment with another 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. Using the diet is recommended in the guidelines of the American Thyroid Association. 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 33-member Medical Advisory Council. Your physician may have different guidelines. Please check with your doctor before you start the diet.

## General Comments

- **The diet is a low-iodine diet, NOT a low-sodium diet.** Remember: LOW IODINE has NOTHING TO DO WITH SODIUM. Sodium is in most foods. Table salt is sodium chloride, not sodium.
- Sodium in any form is OK, as long as it is not provided as IODIZED salt. NON-IODIZED salt is OK for the diet, as long as it is not sea salt. As noted below, you should avoid any product or ingredient from the sea. That’s because sea-based products are high in iodine.
- Also, **this is a “low-iodine” diet, NOT a “no-iodine” diet and NOT an “iodine-free” diet.** A low-iodine diet reduces iodine consumption—on most diets to below 50 micrograms (mcg) of iodine per day (on some diets to below 80-100 mcg per day). The American Thyroid Association recommends that the low-iodine diet include less than 50 mcg of iodine per day. (The Recommended Daily Allowance of iodine is 150 mcg per day for adults. One teaspoon of iodized salt contains 400 mcg of iodine.)
- During your time on the diet, you may freely eat any foods that are low in iodine (up to 5 mcg per serving). **There are a lot of foods that you can eat. Pages 12 and 13 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. The cookbook has over 340 recipes, plus lots of tips.

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

## Avoid These Foods and Ingredients

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

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

*(This list continues on the next page)*

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### ***Avoid These Foods and Ingredients (continued)***

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

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## Limit the Amounts of these Foods

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

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

## What About Restaurant Foods and Fast Food?

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

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

## What About Manufactured and Processed Foods?

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

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

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

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

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

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

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

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

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

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

- **Fresh fruits and fruit juices**, except rhubarb, maraschino cherries (if they contain Red Dye #3 or E127 in the United Kingdom), 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](http://www.thyca.org))
- Cola, diet cola, lemonade, sodas (except those with Red Dye #3 or E127 in the United Kingdom), 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.

Most sources received by ThyCa do not comment about water. Thus, they indicate that ordinary household tap water is fine for the diet. One source notes that some water may include added iodine to eliminate bacteria and therefore that distilled water is more desirable.

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## Low-iodine Snacks

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

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

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

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

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

*[Snack list contributed by Nina Geiger]*

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

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

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## 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<sup>(R)</sup> soaps and shampoos.
- **Check toiletry labels for Red Dye #3 or E127 in the United Kingdom.** This dye is also used in pills and other medications such as cough syrups. Check with your doctor if you are unsure whether any of your current medications contain Red Dye #3 or E127 in the UK or if you discover Red Dye #3 or E127 in the UK in a current medication and wonder whether to suspend taking it while on the diet.
- People on the diet often seek allowed **substitutes** for basic items. As for butter, remember that margarine also contains dairy. Most margarine substitutes contain salt or another disallowed ingredient. However, some margarines of a brand called Mother's, made in Newark, NJ, and available in parts of the USA, seem to be allowed. Read the label carefully.
- No milk substitute is allowed, because most are soy-based, and the rice-based one has sea salt. **The cookbook has recipes for a milk substitute called "Nutty Milk."**
- **If you consume alcohol when hypothyroid**, remember that your body's metabolism is slowed down and that you may react differently than you usually do. Therefore, many people prefer to consume smaller amounts of alcohol.
- **Remember to use unsalted nuts** for any recipes that call for nuts. For any recipe that contains salt as an ingredient, use non-iodized salt and salt that is not from the sea.
- **Breadcrumbs** are easy to make in a food processor. For flavored crumbs, add parsley, oregano, and garlic powder. Your local bakery should also have fresh breadcrumbs.
- **Instead of whole eggs, use whites only, doubling the number or adding water.** Instead of commercial salad dressing, make a simple vinaigrette with equal amounts of vinegar and oil, spicing it to taste with herbs, pepper and non-iodized salt; keep refrigerated.
- **Be sure to have on hand several allowed snacks/finger foods.** When really tired or too unsettled to face a full meal, a small plate of snack foods (such as peanut butter crackers and apple sauce, or toasted bread with honey, a banana and a few nuts) is better than eating nothing or breaking down and eating disallowed foods.

## A Final Note

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

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# Salads and Salad Dressings

## Mixed Green Salad with Strawberry

### Dressing

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

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

*Contributed by Tracy T.*

## Black Bean Salad

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

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

*Contributed by Trisha L.*

## Variation

*Black Bean Salad* - I added 2 tomatoes with the seeds removed and left out the chili peppers. I don't like hot. The salad was very flavorful.

*Contributed by Jill Ann R.*

## Egg Salad

Place the following ingredients in a food processor

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

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

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

## Bavarian Potato Salad

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

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

*Contributed by a friend of ThyCa*

## Suggested Variation from a

### *ThyCa e-mail support group participant:*

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

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## Greens with Vinaigrette

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

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

*Contributed by a friend of ThyCa*

## Variation

Greens with Vinaigrette - I have added cucumbers and tomatoes.

*Contributed by Jill Ann R.*

## Orzo Salad

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

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

*Contributed by a friend of ThyCa*

## Pasta and Pea Salad

### with Marjoram-Scented Vinaigrette

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

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

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

*Contributed by Leah G. of Florida*

## Pasta Salad

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

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

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

*Contributed by Karen F. of South Carolina*



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## 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.*

## Spinach Salad

1/2 to 1 pound spinach, washed  
1 (11-ounce can) mandarin oranges  
1/4 cup olive oil  
4 Tablespoons sugar  
2 Tablespoons white vinegar  
pinch of parsley  
non-iodized salt and pepper to taste  
1/4 cup slivered almonds

Combine oil, 2 Tablespoons sugar, vinegar and spices. Shake well and refrigerate. Toss almonds with additional 2 Tablespoons sugar and stir over medium heat until golden brown. When ready to serve, place oranges and almonds on top of salad greens and toss lightly with dressing.

*Contributed by Dana P. of Pennsylvania*  
Low-Iodine Recipe of the Month, April 2010

## Chicken Salad

Diced fresh chicken  
Chopped celery  
Chopped green pepper  
Homemade mayonnaise from this cookbook

Mix together and enjoy! You could also add pasta to make a more complete meal. This makes a great lunch!

*Contributed by Sharon R.*

*My husband has now been on this diet for 2 1/2 weeks. We thought lunch items were the hardest. We are trying to keep things simple, and I'm sure there are a lot of cooks out there who want easy (not a lot of ingredients/ spices and simple)! The book has been a godsend! Thanks!*

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## Chicken Rice Salad

2 chicken breast filets,  
cooked (either boiled or grilled)  
1 1/2 cups cooked Basmati rice  
2 ribs (stalks) celery, diced  
1/2 cup chopped pecans or walnuts  
1/2 cup Craisins  
Enough French vinaigrette to coat completely (This  
cookbook has a recipe for French vinaigrette.)  
Toss together with 2 teaspoons balsamic vinegar

Serve on a bed of lettuce. Makes 2 generous  
portions.

*Contributed by Joanne M. of Texas*

*I served with crackers I found that are salt-free, fat-  
free, and gluten-free.*

*The weather has been so hot and I wanted a cold  
main dish. I had leftovers from the previous dinner,  
so this made the salad very easy to put together.*

*I have enjoyed the cookbook so much — it has been  
very helpful during my husband's illness, and I hope  
others will enjoy these recipes.*

## Danish-Style Carrot Salad

2 large carrots  
1 apple  
1 small handful of raisins  
Juice of 1/2 lemon  
Grate carrots and apple (with or without skin as you  
prefer) finely. Alternatively, for speed, chop it in a  
kitchen machine of your choice. The texture is best  
if you grate the ingredients, but tastes the same if  
you don't.  
Add raisins and lemon juice. Stir all together well  
and serve.

Contributed by Line in England

*A great snack, which can be made one day in  
advance and kept in fridge. Feels more of a treat  
than an actual salad, as it's quite sweet. I had this as  
a child growing up and realized it has no iodine in  
it, so tried making it for my husband and he loved  
it!*

## Tomato-Basil Pasta Salad

3 large ripe tomatoes, coarsely  
chopped  
1/3 cup chopped red onion  
1/4 cup extra-virgin olive oil  
2 Tablespoons red wine vinegar  
1 teaspoon minced garlic  
1/2 teaspoon non-iodized salt  
1/2 teaspoon black pepper  
1/4 teaspoon oregano  
12 ounces rotini pasta  
1 cup fresh basil leaves, cut into  
thin strips

1. Put tomatoes, onion, olive oil, vinegar, garlic, salt,  
pepper, and oregano in a large bowl; toss. Let stand  
at room temperature at least 30 minutes or until  
tomatoes release their juices, tossing occasionally.

2. Cook pasta as package directs. Drain and add to  
bowl with tomatoes; lightly toss.

3. Let come to room temperature. Add basil; toss.

Serve immediately or refrigerate.

*Contributed by Laura C.*

Low-Iodine Recipe of the Month, October 2008  
*Easy and Tasty*

## Easy Chicken Salad

One of the things I have learned to eat more than I  
normally do is chicken breasts. I barbeque [them]  
on the grill seasoned with just Mrs. Dash.

However, when I do, I make an additional one to use  
with lunches. I can't give exact proportions, because  
everyone likes everything to a different extent.

Let me tell you what I do, though. I take a tossed  
salad; add small chunks of the chicken I told you I  
pre-prepare; and add chunks of apple, raisins, and  
dry-roasted unsalted peanuts.

Then I top with a vinaigrette salad dressing (see  
recipe in this cookbook), and there you have it.....a  
great, complete EASY lunch. Bon appetit!

*Contributed by Diana B. of Indiana*

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## Charlie's Chicken Salad

pinch Non-iodized (non-sea) salt  
3 or 4 boneless, skinless chicken  
breasts  
3/4 cup chopped celery  
1 1/2 cups seedless red grapes, halved  
1/2 cup unsalted, raw pine nuts  
3/4 cup Russ's Blender Mayonnaise  
(in the [www.thyca.org](http://www.thyca.org) free low-iodine cookbook)  
Mrs. Dash brand seasoning blend (I used the original  
blend, but any one would work)

Poach the chicken breasts in water seasoned with non-iodized salt. Once chicken breasts have cooled, shred chicken into small pieces. Season chicken with Mrs. Dash brand seasoning blend (whichever you prefer) and salt to taste. Coat chicken with Russ's Blender Mayonnaise. Combine with celery, grapes, and pine nuts. Refrigerate until cool for best results. Eat "as is," or on Matzo crackers, or with No-Yolks brand egg white pasta. Makes 4-6 servings.

*Contributed by Jill W., New Orleans, Louisiana*  
Low-Iodine Recipe of the Month, August 2008

*I am on a low-iodine diet to prepare for the radioiodine treatment (I am having it in 1 1/2 weeks). This is a recipe that I really liked to make previously, and I made some modifications to make it low-iodine friendly. It is really tasty - even my non-thyroid impaired boyfriend loved it!*

## Cole Slaw

1 head shredded cabbage  
1 carrot, shredded

Dressing:

1/2 cup vegetable oil  
1/4 cup white vinegar  
1/2 teaspoon pepper  
1/2 teaspoon LID salt  
1/2 teaspoon celery seed  
2 Tablespoons sugar

Mix dressing and pour over cabbage. Mix and refrigerate several hours before serving.

*Contributed by Dana P. of Pennsylvania*

## Blender Mayonnaise

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

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

*Contributed by Russ*

## Oriental Salad Dressing

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

Slowly add and blend:

4 Tablespoons rice vinegar

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

*Contributed by Jo W. of Arizona*

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## Nutty Dressing

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

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

*Contributed by Nina G. of Hawaii*

## French Vinaigrette

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

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

*Contributed by Monique C.*

## Balsamic Vinaigrette

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

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

*Contributed by Jill B. of Virginia*

## Oriental Sauce

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

2	cups	water
3	Tablespoons	salt
3	Tablespoons	honey
3	Tablespoons	sesame oil (dark or light)
1	teaspoon	granulated garlic (garlic powder works also)
1/2	teaspoon	black pepper
1/4	teaspoon	white pepper
1/4	teaspoon	oriental five spice mix (check labels on this one some have added salt and MSG)

1/4 teaspoon ground ginger  
In a microwave-safe bowl (2 quart size), heat one cup of water. Dissolve all dry ingredients in the hot water with wire whisk or fork. Allow to rest for 20 minutes to soften all the dry ingredients. Stir in honey and sesame oil. When dissolved well, add remaining water to cool it before putting in a bottle or carafe. Keep in fridge. Shake well to reconstitute before using.

*Contributed by W. Eugene Ellison, Chef*

## Sweet & Tangy Oriental Sesame Vinaigrette

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

(my pinch is about 1/2 teaspoon)

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

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

*Contributed by W Eugene Ellison, Chef*

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## New Vinaigrette

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

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

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

*Contributed by Monique C.*

## Italian Dressing Mix

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

Combine all dry ingredients.

Mix 2 Tablespoons of dry mix with:

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

Mix well.

*Contributed by Amy L.*

## Sweet French Dressing

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

Combine all ingredients.

*Contributed by Amy L.*

## Poppy Seed Dressing

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

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

*Contributed by a friend of ThyCa.*

## Sweet and Sour Salad Dressing

The following ingredients need to go into shaker or jar:

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

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

Store in refrigerator.

*Contributed by Pat S.*

## Salad Toppings with Some Crunch

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

### Croutons

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

### Toasted Almonds

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

*Contributed by Tracy T.*

# Beef

## Venezuelan Beef

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

Slice steak into thin strips, ¼ inch wide. Heat oil in skillet and add beef. Add remaining ingredients and stir with fork. Cook until beef is browned. Can cover, if desired. Serve over basmati rice.

*Submitted by Jeanne R. of Colorado*

## Scottish Beer Pot Roast

8 to 10 ounces lamb or beef, cut into 1 inch or smaller cubes  
1 large leek or onion, halved lengthwise and sliced  
1 large potato, peeled and cut into ½ inch pieces  
2 medium carrots, cut into ½ inch slices  
4 to 6 cups water  
12 ounces dark beer  
2/3 to 1 cup barley or rice  
½ teaspoon black pepper  
2 Tablespoon parsley

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

*Contributed by Kimber S.*

## Beef and Pepper Medley

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

Combine garlic powder and black pepper; rub over all sides of roast. Place on a rack in a shallow roasting pan. Preheat oven to 500 degrees F. Place roast in oven and reduce heat to 350 degrees F. Bake for 1 1/2 to 2 hours or until meat reaches desired doneness. Chill for 30-40 minutes or until meat is cool enough to handle. Cut into 3- inch x 1/4-inch x 1/4-inch 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 overnight. Serve cold.

*Contributed by a friend of ThyCa*

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## Indian Meat with Peas

1 pound ground beef or lamb  
1 Tablespoon minced garlic  
2 Tablespoons curry powder  
1 cinnamon stick  
1 teaspoon minced fresh ginger root  
(or 1/2 teaspoon ground)  
1 teaspoon salt  
1 pkg (10 oz) frozen peas (without salt)

Sauté meat in skillet. Add rest of ingredients except peas. Stir and cook until meat is done. Add peas & cook until just thawed and heated through.  
Serve over couscous or basmati rice.  
*Contributed by Jeanne R of Colorado*

## Easy Pot Roast

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

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

*Submitted by Karen P.*

## Reminder!

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

## Beef Curry

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

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

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

*Contributed by a friend of ThyCa*

## Lunch in Foil

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

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

*Contributed by Joan F. Recipe by Dorothy D.*

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## 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).*

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## Pot Roast with Horseradish Gravy

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

### For Gravy

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

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

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

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

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

*Contributed by Leah G. of Florida*

## Veal or Beef Shank Slow Cooked with Vegetables

Slow Cooker: 5-6 quart

Prep Time: 30 minutes

Cook Time: 7-8 hours

### Ingredients

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

### Steps

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

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

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

*Contributed by Lora of California*

*Variation Contributed by Jill Ann R.*

Add 2 tomatoes, and we used a Merlot wine with the Beef Shank instead of a dry white. The first time I chopped the vegetables small, the next I left bite size chunks.

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## Sloppy Joes

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

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

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

*Contributed by Julie C.B.*

## Chili Mac

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

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

*Contributed by Julie C.B.*

## Stuffed Sweet Green Peppers

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

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

Cook 1 cup raw rice for 15 minutes.

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

*Contributed by Gina R. of Alabama*

## Tomatoes, Beef, & Asparagus

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

Combine the asparagus and water in a skillet and bring to a boil. Reduce heat, cover and simmer until the asparagus is tender, about 2 minutes. Pour off water. Add beef, salt, pepper, scallions, and garlic. Sauté until the beef is cooked through. Add the tomatoes and sauté until heated thoroughly. Makes 4 servings.

*Contributed by Diane G.*

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## 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.*

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## Peppered Steak Rub

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

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

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

Grill until meat reaches desired doneness.

*Contributed by Tracey L.*

## Jonathan's Dry Rub

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

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

*Contributed by Sheila B.*

## Lime Steak Rotini

2	pounds	eye of round steak, cut into strips
1		onion, sliced into strips
1		green bell pepper, sliced into strips
1		red bell pepper, sliced into strips
1	box	rotini pasta, cooked
1	Tablespoon	olive oil
1		lime, squeezed

Seasoning for steak strips:

1/2	teaspoon	salt (non-iodized, non sea salt)
1/2	teaspoon	black pepper
1/4	teaspoon	onion powder
1/4	teaspoon	garlic powder

Sprinkle beef with seasoning ingredients (adjust measurements to taste).

Heat skillet and sauté beef until browned and nearly done.

Add onion and peppers to skillet. Heat until vegetables are slightly tender.

Cook and drain pasta.

Toss pasta with olive oil.

Serve beef and vegetables on pasta.

Squeeze lime juice on top.

(Serves 4)

*Contributed by Nadine D.*

*THANK YOU for the resources you provide for thyroid cancer patients! I was diagnosed last year, at age 29, and have found your website to be invaluable. Since I've appreciated the LID cookbook so much, I thought I'd send a recipe in for your consideration for the next edition. Again, thank you for all you're doing.*

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## Ground Beef Stroganoff

1		onion, finely chopped
1	cup	mushrooms
2	Tablespoons	olive oil
1	pound	ground beef
½	cup	no-salt ketchup
¾	cup	water
2	Tablespoons	flour, unbromated and unbleached
1	package	pasta or noodles

Sauté finely chopped onion and 1 cup of mushrooms with 2 Tablespoons of olive oil, until onions and mushrooms are soft.

Add ground beef and cook until no longer pink.

Add no-salt ketchup and water.

Add 2 Tablespoons of unbromated and unbleached flour and stir until well blended and it starts to thicken.

Salt (non-iodized, non-sea) and pepper to taste.

Cover with foil and simmer for about 20 minutes.

Cook some no-salt noodles that are egg free, and pour meat mixture on top.

*Very good with a side salad.*

*Contributed by Margaret D.*

## Three LID Recipes – Variations on a Theme

(Measurements are approximations – if you think some other proportion would suit you better, please do not feel locked in by these recipes!)

### Quasi Meatloaf, Meatballs, or Stuffing for Cabbage Rolls

1	pound	fresh ground beef
½ to 1	cup	pecans and/or walnuts, finely chopped (home coffee grinder/mill works well)
½ to 1		onion, chopped
½	cup	chopped mushrooms
½	teaspoon	non-iodized salt (or as you like)
1	teaspoon	garlic powder (or as you like)
½	teaspoon	black pepper (or as you like)

Combine and mix all ingredients well.

**MEATLOAF** – Put in oiled loaf pan. Cook at 350 degrees for 1 hour - uncovered

**MEATBALLS** – Shape and bake covered at 350 degrees for 1 hour

**CABBAGE ROLLS** – Steam fresh cabbage leaves 3-4 minutes, just till pliable. Place 1 large meatball in each cabbage leaf and roll to enclose meatball in the leaf. Place in baking dish with ½ cup water and cover. Cook at 350 degrees for 1 hour.

Optional Ingredients (all are actually optional)

- finely chopped apple
- wheat germ
- corn meal
- peppers

*Contributed by Barrett H.*

*I CANNOT THANK YOU ENOUGH FOR MAINTAINING THIS SITE AND THIS COOKBOOK. The cookbook gave me so many great ideas that we didn't really feel deprived (much, at least) whenever my husband had to be on a LID. Editor's Reply: You are quite welcome and thank you for the recipes. What a great idea of taking one recipe to make three items.*

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## Hamburgers

1 pound lean ground beef  
1 medium onion  
1 egg white

Mix together with hands, form into patties, fry and enjoy! Be sure to spray skillet with non-stick cooking spray. The combination of the onion and egg white make the lean ground beef moister replacing the fat.

*Contributed by Fawn K.*

## Very Easy American “Chop Suey” / Macaroni-with-Meat Sauce

1 1/2 cans Unsalted Stewed Tomatoes  
1 1/2 cans Unsalted Tomato Sauce  
1 Tablespoon garlic powder  
1 Tablespoon dried basil  
1 Tablespoon dried oregano  
1/2 Box elbow macaroni  
1/2 pound chopped meat 99% fat free

Add unsalted stewed tomatoes and unsalted tomato sauce, garlic, basil, and oregano to a saucepan (use a potato masher to mash up stewed tomatoes in the pan). Let simmer.

Brown the chopped meat and strain any fat, before adding to sauce mixture. Continue simmering while you boil the macaroni for approximately 10-12 minutes or according to directions.

Strain the macaroni and add to the sauce and meat mixture.

Stir to combine, and then serve. (You may add noniodized salt to taste.)

You can also freeze this sauce before you go Hypo.

*Contributed by Linda R. of Massachusetts*  
Low-Iodine Recipe of the Month, June 2009

*Linda writes: “Happy Dieting”*

## Tacos

1 pound ground beef or other meat preference

### Seasoning Mix:

2 teaspoons cumin  
1/2 teaspoon oregano  
1/2 teaspoon non-iodized salt  
1 teaspoon black pepper  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon cayenne pepper  
(more or less depending on your spice tolerance)  
1 teaspoon corn starch

2/3 cup water

### Directions:

In small bowl mix together dry ingredients, set aside. Brown and drain beef. Add seasoning mix and water. Reduce heat and simmer 2 to 3 minutes. Enjoy!

*Jamie comments: “I made a taco salad and scooped it up using the cracker recipe from the ThyCa Cookbook, but I think you can find special tortillas at a health market if you prefer.” (Editor’s Note: ThyCa’s free Cookbook has a recipe for flour tortillas. In the grocery store, look for tortillas made from corn, lime, and water.)*

*Contributed by Jamie M.*  
Low-Iodine Recipe of the Month, May 2008

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# Chicken

## Chicken Pot Pie

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

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

*Contributed by Kimberly T.*

## Sweet Apple Chicken

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

Skin two apples and dice into small chunks.

Sprinkle with cinnamon if desired.

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

Add chicken breast and marinate overnight.

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

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

*Contributed by Matt G., New Hampshire*

## Chicken Focaccia Sandwiches

This recipe makes enough for several sandwiches.

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

1        teaspoon            dry Italian dressing  
                                 seasoning mix  
                                 (from this cookbook)

1/2     teaspoon            garlic powder  
1/2     teaspoon            fresh ground black pepper

1        Tablespoon        olive oil

1/2     cup                water

1-1/2 cup              sliced red onion (1/4  
                                 inch thick)

2                        red peppers, cut in strips  
1/3     cup                chopped green onion

Italian salad dressing , prepared (from this  
cookbook)

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

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

Mix Italian dressing seasoning with garlic powder and pepper. Coat each chicken breast with seasoning. Heat oil in a large skillet and sear chicken until brown. Reduce heat and add water. Cook until tender. Remove chicken and keep warm.

In same pan, increase heat and cook veggies.

Season with salt and pepper. Cut bread in half and toast in oven or toaster oven, top with chicken and veggies. Replace lid and cut into four sandwiches.

At serving time, drizzle with Italian salad dressing for added seasoning. Wrap leftovers in foil when cool. Reheats well in microwave. Just remove top and heat.

*Contributed by Tracy T.*

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## Chicken Fried Rice — With Oriental Sauce from this cookbook

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

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

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

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

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

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

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

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

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

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

When chicken begins to separate it's well done.

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

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

Top with scallions.

### VARIATIONS !!!!!

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

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

(Makes 2 to 3 servings)

*Contributed by W. Eugene Ellison, Chef*

## Chicken Giuseppe

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

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

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

*Contributed by Judy L., District of Columbia*

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## Chicken with Orzo

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

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

*Contributed by Susan C.*

## Basil Chicken

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

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

*Contributed by Leah G. of Florida*

## Chicken Breast Chasseur

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

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

In a large frying pan, heat oil over medium heat. Add chicken and cook, turning until brown all over, about 10 minutes. Remove and set aside. Add shallots to pan drippings. Cook 1 minute to soften. Add mushrooms; cook until lightly browned, about 3 minutes. Add garlic, tomatoes, tarragon, salt, and pepper. Simmer 5 minutes.

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

*Contributed by Leah G. of Florida*

## Chicken Curry

(This can also be made with leftover beef)

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

Heat 2 tablespoons vegetable oil in deep skillet. Add and cook until golden:

2 large onions, chopped

Stir in

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

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

*Contributed by Susan L.*

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## 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 about wine and sherry.)  
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*

### 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.

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## 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*

## Creole Skillet Dinner

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

In a saucepan, bring broth, rice, onion, 1 tsp garlic, chili powder, salt, turmeric, pepper, bay leaf to boil. Reduce heat; cover, simmer 20 minutes or till rice is tender. Discard bay leaf. In skillet over medium-high

heat, sauté the next seven ingredients and remaining garlic in oil for 2 minutes. Add mushrooms; cook till peppers are crisp-tender. Add tomato and peas; heat through. Add rice; keep warm. Over medium-high heat, cook and stir chicken in lemon juice until no longer pink. Add to rice mixture; toss. Top with almonds.

*Contributed by a friend of ThyCa*

## Sesame Chicken Nuggets

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

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

*Contributed by Judi*

## Greek Grilled Chicken

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

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

*Contributed by a friend of ThyCa*

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## Grilled Chicken with Natural Pan Gravy

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

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

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

*Contributed by a friend of ThyCa*

## Chicken Fajitas without the Fajita

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

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

Heat oil in skillet. Sauté chicken in oil until juices run clear. Add remaining ingredients. Cook until vegetables are tender.

*Contributed by Tracey L.*

## Unstuffed Cabbage

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

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

*Contributed by Joan S.*

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## BBQ Chicken

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

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

## Italian Chicken

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

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

## Marinated Chicken Kabobs

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

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

## Lemon Chicken Kabobs

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

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

*Contributed by a friend of ThyCa*

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## Lemon Honey Chicken and Rice

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

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

*Contributed by Leah G. of Florida*

## Pasta with Chicken and Peppers

5 Tablespoons olive oil  
1 large boneless and skinless chicken breast, sliced  
1 medium onion, chopped  
1 medium red bell pepper, julienne style  
1 medium green bell pepper, julienne style  
1 clove garlic, minced  
1/2 teaspoon ground red pepper  
2 large tomatoes, chopped  
3/4 pound pasta; tubes, as in penne  
Heat 2 Tablespoons olive oil over medium heat in large skillet. Cook and stir chicken until tender. Remove. Set aside. Add 2 Tablespoons olive oil to skillet. Cook and stir onion and bell peppers until tender. Return chicken to pan. Add garlic and ground red pepper. Cook 3 minutes, stirring constantly. Add tomatoes; simmer for 10 minutes. While chicken mixture in simmering, cook pasta according to directions. Do not overcook. Drain and toss with remaining tablespoon of olive oil. Serve chicken mixture over pasta.

*Contributed by a friend of ThyCa*

## Millennium Chicken

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

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

*Contributed by Nancy C.*

## Lemon Pepper Chicken with Pasta

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

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

*Contributed by Lauren P. of Maryland*

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## 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.)"*

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## Bronzed Chicken

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

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

Mix all spices together.

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

When the chicken is almost done, add sliced yellow squash, zucchini, onions, bell peppers to the pan and finish cooking them together. Chicken (and veggies) should have a bronzed appearance

Sometimes, I cook veggies using the same spice mixture, without the chicken. *Contributed by Vel*

## Chicken and Potato Casserole

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

Sauté onions in olive oil until well browned.

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

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

## Rachel's Jewish-Style Chicken

6 – 8		chicken thighs with skin
		Spice Hunter Poultry Seasoning & Grill™ (just enough to lightly coat chicken)
1	small jar	Smuckers™ Low Sugar Apricot Preserves
Approximately 1	cup	orange juice
2	Tablespoons	water
2-3	Tablespoons	olive oil

Assemble chicken in a non-stick roasting pan. Sprinkle on Spice Hunter Poultry Seasoning & Grill. Spread apricot preserves over chicken. Pour orange juice in the pan. Add water to the pan. Add oil to the pan. Bake at 375 degrees F. for 40 minutes, or until chicken is cooked to an internal temperature of 180 degrees F.

*Contributed by Rachel D.*

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

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

## Rachel's Greek-Style Chicken

6 – 8		chicken thighs
2	Tablespoons	olive oil
1	Tablespoon	oregano
	cup	lemon juice
2	cloves	garlic, crushed
2		whole lemons, sliced

Coat bottom of roasting pan with olive oil. Add chicken thighs. Pour lemon juice over chicken.

Sprinkle garlic and oregano over chicken.

Place lemon slices on chicken. Bake at 375 degrees F for 40 minutes, or until chicken is cooked to an internal temperature of 180 degrees F.

*Contributed by Rachel D.*

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## Portobello Mushrooms and Chicken

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

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

*Contributed by a friend of ThyCa*

## Honey Mustard Chicken

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

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

*Contributed by Shelley L.*

## Stir Fry Chicken

1	Tablespoon	Kitchen Bouquet browning & seasoning sauce
3 to 5	Tablespoons	sugar salt to taste (non-iodized)
1 to 2	teaspoons	Mrs. Dash table blend
1	teaspoon	hot chili oil
1	teaspoon	crushed garlic
		water to make 1 cup with previous ingredients
2	Tablespoons	cornstarch

Mix above ingredients until cornstarch is dissolved and lump free to make the sauce.

1- 1 1/2 pounds		chicken tenders, cut up (organic; Not salt-water glazed for freezing)
1	medium	onion (cut up in bite-sized pieces)
2 or 3		carrots cut up (cut up in bite-sized pieces) broccoli (cut up in bite- sized pieces) mushrooms other vegetables of your choice
1 to 2	Tablespoons	peanut oil

Saute chicken pieces in ¼ of the sauce mix until cooked through then remove from pan to bowl. Add more peanut oil and vegetables to pan and cook on high adding a little water and stir frying until vegetables are bright in color and still somewhat crisp. Then add remainder of sauce mix to pan along with cooked chicken and continue to stir until sauce is thick and clear.

Serve with rice of your choice made without salt.

*Contributed by Thelma F.*

*Thank you so much for the free cookbook. It has been a tremendous help to me for the last 4 years.*

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## June's Tupelo Chicken

(adapted from a dish served at Hard Rock Cafe)

6	cups	vegetable oil
1	cup	corn flake crumbs, crushed
2	teaspoons	red pepper flakes, crushed
1 1/4	teaspoons	cayenne pepper
1	teaspoon	cumin
1	teaspoon	salt non-iodized
1/2	teaspoon	paprika
1/4	teaspoon	onion powder
1	dash	garlic powder
1		egg beater (1/4 cup egg beater = 1 egg)
1	cup	flour
1	pound	chicken breast tenderloins

- 1) Preheat oil in fryer to 350 degrees.
- 2) Prepare the breading by combining corn flake crumbs, crushed red pepper flakes, cayenne pepper, cumin, salt, paprika, onion powder, and garlic in a medium bowl.
- 3) Beat the egg in a separate bowl.
- 4) Pour the flour into another bowl.
- 5) When oil is hot, bread the chicken by coating each strip in flour. Dip each piece in the egg mixture and then back in flour. Dip again in the egg mixture and then in the cornflake crumb mixture.
- 6) Fry each piece for 4-5 minutes or until chicken is golden brown.

*Contributed by June C.*

*"Life is not about waiting for the storms to pass...it's about learning how to dance in the rain."*

## Chicken with Apricot Sauce

2		chicken breast filets
1/2		medium onion, diced
1/2	cup	apricot preserves
		Dash of ginger or to taste

Brown filets in olive oil until thoroughly cooked. Remove from pan, leaving oil and drippings in pan. Add onions and cook until limp. Add preserves and ginger and pour warm sauce over chicken. Serve accompanied with Basmati rice.

*Contributed by Joanne M.*

Low-Iodine Recipe of the Month, August 2009

## Fried Chicken

2	pounds	chicken legs
1/4	cup	olive oil
2	Tablespoons	paprika
1	teaspoon	garlic powder
2	Tablespoons	dried parsley
2	teaspoon	kosher salt (non-iodized)

Fry chicken in oil in fry pan. Add spices halfway through cooking.

Variation: Add sliced mushrooms to pan during the last 5 minutes of cooking.

*Contributed by Cindy M.*

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## Herb de Provence Chicken

- 4 boneless skinless chicken breasts
- olive oil
- Herb de Provence spice (make sure it doesn't have any salt added to mixture)

Put the chicken in a ziploc bag or plastic container. Add enough oil to coat the chicken and sprinkle just enough spice to cover chicken. Marinate for an hour or overnight. Grill as usual. If you cook on the stove instead of grilling, use more oil so chicken doesn't stick. Makes 4 servings.

*Contributed by Michele H.*

## Chicken Pesto

- 2 boneless skinless chicken breasts
- olive oil
- balsamic vinegar
- ½ box whole wheat pasta
- 1 cup fresh basil
- 1/3 cup olive oil
- ¼ cup pine nuts or slivered almonds (unsalted)
- 1 clove fresh garlic

Put chicken in a ziploc bag or plastic container with enough olive oil to cover it and about two or three shakes of vinegar. Marinade for about an hour or overnight. Grill as usual.

Cook pasta as directed on box.

Meanwhile, put all other ingredients into a small food processor, and mix until smooth. When the chicken and the pasta are done, add the basil mixture to the pasta, slice the chicken, and serve. Makes 2 to 3 servings.

*Contributed by Michele H.*

## "Breaded" Chicken Cutlets

- 2 boneless, skinless chicken breasts
- 11/2 cups flour  
non-iodized, non-sea salt to taste  
pepper to taste
- 5 egg whites
- 11/2 cups unsalted matzo meal
- 1 Tablespoon Italian herb seasoning
- 3 Tablespoons olive oil

Flatten 2 boneless, skinless chicken breasts to about ¼ inch thickness, and cut into 1 ½ inch strips

In three bowls:

Bowl 1: Add flour mixed with salt (noniodized, non-sea salt) and pepper to taste

Bowl 2: 5 egg whites

Bowl 3: Add unsalted matzo meal mixed with Italian herb seasoning

Roll chicken strips in flour mixture then quickly submerge them in the egg whites. Next, roll them in the matzo meal mixture.

Coat the bottom of a frying pan with olive oil (about 3 Tablespoons). On medium high heat, fry the cutlets (covered) for approximately 3 minutes on each side. The breading will become crisp and golden. You will probably need to add oil and fry the chicken in two batches.

Serve warm or cold with freshly squeezed lemon.

*This recipe takes some time, but the leftovers are great cold for lunch.*

*Contributed by Tracy H.*

Low-Iodine Recipe of the Month, July 2008

*This is a recipe that Tracy adapted from one she has made in the past. The original recipe was not a low-iodine recipe. It called for whole eggs, regular breadcrumbs, and parmesan. So in exchange, she substituted egg whites, matzo meal, and Italian seasoning.*

*Tracy says "My husband actually prefers this low-iodine version. I like to make a bigger batch so that I have a quick lunch the following few days. It is just as delicious cold. Sometimes finding recipes for the low-iodine diet is as easy as going through your favorites and making some minor changes. Thanks for ThyCa's great cookbook—it has been a huge help."*

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## Rosemary Turkey

2		turkey legs
2	Tablespoons	extra virgin olive oil
3	Tablespoons	balsamic vinegar
2	Tablespoons	dried rosemary or fresh to taste
1	Tablespoon	parsley flakes
		coarse ground pepper to taste

Mix all ingredients in pan, and roll turkey legs in mixture, coating well. Cover with aluminum foil. Cook for 1 1/2 hours at 350 degrees. This recipe can be used for chicken also. Serve with steamed veggies and it's great.

*Contributed by Terri Y.*

Low-Iodine Recipe of the Month, September 2008

*I am a new cancer patient and have had a time eating since I am from the south and everything I really cooked was fried, had gravy on it, and so on. But this turkey is very good.*

## Easy Orange Chicken

2		boneless skinless chicken breasts, halved, or 4 breast filets, or 4-6 thighs
1	medium	onion, chopped
1	cup	orange juice
1	Tablespoon	cornstarch
Optional:		
1	teaspoon	dried thyme
		non-iodized, non-sea salt pepper to taste

Oil a baking pan. Add chicken and onion. Mix cornstarch and orange juice. Add thyme. Pour onto the chicken. Bake at 325 degrees until tender, about 40 minutes. Serve with pasta or rice plus a vegetable such as green beans or no-salt peas, for an easy meal.

*Contributed by a Friend of ThyCa*

Low-Iodine Recipe of the Month, April 2009

*An easy meal for the family or for unexpected guests. Easy to double for more people. Keeps well in warming oven, or when reheated. You can vary the measurements, depending on your preferences and what you have on hand.*

## George's Turkey Bolognese

1 to 1 1/2	pounds	lean ground turkey
1	Tablespoon	onion powder
2	Tablespoons	dried oregano
1/4	teaspoon	thyme
2	teaspoons	dried basil
1	Tablespoon	dried parsley
1	teaspoon	garlic powder
1/4	teaspoon	freshly cracked pepper

Mix all dry ingredients together first. Add all the ingredients to the turkey meat, mixing thoroughly. Add olive oil to frying pan, and sauté meat until thoroughly cooked.

### Sauce

1	large can	salt-free crushed tomatoes
1	can	salt-free tomato paste
		olive oil
2	cloves	garlic, chopped
1	small	onion, diced

Sauté garlic and onions in the olive oil, until translucent. Add crushed tomatoes and tomato paste. Cook on a low flame for approximately 10 minutes. After meat is cooked, add it to the sauce.

Serve over rotelle or penne pasta.

*Contributed by June C.*

Low-Iodine Recipe of the Month, October 2009

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## Pecan-Crusted Chicken

2 large boneless, skinless chicken breasts  
1 egg white  
1/2 teaspoon ginger  
1/4 teaspoon sage  
pinches non-iodized salt, garlic, and pepper  
1 cup finely chopped pecans

Lightly beat the egg whites and spices together. Experiment with the spices — I really liked the ginger with the pecans, but you may have another spice that you like better. Dip the chicken breasts into the egg whites and then coat with the pecans. Place the chicken on a foil-lined cookie sheet that has been sprayed with vegetable oil spray. Cook in a 350 degree oven for one hour. Enjoy with your favorite pasta or veggies.

*Contributed by Nancy K.*

Low-Iodine Recipe of the Month, February 2010

*“This is a recipe that I made up for myself. My whole family really enjoyed it. I’m really thankful for the cookbook — it is a true gift!”*

## Lime Cilantro Marinade

Fabulous with pork and chicken (and, when not on the low-iodine diet, with shrimp)

Juice of 4 limes

1 small red bell pepper  
1 bunch cilantro (this is really to taste)  
6-7 cloves garlic  
1 Tablespoon olive oil

A few grinds of fresh black pepper

Blend all ingredients in a blender until smooth. You only need to marinate the item up to 1 hour. Sometimes I mix the marinade up and put into a plastic freezer bag, add in the raw meat and freeze. Then it’s ready anytime. Perfect for when you are hypo! Once you are ready to start cooking, be sure to season up the item with some non-iodized salt – to taste.

*Contributed by Suzanne B. of Virginia*

# Lamb and Pork

## Grilled Butterfly Leg of Lamb

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

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

*Contributed by a friend of ThyCa*

## Lamb (or Beef) Pilaf

### Ingredients: For Meat:

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

### For Rice:

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

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

### To make meat:

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

### To make rice:

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

*Contributed by Calum A.*

## Oriental Pork

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

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

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

*Contributed Sheryl J.*

## Cheryl's Grilled Pork Chops with Mashed Sweet Potatoes

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

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

*Contributed by Cheryl R.*

## “Breaded” Pork Chops

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

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

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

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

### Coating Mix:

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

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

*Contributed by Lisa H. of California*

## Pork Carnitas, Soft Tacos, with Salsa Fresca

### Pork Carnitas

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

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

### Flour Tortillas

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

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

### Salsa Fresca

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

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

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

*Contributed by Rae K.*

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## 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.*

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## Skillet-Braised Pork Chops

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

Heat oven to 350 degrees F.

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

*Contributed by a friend of ThyCa*

## Breakfast Sausage

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

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

*Contributed by Georgia S.*

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

## Maple Fennel Country Sausage Patties

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

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

*Contributed by Amanda C.*

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## Pork Chops—or Chicken Tenderloins—in Orange Sauce

6		pork chops*
		non-iodized, non-sea salt
		flour
1	Tablespoon	canola oil
1	cup	orange juice
1	teaspoon	sugar
1	teaspoon	flour

Season pork chops with non-iodized salt to taste and coat with flour.

Brown in skillet in about a tablespoon of canola oil. Pour off excess fat.

Add ½ cup orange juice and cook slowly 30 minutes or until meat is done.

Remove meat from pan and add to remaining liquid a mixture of: ½ cup orange juice, sugar, and flour. Cook, stirring constantly until thick and smooth.

Pour over chops.

Delicious with basmati rice.

(More “gravy” is even better.)

\*Or chicken tenderloins or chicken breasts sliced to similar size.

*From a Duluth, Minnesota, Episcopal Church cookbook, a gift so old and worn I’ve lost the cover with specifics.*

*Contributed by Dian B. of Maryland.*

*Your cookbook has been very helpful and keeps improving. Thank you! My family has found three recipes, especially tasty and satisfying on the low-iodine diet. Two have been favorites for years, here slightly adapted to work within the restrictions. None is original with me.*

## Apple-Smothered Pork Chops

6		pork chops, thick
		non-iodized, non-sea salt,
		pepper, and sage to taste
		canola oil
2	Tablespoons	flour
1	cup	hot water
1	Tablespoon	vinegar
1	cup	raisins
3		tart apples, cored and sliced
3	Tablespoons	brown sugar

Brown seasoned chops in oil. Remove from skillet. Stir in flour, then water, vinegar, and raisins. Cook and stir to thicken. Arrange chops in casserole. Top with apples. Sprinkle with brown sugar. Pour raisin mix over.

Bake covered 350° about an hour.

*From a Schenectady friend years ago.*

*Contributed by Dian B. of Maryland  
Low-Iodine Recipe of the Month, December -Jan  
2009-2010*

# Milk Substitute and Other Substitutes

## Nut Milk

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

*Contributed by Nina G. of Hawaii*

## Mickie's Nut Milk

1/2 cup walnuts (or other nuts, but walnuts are easy, no soaking or peeling needed)

2 cups water

a drop non-iodized salt - optional

a few drops maple syrup (or other sweetener)

Buzz well in a blender, then strain in a fine strainer or cheesecloth-lined strainer (if you use cheesecloth wet it and wring it out first, so it doesn't absorb all your milk. Actually, the easiest way to strain is—sounds weird, but works—is through a new pantyhose knee-hi sock!)

The nut solids can be used in other things (on cereal, in breads, etc.)

*Contributed by Mickie B.*

*With a little extra maple syrup, you can pretend it's a milkshake (think maple-walnut - mmm).*

## Soy Free Margarine

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

1/2 teaspoon non-iodized salt

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

3 drops yellow food coloring (optional)

1/8 teaspoon cornstarch

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

"(c) 2004 by Melissa J. Taylor

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

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## 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.

### **Brand Names?**

We don't list brand names for the low iodine diet, because so many products are often changed or 'improved.' We encourage you to read labels of packaged products.

# Soups and Stews and Sauces

## Moroccan Soup

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

Or

2-3 cups dry white wine

And

2-3 cups water

2-4 Tablespoons olive oil

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

Add garbanzos and stock or wine/water to cover.

Bring to a boil, cover and simmer for 30 minutes.

Add lentils, rice, tomatoes and tomato paste. Check liquid level to be sure to have an inch of liquid over the beans. Bring to a boil and simmer another 30 min.

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

Garnish with chopped raw onion if desired

The fresh herbs fade, but this tastes really good

reheated. You might want to add some summer

squash or sweet red pepper if you want to boost the

vegetables. Don't be afraid to lessen the seasonings—I like is spicy.

This soup just gets better and better in the fridge.

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

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

*Contributed by Evie H. from VA*

## Roasted Vegetable Soup

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

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

*Contributed by Tracy T.*

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## Curried Carrot Soup

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

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

*Contributed by Tracy T.*

## Gypsy Soup

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

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

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

*Contributed by Dale F.*

## Hot and Sour Soup

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

Bring 2 cups water to a boil, add bouillon, vinegar, pepper and oil; stir to mix.

Add vegetables, let boil 3-5 minutes, depending on how crunchy/soft you like them.

Mix together cornstarch and 2 Tablespoons water until blended.

Add to the boiling soup and stir until it thickens.

Remove from heat, then slowly pour the egg white into the soup and stir slowly until you see the egg white form "ribbons" of cooked egg.

Add salt to taste if you like.

Makes 2 small bowls, or one huge one.

*Contributed by Denise D.*

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## 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*

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## Cabbage Stew

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

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

*Contributed by Leah G. of Florida*

## Another Cabbage Stew

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

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

Add cabbage and stir until evenly coated with oil.

Cook, stirring occasionally, until heated through.

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

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

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

Serve very hot.

*Contributed by a friend of ThyCa.*

## Chili

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

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

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

*Contributed by Karen F. of South Carolina*

## Chili Powder

1	teaspoon	paprika
2	teaspoon	ground cumin
1	teaspoon	cayenne pepper
1	teaspoon	oregano
2	teaspoon	garlic powder
Combine all ingredients.		
Use with any recipe calling for Chili Powder		
<i>Contributed by Sue L</i>		

## 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*

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## 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.*

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## 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 K.F.*

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## Rich Butternut Squash Soup

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

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

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

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

*Contributed by a friend of ThyCa*

## Chicken Stock (about 2 quarts)

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

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

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

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

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

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

*Contributed by a friend of ThyCa*

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## Portuguese Kale Stew

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

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

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

*Contributed by Barb B.*

## Quick Chicken Noodle Soup with Broccoli and Garlic

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

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

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

Add salt if necessary. *Contributed by a friend*

## Veal Stew

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

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

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

Serve on noodles.

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

*Contributed by Barb B.*

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## 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*

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## 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*

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## Line's Low-Iodine Italian Style Tomato Sauce

3-4	Tablespoons	pure tomato puree
1		fresh tomato (large and on the vine is best)
1		clove garlic
1-2	Tablespoons	herb mix: herbes de provence
1-2	Tablespoons	extra virgin olive oil
		freshly ground black pepper

Place all ingredients in blender and whiz until smooth.

This sauce is great for topping on pizzas or mixed in with pasta or as a filler in a low-iodine (no cheese) lasagna.

*Contributed by Line of England*

## Dill, Pea and Carrot Soup

2	cups	dried yellow split peas
¾	cup	chopped onion
2	cups	sliced carrots
1	cup	diced celery
¼	cup	minced fresh parsley
1-2	Tablespoons	fresh dill, chopped, or ½ to
1	Tablespoon	dried dill
1-2	teaspoons	celery seed
2-4	teaspoons	salt
1	teaspoon	pepper
3		medium potatoes, diced

Bring split peas to boil in 12 to 14 cups water. Skim off foam, reduce heat to simmer. Add everything else except the potatoes. Cook until peas are softened, about 45 minutes. Add potato cubes and cook over low-medium heat until peas are completely dissolved, about 1½ hours. Stir to blend. Adjust seasonings. Thin with water if needed. 12-14 servings. Easy to divide.

Reheat on very low heat. Freezes well. Hearty and delicious.

Published in the food section of the Washington Post.

*Contributed by Dian B. of Maryland*

## Roasted Butternut Soup

Makes 8-10 servings

2		large butternut squashes, split in half & seeded
2	Tablespoons	olive oil
1	teaspoon	thyme
1		medium onion, chopped
1	Tablespoon	olive oil
4		cloves of roasted garlic
4	cups	homemade veggie stock
		non-iodized salt

Preheat oven to 425°. Use a jelly roll pan (a pan with a lip since the butternut squash will become moist as it roasts) lined with a Silpat baking sheet [non-stick silicone mat].

Rub squash with 1 Tablespoon of olive oil and sprinkle cut side with salt. Add thyme to the seed cavity. Place cut side down. Roast for 45 minutes until fork tender. Remove from oven and cool.

While the squash bakes, sauté onion with 1 Tablespoon of olive oil until the onions brown. Set aside to cool.

Next, you'll finish off the soup in the two batches in a food processor.

Remove thyme from two of the four seed cavities. Scoop flesh from the skin of two pieces of squash, one with thyme and one with thyme removed. Add half of the sautéed onions, 2 cloves of roasted garlic and 2 cups of veggie stock. Blend until smooth. Add more veggie stock until desired consistency.

Remove and blend the 2nd batch with the remaining squash, onions, roasted garlic and veggie stock.

Heat in a saucepan and serve.

\*This soup freezes well. I typically freeze half of this soup; it was great to have ready to go! You can also split the recipe in half.

*Contributed by Lily W.*

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## Quick and Easy Spaghetti with Mushroom Sauce

1/2 cup chopped red onion  
1 clove garlic, minced  
3 Tablespoons olive oil  
1 cup sliced mushrooms  
1/4 cup fresh parsley leaves, chopped  
2 Roma Tomatoes, chopped  
1 can no-salt-added tomato sauce  
1/2 cup water  
1 teaspoon sugar  
1 1/2 teaspoons non-iodized salt  
1/2 teaspoon pepper  
1 1/2 teaspoons dried oregano, crushed

Cook onion and garlic in oil until tender, but not brown. Garlic turns bitter tasting if you cook it too long.

Add mushrooms and cook approximately 5 minutes until they are tender.

Stir in the other ingredients one at a time while skillet is on medium to low heat.

Simmer uncovered for 30 minutes. Serve over spaghetti.

NOTE: Be careful of using whole wheat pasta as it may contain soy items. Read all labels carefully. We found only one brand of canned tomato sauce that truly did not contain salt.

*Contributed by Bill and Karen M. of Georgia*

## Non-Iodine Pesto

This sauce is great with plain pasta (perhaps with a few roasted vegetables and maybe some roasted pine nuts (if you like) and makes an easy meal once the pesto is ready and waiting in the fridge. It also is great for topping on pizzas or mixed in with pasta or as a filler in a low-iodine (no cheese) lasagne.

10 grams fresh basil (a few handfuls)  
10 grams pine nuts (roasted but not salted – you can roast them yourself!)  
1 clove garlic

extra virgin olive oil

Put all ingredients in a blender and whiz until smooth.

Put in suitable container and top with a little more oil. Keeps in the fridge for 3-4 days at least.

*Contributed by Line of England*

## 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*

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## Bar-B-Que Sauce

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

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

*Contributed by Anne K.*

## Blackening Mixture

### for Seasoning Poultry, Beef, Pork

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

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

*Contributed by Jill B. of Virginia*

## Ketchup

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

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

Rinse tomatoes in cold water and peel off the skin. Cut tomatoes in quarters and with a small spoon, scoop out and discard the seeds. Peel and chop finely the onion and garlic. Cut the tomatoes in small pieces.

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

Let cool, then refrigerate overnight.

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

Pour into an air tight container and refrigerate.

Makes about 20 ounces of ketchup.

*Contributed by Russ*

## Easy Homemade Ketchup

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

In mixing bowl, combine all the ingredients with a wire whisk. Blend well. Scrape into re-sealable container and refrigerate overnight to blend flavors. Can be used right away if needed.

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

*Contributed by Kathy S.*

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# Vegetables

## Quick and Easy Vegetables (and a Fruit)

### Roasted Potatoes

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

### Roasted Carrots with Fennel

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

### Sautéed Apples

3 apples (such as McIntosh, Golden Delicious, Granny Smith), cored and cut in chunks

2 Tablespoons olive oil

1 teaspoon fresh thyme or ½ teaspoon dried thyme

1 teaspoon grated lemon zest

Salt and pepper to taste

Heat oil in a skillet. Add the remaining ingredients. Cook until apples are tender (3-5 minutes). These are great served with pork.

### Barbecued Veggies

In a ziplock bag, place Portobello mushroom tops and some Italian Salad dressing (recipe found in this book). Let marinate about 30 minutes. Remove from bag and grill, turning once. Do not over cook. These are delicious with steak and so easy to prepare.

Zucchini can also be made in the same way. Slice zucchini in ½” strips and marinate in a separate bag with Italian salad dressing. Grill on the barbecue until slightly tender, turning once.

*Contributed by Tracy T.*

## Basil Pesto Spaghetti

4 cloves garlic

6 Tablespoons pine nuts  
salt

pepper

1 large handful fresh basil

6 Tablespoons extra virgin olive oil

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

*Contributed by a friend of ThyCa*

## Fried Eggplant

1 small to medium eggplant  
flour

kosher salt and pepper

Pam~Olive Oil-flavored  
nonstick spray

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

*Contributed by Jo Anne H.*

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## 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)
- 2 Tablespoons freshly chopped parsley
- pepper to taste
- 400 grams (14.12 ounces) cooked lentils (be sure to cook these separately)

### Method:

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

Just halve or quarter the recipe if you prefer.  
*Contributed by Jodi F.*

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## Veggie Burgers

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

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

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

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

*Contributed by Kathleen L.*

## Eggplant Curry

2	large	eggplants, peeled and cut into 1/2 inch cubes
1	Tablespoon	salt
		olive oil
3	medium	Vidalia or Spanish sweet onions, thinly sliced
6	cloves	garlic, minced
1	Tablespoon	ground coriander
1/2 to 1	teaspoon	cayenne pepper
1/2	teaspoon	turmeric
8		jalapeno peppers, seeded and minced
1/2	cup	dried, unsweetened, shredded coconut meat
		juice of whole lemon
		zest of whole lemon
1		bay leaf
1	teaspoon	sesame seeds
1	cup	water
1	teaspoon	sugar
1	teaspoon	mustard seeds
1/4	cup	cilantro leaves, minced (optional)

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

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

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

*Contributed by Julia S.*

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## Ratatouille

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

Heat oil in soup pot.

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

Add remaining ingredients with 6 cups of water.

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

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

Return to soup and stir. Ladle into bowls.

*Contributed by Robin G.-A.*

## Roasted Asparagus

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

Break off and discard woody ends of asparagus.

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

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

Toss with fresh herbs.

*Contributed by Robin G.-A.*

## Roasted Winter Vegetables

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

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

*Contributed by Leah G. of Florida*

## Roasted Yellow Squash

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

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

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

*Contributed by Robin G.-A.*

## Stewed Tomatoes

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

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

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

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## Crunchy Zucchini and Tomatoes

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

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

*Contributed by a friend of ThyCa*

## Giordano Spaghetti

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

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

*Submitted by Diane G.*

## Chewy Potato Fries

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

Preheat oven to 400 degrees F.

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

*Contributed by Julie C. B.*

## Sweet Potato, Apple, and Cranberry Bake

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

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

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

*Contributed by a friend of ThyCa*

## 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*

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## Roasted Sweet Potatoes

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

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

*Contributed by Dee W.*

## Candied Sweet Potatoes

1 large sweet potato, peeled, diced and cooked  
2 Tablespoons olive or other non-soy oil  
3 Tablespoons brown sugar

Combine ingredients and bake in 350-degree oven for 15-20 mins.

*Contributed by Dana P. of Pennsylvania*

## June's Potato Latkes

5 large russet potatoes  
1/2 cup eggbeaters  
non-iodized salt and pepper  
matzo meal (Matzo meal- use matzo crushed up very fine).  
1 medium yellow onion

Peel potatoes. Cut them up in quarters and grate in food processor. Add a medium onion to food processor. Drain excess water. Put in a large mixing bowl. In a separate dish, add eggbeaters, matzo meal, and non-iodized salt and pepper. Consistency should be sticky.

Mix all ingredients together.

Form patties. I use an electric skillet- latkes cook more evenly.

Heat oil until hot.

Cook until brown and crispy.

Serve with applesauce (or sour cream- after you are off the low-iodine diet).

*Contributed by June C.*

## Roasted Garlic

1 bulb garlic  
olive oil  
non-iodized salt

Remove 1 or 2 layers of the garlic bulb coverings. Preheat oven or toaster oven to 350°. Bake for 45-50 minutes until tender.

\*Can be used for many dishes including soup, hummus or spread on Low-Iodine Diet bread.

*Contributed by Lily W.*

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## Hash Browns

raw potatoes  
oil  
non-iodized salt  
pepper  
onion powder  
garlic powder

Peel the potatoes then shred them using a grater. You will want to rinse the shredded potatoes until the water runs clear to be sure all the starch is removed. Run them through a salad spinner to remove all the water (or dry them really well). Heat oil in frying pan and once hot, add potatoes. Season potatoes to taste. Cook on medium to medium/high heat. They will take 15-30 minutes to cook depending on how full your pan is. You could also add chopped onions and/or green peppers to the potatoes while cooking. Great as a side dish.

*Submitted by Suzanne B. of Virginia*

## French Fries

Wash, peel, and cut up potatoes into slices (not too thin). Add vegetable oil (such as canola oil) to a skillet or frying pan. Heat oil. Add potato slices (please watch out for spattering hot oil). Once slices start to turn golden brown, remove them onto a paper towel .

You can sprinkle them with non-iodized salt if you wish, or just have them with unsalted ketchup.

*Contributed by Linda R. of Massachusetts*

## Pan Fried Carrots and Cauliflower

2 cups sliced carrots  
2 cups chopped cauliflower  
3 Tablespoons olive oil  
1 teaspoon dill

Fry carrots in oil for 5-8 minutes.

Add cauliflower and dill.

Cook to desired tenderness.

*Contributed by Cindy M.*

## Fried Rice

1 Serving – multiply the recipe to make more servings

1 Tablespoon olive oil  
1 Tablespoon chopped onion  
1 Tablespoon chopped celery  
1 Tablespoon thinly-sliced carrot  
1 cup cooked basmati rice  
2-3 ounces cooked meat (chopped chicken, thinly sliced beef, ground pork, etc.)  
2 Tablespoons frozen no-salt peas  
1 egg white  
non-iodized salt to taste

Heat oil over medium heat in 8-inch non-stick skillet. Add onion, celery, and carrot and saute 2-3 minutes. Add rice, meat, and peas and heat through. Move rice mixture to outsides of pan, leaving an empty circle in the middle. Add egg white to middle of pan and stir frequently (stir the egg white only). When egg white is cooked, mix in with the rice mixture and add salt to taste.

*Deb writes: "This is a quick and easy meal you can make with ingredients you hopefully have on hand for your 'lo-io' diet.."*

*Contributed by Deb S. of Wisconsin*  
Low-Iodine Recipe of the Month, May 2009

*I just got done with my low-iodine diet. Your cookbook was very helpful.*

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## Vegetable-Stuffed Mushroom Caps

½	cup	finely chopped nuts (home coffee grinder/mill works well, but don't use for anything but the nuts!)
½	cup	finely chopped apples
1/8	cup	finely chopped onion
		mushroom stems, finely chopped
½	teaspoon	garlic powder
2	cups	fresh mushrooms
		olive oil or other vegetable oil

Clean the mushrooms with a little water or a damp towel and remove the stems. Cut the dried ends off the stems so you only chop the more tender portions of the stem.

Mix all the chopped ingredients and the seasonings together.

Dip mushroom cap in oil so it is coated (or if you prefer, you can just dip the outside of the cap. The oils from the nuts will keep the inside of the mushroom moist).

Place stuffing inside cap and set cap, top down (stuffing up) on tray.

Place under broiler for about 5 minutes.

*Contributed by Barrett H.*

## Confetti Rice Bake

1 1/8	cups	basmati white rice
2	teaspoons	salt (non-iodized/non-sea salt)
1/2	teaspoon	white pepper
2	cups	water
2	cups	chicken broth (homemade or no-salt)
1 1/2	cups	mixed vegetables (without lima beans)
2	Tablespoons	unsalted margarine

Preheat oven to 400 degrees F. Spray or grease a 9 inch x 13 inch size or similar-sized casserole dish with lid.

In saucepan, heat the water and broth. Add non-iodized salt and pepper. Add rice and stir. Add veggies and stir. Pour into casserole and cover. Bake 15 minutes at 400 degrees; then reduce temperature to 350 degrees and bake for 30 additional minutes or until rice is tender.

Cut up margarine (or use olive oil) and stir into rice until melted. Fluff and serve.

If you want to use brown rice, add approximately 2/3 cup additional water and cook the rice and broth for about 10 minutes before putting into casserole and into the oven.

\*You can also add some chicken breast on top of the rice and it will be a complete meal.

\*I sometimes like to use 4 cups broth (no water) for a stronger chicken flavor.

\*\**I consider this comfort food, and it is easy, too— one of my requirements when cooking while hypo.*

*Contributed by Sherry S.*

Low-Iodine Recipe of the Month, February 2008

## Avocado Ideas and Tips

Don't feel deprived while eating your low iodine diet (LID):

Upgrade your meals with avocado instead of butter, sour cream and cheese:

- Mashed avocado instead of sour cream or butter on your baked potato
- Sliced or mashed avocado on sandwiches instead of cheese and mayonnaise
- Mashed avocado on toast or bagels instead of cream cheese or butter
- Chopped avocado in a salad or omelet instead of cheese
- Add another step and make guacamole by adding chopped onion, chili pepper, cilantro, and tomato.

Avocados are great on so many things, and really dress up meals.

Enjoy your enhanced meal!

*Contributed by Jo W. of Arizona*

Low-Iodine Recipe Tips of the Month, July 2009

# 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.

## Tips from a Shopping Trip —

*Contributed by Andrea L*

I have just had a wonderful shopping trip to a local market that emphasizes fresh foods and organic foods.

The Gluten free aisle has many products that will work. In another aisle...I found a wonderful non-dairy creamer substitute made with almonds and water, and it specifically states non-iodine salt. It is for cooking in all recipes as well. In the frozen aisle there is a product made with coconut milk, mango frozen dessert, no salt, no soy, etc Also found rice cakes.

## Suggestions

*Contributed by Suzanne K. G. of New York*

- *A life saver for me is to roast a ton of vegetables ahead of time and have them on hand and ready to eat on their own or over potatoes or pasta or mixed into an egg white omelette. I don’t love egg whites on their own but if there are gooey caramelized onions and sweet red peppers and mushrooms to mix in, it makes it very delicious. I also buy salt-free ketchup and use it on things I wouldn’t normally use ketchup on to keep it more interesting.*  
*If people live in a large city and have the better markets and they take the time to read labels there are many ready to eat foods that you can buy.*
- *I made granola and that’s been good to munch on to satisfy my sweet tooth and I used a lot of different nuts and seeds and dried fruits like cranberries, raisins, mango and crystallized ginger.*

*I also made muffins with oats, oat flour, nuts, dried fruit, maple syrup, egg whites, apple sauce and sweet potatoes that are amazingly moist and satisfying. I don’t have a recipe as I just throw it together but I think that without egg yolks and butter you have to be a little inventive.*

*I try to have fun with the diet vs treating it as a chore or punishment and try things I might not otherwise - and for me one of the best parts is telling myself that I don’t have to worry about carbs or calories or sugar for these 2 weeks so its nice to have a break from that.*

*Thanks for all you do....*

## ***IDEAS FOR MEALS AND SNACKS***

### **For Children and Teens Coping With Thyroid Cancer**

#### ***Meals and Snack Ideas***

**Breakfast**      Oatmeal  
Fresh Fruit  
Fruit Juice

**Lunch**            Peanut Butter & Jelly Sandwich  
No-salt Tortilla Chips  
Fruit Leather  
Juicy Juice

#### **Dinner Menus**

Goulash (made with LID appropriate ingredients) and Green Beans  
Hamburger and French Fried Potatoes (without skins)  
Chicken Breast and Mashed Potatoes (made without milk)  
Beef Roast, Carrots, Green Beans, and Mashed Potatoes (without milk)  
Steak and Baked Potato (no skins)  
Spaghetti, Tomato/Meat Sauce (no-salt), and Green Beans

#### **Kids' Snack Ideas**

Sorbets instead of ice cream (make sure these don't contain seaweed based additives)  
Italian Ice  
Popcorn popped in canola oil and salted with non-iodized salt to taste  
Fresh fruit  
Fresh vegetables  
Unsalted peanuts (add non-iodized salt or non-sea salt to taste)  
No-sale Tortilla chips  
Fruit leather  
Fruit snacks  
Matzo crackers with no-salt peanut butter

*Contributed by Melissa L. of Pennsylvania*

Low-Iodine Tips and Recipes of the Month, June 2008

Melissa has shared her recipes for many of these dishes on this page:  
<http://www.thyca.org/pediatric/lid-kids.htm>

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# Dips, Spreads, Appetizers

## Hummus

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

In a food processor:

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

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

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

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

## Garbanzo Beans

Protein to add to your meals, salad or make hummus

1 cup dry beans = 2 cups of cooked beans

Soak beans overnight in cold water. Cover the beans with 2 inches of water. Discard water and rinse beans. Add the ratio of 3 cups of water to 1 cup of dried beans in stock pot. Simmer for 20-30 minutes. Drain and they are ready to use.

\*The same ratios can be used for black beans.

Simmer for 30-40 minutes

*Contributed by Lily W.*

## Lily's Hummus

1 clove roasted garlic, peeled  
8 ounces cooked & cooled garbanzo beans  
1 Tablespoon tahini (no-salt)  
1/4 cup water  
3 Tablespoons olive oil  
2 Tablespoons lemon juice  
1/4 teaspoon cumin  
dash cayenne pepper, optional  
1/4 cup toasted pine nuts  
non-iodized salt to taste

*Contributed by Lily W.*

## Another Hummus Recipe (made with Tahini)

*I modified these from other recipes, for the Low-Iodine Diet (and to suit my own tastes). I think it's a bit more traditional than the other recipe in the LID cookbook.*

Tahini (Sesame Seed Paste - needed for hummus)

2 Tablespoons roasted sesame seeds  
1/2 teaspoon sesame oil  
1/4 teaspoon non-iodized or kosher salt  
1/4 cup tepid water

Blend sesame seeds in a blender and grind until smooth. Add sesame oil, and salt, and then slowly add 1/4 cup of water while blending. Blend until completely smooth.

Yield: 1/2 cup -- about twice what you need for this hummus recipe.

## Heather's Hummus

dried chickpeas, equivalent to 16-ounce can, soaked for 24-plus hours  
1/4 cup water  
3-5 Tablespoons lemon juice (depending on taste)  
1 1/2 Tablespoons tahini  
2 cloves garlic, crushed  
1/2 teaspoon non-iodized or kosher salt  
2 Tablespoons olive oil

Drain chickpeas. Combine all ingredients except water in blender or food processor; blend. Add 1/4 cup of water, or enough to make the consistency to your liking. Blend on low until thoroughly mixed and smooth. You may wish to add more salt and garlic to taste; be sure to mix it in thoroughly. Store in an airtight container and refrigerate what you don't eat. You can serve it with a little pool of olive oil on top if you like - yum!

*Contributed by Heather L. of California*

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## Superior Mole

Summer version of Guacamole (non-spicy)

2 avocados, mashed  
1 medium tomato, chopped  
¼ small onion, chopped  
½ cucumber, chopped  
juice of fresh lemon  
1/4 to ½ teaspoon salt

Mix all ingredients together.

*Contributed by Kimber S.*

## Guacamole Dip with Tortilla Chips

Corn tortillas (containing only corn, lime and water)

Corn oil for frying

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

### Chips:

Cut corn tortillas into triangles (1 corn tortilla = 4 chips, or cut to desired chip size). Heat oil in pan. Fry tortilla triangles until crispy. Drain on paper towel and sprinkle with salt.

### Guacamole:

Remove seed from avocados and scoop out center. Put in bowl and mash. Chop/dice tomatoes and onion. Add to avocado and mix gently. Season with salt, pepper, ground red pepper, and cilantro to taste. Add squeeze of lemon juice.

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

*Contributed by Liz M.*

## Pico De Gallo

Chop 1 to 2 tomatoes.

Chop 1 to 2 jalapeno peppers (remove seeds).

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

Mix all ingredients together.

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

Serve with homemade tortilla chips.

*Contributed by Liz M.*

## Rafael's Pico de Gallo

3 onions, diced  
3 tomatoes, diced  
1 green bell pepper, diced  
3 jalapeno peppers (seeds and ribs removed), diced  
½ bunch cilantro leaves, chopped  
1 teaspoon garlic, minced  
2 teaspoons non-iodized salt  
1 teaspoon cumin

The juice from 2-3 limes

Mix everything together & serve. It's even better if the flavors are allowed time to marinate. Serve with your favorite tortilla chips. Whole Foods brand 365 makes a great no salt chip.

*Contributed by Suzanne B. of Virginia*

## 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.*

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## 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*

## Pineapple Salsa

2 cups diced pineapple  
1/2 cup diced tomatoes  
1/4 cup finely chopped red or sweet Vidalia onion  
1 finely chopped jalapeno  
zest of one lime & juice  
1 Tablespoon olive oil  
non-iodized salt to taste

Mix all ingredients in a bowl and chill. If possible, make it the day before and allow the flavors to build.

\*Great with tortilla chips that are paper thin and salt free. Warm the chips and sprinkle with a little non-iodized salt.

*Contributed by Lily W.*

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## Black Bean and Corn Salsa

- 1 (15 oz.) can black beans (rinsed and drained) – Of you prefer not to use canned beans, use prepared dried.
- 1 cup frozen corn kernels (thawed)
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped fresh cilantro
- 3 Tablespoons lime juice
- 8 small green onions - chopped (use the green and white parts)
- 2 Tablespoons balsamic vinegar
- 1/2 teaspoon non-iodized salt
- 1/2 teaspoon ground cumin

\*\* Optional \*\*1 or 2 jalapeno peppers chopped (or can use crushed red pepper)

Serve with your favorite tortilla chips. Whole Foods brand 365 makes a great no salt chip.

*Contributed by Suzanne B. of Virginia*

## Black Bean Dip

- 2 cans black beans (rinsed and drained) – if you prefer not to use canned beans, use prepared dried
- 1 bunch cilantro (cut the ends off the stems and rinse before using)
- 2-4 cloves garlic
- 3-5 limes (you just need the juice – add a little at a time to control the consistency)

Zest of 1 lime (only the green part of the skin – no white)

A few grinds of black pepper

Put all ingredients into the food processor and blend until smooth. You will want the consistency to be spreadable, but not too loose. Don't add all the lime juice at the beginning, because you might make the puree too wet. Taste and add non-iodized salt if needed. This is great as a dip with tortilla chips or to use it in place of refried beans in any of your favorite dishes.

*Contributed by Suzanne B. of Virginia*

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# Breakfast

## Fruit Shake

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

Place all ingredients into a blender and liquefy!  
Some additional pulsing might be necessary to break up some of the ice cubes. Feel free to add raspberries, blueberries or cut up strawberries for a flavor variation! Makes approximately 32 ounces 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.*

## Apple Morning Oats

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

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

Top with honey or cinnamon sugar, and raisins.

*Contributed by BethAnn L.*

## Jelly Omelet

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

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

*Contributed by Lauren P. of Maryland*

## Easy Potato and Egg Breakfast

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

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

*Contributed by Pat S.*

## Fruit and Oatmeal

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

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

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

Add brown sugar to taste.

*Contributed by Kathy C.*

## 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.*

### *Another Variation*

Griddle Cakes - instead of adding 1/2 half cup of water, add 2/3 cup of water and add the baking

powder last. This makes the wheat pancake flour thinner and fluffier.

*Contributed by Jill Ann R.*

*From Jill: " Thank you for all the hard work you have done with the recipes book. This is the third time that I have had to do the Low-Iodine Diet and the first time I am actually enjoying the meals!"*

## Pancakes

1 cake compressed or 1 package active dry yeast  
4 cups water (amount may need adjustment, depending on type of flour you use)

1 teaspoon sugar

4 1/2 cups flour (can be bleached, wheat, buckwheat, or combination)

1 teaspoon salt

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

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

Bowl must not be more than 1/2 full.

In morning stir batter and add:

2 Tablespoons brown sugar

3/4 teaspoon baking soda

1 Tablespoon oil

Cook on lightly greased griddle.

(These are amazingly light!)

*Contributed by Ann M.*

## Judy's Low Iodine Pancakes

2 egg whites

2 Tablespoons sugar

1 teaspoon vanilla

1 cup flour

2 teaspoons baking powder

3/4 teaspoon salt

1 teaspoon cinnamon

1 teaspoon vegetable oil

3/4 cup water

1/2 mashed banana

1/4 cup crushed nuts, I used crushed walnuts.

Beat egg whites and sugar. Add vanilla. Stir in remaining ingredients.

Recipe makes about 8 pancakes.

*Contributed by Judy S. of Florida*

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## European-Style Pancakes / Crêpes

(To convert the quantities to ounces, see the conversion list at the end of the book)

1 decilitre (1/10 of a litre)  
almond or coconut milk  
1 decilitre plain white flour  
1 egg white  
1 Tablespoon white sugar  
Tiny bit of plain vegetable oil

Mix the dry ingredients in a bowl.

Gradually add the egg and the milk, stirring to make sure no lumps form. The batter will be quite runny.

Brush the oil onto a non-stick pan (using a brush or some kitchen roll) and heat it to moderate.

Add ½ of a decilitre of the batter to the pan and cook until the sides start to become light brown. Then turn and heat on other side about 2/3 as long time as the first side.

Remove from pan and continue with the next portion of the batter.

*Contributed by Line of England*

*The very best invention of the weeks were the low-iodine pancakes I created using almond or coconut milk. My husband had them nearly every morning for breakfast with lemon and sugar or maple syrup – and he LOVED them. They keep in the fridge for at least 3 days but are nicest when they are fresh or heated through gently again on the pan the following days.*

## Banana-Nut Griddle Cakes

2 egg whites  
2 Tablespoons sugar  
1 teaspoon vanilla.  
1 cup flour  
2 teaspoons baking powder  
3/4 teaspoon non-iodized salt  
1 teaspoon cinnamon  
1 teaspoon vegetable oil  
3/4 cup water  
1/2 banana, mashed  
About 1/4 cup crushed nuts (I used crushed walnuts)

Beat egg whites and sugar. Add vanilla. Stir in remaining ingredients. Cook on griddle.

Recipe makes about 8 pancakes.

*Contributed by Judy S. of Florida*  
Low-Iodine Recipe of the Month, January 2009

*“These were so delicious you wouldn't know the difference from regular pancakes.”*

## Potato and Egg White Frittata with Onions and Asparagus

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

Heat oil in large skillet. Add potatoes and brown like french fries. Add onion being careful not to burn it. Then add asparagus just until heated. Add egg whites and cover pan with cover to let both sides of

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frittata cook. Flip over once if necessary. Salt and pepper to taste.

*Contributed by Susan C.*

## Egg in a Ring

Something my husband ended up having for breakfast most days was Egg in a Ring.

He used 2 slices of home baked whole wheat bread, on which I put some Italian seasoning.

With a small glass or cup, make a hole in each slice and take out the bread ring.

Beat egg whites with non-iodized salt and pepper to taste.

Place slices in greased skillet. Pour egg white in the holes in the bread.

Once the egg white is solid, turn slices over to get a brown crust on the egg whites on the other side as well.

Cover the egg with the removed round piece of bread, like putting a lid on a pan.

*Hope this helps.*

*Contributed by Stella and Mark H. of Indiana*

## Ole Omelet!

It is really simple:

1/2	cup	egg whites
1	Tablespoon	chopped green onions
1	Tablespoon	chopped tomato
1	Tablespoon	chopped cilantro
1/4		avocado, very thinly sliced lengthwise
		non-iodized salt to taste
		pepper to taste.

Pour egg whites into a heated non-stick small frying pan. Let set, flip. Fan the avocado slices across 1/2

of the egg surface, add chopped ingredients on top, spreading evenly to edges. Flip the uncovered side over to cover ingredients. Slip out of pan onto a serving plate.

While not necessary, I often microwave the dish for 30 seconds to meld the flavors a bit. The avocado is creamier that way and I don't miss the cheese at all. If desired, serve with a no-salt corn tortilla heated in microwave for 30-45 seconds, rolled and placed on side of serving plate.

If desired, garnish with cilantro and/or a slice of lime.

*Contributed by Mo O'C. of Spokane, Washington*

*I like to present good food with a bit of flair. I think when we are going through tough times, that it is the little things that can make us smile, or at least grin! Treat yourself as well as you do your beloved guests! You are worth it!*

*(Note: When you are off the Low-Iodine Diet, this is also delicious with a slice of pepper jack cheese added!)*

## Sherri's Homemade Granola

4 cups old fashioned rolled oats  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/2 cup honey  
3/4 cup cooking oil (or, if not on the low-iodine diet when using this recipe, 8 tablespoons butter)  
pinch of noniodized salt  
raisins  
almonds, toasted

Heat oven to 300 degrees. Line a baking sheet with waxed paper or parchment paper.

In a large bowl, combine oats, cinnamon, nutmeg, and salt; set aside.

In a small bowl, combine honey and oil. Heat in microwave for about 1 minute, and stir. Pour over the oats mixture, and stir well. Spread on baking sheet and bake for 45-50 minutes, stirring every 15 minutes. Remove from oven and cool. If it becomes crispy and sticks together, just break it up. When it's cool, pour it into an airtight container, adding raisins and almonds.

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This is a delicious recipe on or off the low-iodine diet. I like to add toasted coconut. If not on the low iodine diet, I use 8 tablespoons of butter in place of the oil.

There are many combinations of dried fruits and such that can be added, like dried apples, and others. It just depends on what you like.

*Contributed by Sherri L. of South Carolina*  
Low-Iodine Recipe of the Month, May 2010

## Low Iodine Granola

4 1/2	cups	rolled oats
3/4	cup	slivered (or sliced) raw almonds
3/4	cup	pecans (or pecan pieces)
1	cup	dried coconut (read label carefully to find a brand without salt, such as at Whole Foods groceries)
1/2	cup	vegetable oil
6	Tablespoons	real maple syrup

Preheat oven to 375 degrees. Combine oats, nuts, coconut, and oil in large bowl. When oil is well distributed, add maple syrup and combine again until well coated. Grease a 9x13 baking dish with a little vegetable oil. Bake granola 30-40 minutes, stirring occasionally to ensure that it turns a nice, even golden brown. Remove from oven and transfer hot granola back to the large bowl to cool. Stir from time to time, to hasten the cooling process and to keep granola from sticking together. Transfer to an airtight container only after it has completely cooled; store granola at room temperature.

**SERVING OPTIONS:** This cereal is GREAT and very filling when drizzled with real maple syrup over sliced bananas or peaches. Also good mixed with unsweetened applesauce. For a dessert, you could serve it on top of banana "ice cream": To make this low-iodine "ice cream," freeze individual banana slices on a cookie sheet, then grind the frozen slices in a mixer with a touch of liquid if necessary.

**VARIATIONS:** If you don't like pecans, use walnuts or hazelnuts. If you don't like maple syrup, use honey. If you use honey, you might also want to add dried fruits such as cranberries or raisins, but only after the granola has cooled.

*Contributed by Whitney R, of Virginia*  
Low-Iodine Recipe of the Month, September 2009

*"I love breakfast... Here's one I developed and am happy to share."*

### **MORE ABOUT OATMEAL....**

*Kathleen R says:*

[I found a quick-cooking] Irish Oatmeal that has been a life saver. No salt, no cholesterol, just oats.

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

Microwave for about 2 minutes.

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

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



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# Breads and Muffins

## Half Whole Wheat Bread Recipe for Bread Machines

### For 1 pound loaf

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

### For 1 1/2 pound loaf

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

Mix as directed on your bread machine instructions. If your machine has a wheat bread setting, set it to WHEAT BREAD.

*Contributed by Linda B.*

## Chocolate Zucchini Bread

(I use Spectrum Natural Organic Shortening to grease pan)

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

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

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

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

*Contributed by Deena D.*

## Beer Bread

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

Mix all ingredients well.

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

Bake at 375 degrees F for 1 hour.

Best if eat same day. Does freeze well.

Self Rising Flour:

6 cups	flour
3 Tablespoons	baking powder
1 Tablespoon	salt

Sift all of above.

*Contributed by Monique C.*

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## Crackers

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

Preheat oven to 400 degrees F.

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

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

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

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

Cool and enjoy. Makes 4 servings.

*Contributed by Monisha R.*

## A Note...

*I just want to thank your organization for making the low iodine cookbook available. My husband was diagnosed with thyroid cancer in December 2008, and he will be going in for radioiodine treatment next week. Faced with the restrictions given to him by the radiology department, I wasn't sure how I was going to keep him fed enough that he could continue to work for two weeks until the procedure. Your cookbook has helped us enormously!!!!*

*... The basic white bread recipe has also been a real life saver for us. I've never baked yeast bread before, but it was easy enough for me to make and to make well! I'm thinking of adding a little bit of saffron flavor next time, like one of the Eastern European Easter breads, just for a little variety.*

*Thanks again for helping out those of us trying to help thyroid cancer patients. You've made my job much easier!!!*

*—Becki W. of Pennsylvania*

## 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*

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## Betty's Bread Recipe

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

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

*Contributed by Betty S. of Massachusetts*

## Cinnamon Bread

### Batter

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

### Topping

8 Tablespoons sugar  
2 Tablespoons cinnamon  
1 Tablespoon vegetable oil

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

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

*Contributed by Nina G. of Hawaii*

## Foccacia Bread (Bread Machine)

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

Add all ingredients to machine in order listed.

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

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

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

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

*Contributed by Karen F. of South Carolina*

## French Bread (Bread Machine)

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

Add ingredients in machine in order listed.

*Contributed by Karen F. of South Carolina*

## Bagel Suggestion

*from a friend of ThyCa*

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

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## 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.*

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## Basic White/French Bread (Bread Machine)

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

*Makes a 1 1/2-pound loaf*

1 1/8 cups warm water  
1 1/2 Tablespoons oil (optional)  
3 cups all-purpose flour  
1 1/2 teaspoons salt  
2 teaspoons active dry yeast

Add all ingredients to bread pan in the order given.

*Contributed by Brenda N.*

*Makes a 2-pound loaf*

1-1/2 cup warm water  
2 Tablespoons oil (optional)  
4 cups all-purpose flour  
1 1/2 teaspoons salt  
2 1/2 teaspoons active dry yeast

### Reminder!

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

## Simple White Bread

(No bread machine required)

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

Just like being hypo, really!

### Ingredients:

2 teaspoons dry yeast  
2 teaspoons sugar  
1/2 cup warm water  
3 cups plain flour  
1 1/2 teaspoons salt  
3/4 cup warm water, in addition to the water above

### Method:

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

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

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

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

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

### Electric Temperatures

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

### Gas Temperatures

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

### Serving Suggestions

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

*Contributed by Jodi F.*

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## 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.*

## Cinnamon Pull-Apart Bread

1 batch of LID-friendly yeast bread dough (I made sweet white dough in my breadmaker)

1/4 cup oil  
1/4 cup sugar  
1 Tablespoon cinnamon

Put the oil in a small bowl. Put the sugar and cinnamon in another small bowl and mix well.

Cut the bread dough into 16 roughly equal pieces.

Take each piece, shape it into a smooth little ball, dip it in the oil (or brush with oil), roll it in the cinnamon sugar, and add to a loaf pan.

You should end up with 8 balls on the bottom (2 rows of 4) and eight sitting on top of those, for 16 total.

Let rise until just cresting the loaf pan, and preheat the oven to 350 degrees F.

Bake 45 minutes or until done.

*Contributed by Serene V.*

## Multigrain Bread

For a healthier bread, I add some old fashioned oatmeal and whole wheat flour instead of some of the white flour - comes out great! If you can get rye flour, use a cup of that for one of the whole wheats— it's so good.

7 cups assorted flour (any combination— I prefer 3 cups white, 3 cups whole wheat, and 1 cup old-fashioned oatmeal)  
2 cups warm water  
1 Tablespoon salt (non iodized)  
1/2 cup sugar  
1/2 cup oil  
2 packets yeast  
4 egg whites

Mix, knead well, and let rise for one hour. Punch down. Form into breads (makes 3 large loaves) or rolls. Let rise for 1/2 hour. Bake at 375 degrees for 30 minutes.

*Contributed by Mickie B.*

*This is a great original bread recipe for the Low-Iodine Diet —easy, nutritious, and good. I've shared it on the message board and people have really enjoyed it.*

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## 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.*

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## Making No-Knead Bread

### Ingredients:

3	cups	regular all-purpose flour
1/4	teaspoon	instant yeast
1 1/4	teaspoons	non-iodized salt
1/2	cup	water
		corn meal, wheat bran or flour for dusting

In a large bowl mix 3 cups of all-purpose flour, 1/4 teaspoon instant yeast and 1 1/4 teaspoons salt. Add 1 1/2 cup water and stir briefly so it comes together into sticky dough. Don't knead! Cover and let it rest for at least 12 hours at a warm room temperature.

Preheat the oven to 500 or even 515 degrees as well as a heavy 6 to 8 quart covered pot (cast iron, pyrex, or enamel).

The dough's surface will have bubbles. Dump the dough onto a floured board. The stringy texture is from the gluten. Sprinkle the dough with flour and pat it lightly into a circle. Fold the edges to the center a couple of times to make a ball. Put the dough seam-side down on to a tea towel dusted with wheat bran, cornmeal or flour, and sprinkle some on top.

Invert the dough into the heated pot, cover it with the lid and bake for thirty minutes. Take the lid off and bake for another twenty minutes until the crust is nice and brown. Turn the bread out of the pot and let it cool.

*Contributed by Nan F. of Maryland*

Low-Iodine Recipe of the Month, March 2009

Nan learned about this bread from New York Times food columnist Mark Bittman and Jim Lahey of the Sullivan Street Bakery in Manhattan, NY.

Nan writes: *“First, thanks for your work on the cookbook. I eat a mostly vegan diet usually, and I found the veggie, bean, lentil, grain and salad stuff great. Especially helpful were tips on freezing meals and components ahead of time.”*

*“I was diagnosed and treated a year ago, and am coming up on my first year whole body scan, started thinking about food prep in advance.”*

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## Sourdough Starter

2	cups	all-purpose or whole wheat flour
3	Tablespoons	sugar
1	envelope	active dry yeast (1 Tablespoon)
1/2	teaspoon	non-iodized salt
2	cups	warm water (105 degrees F)

In large non-metallic bowl, combine dry ingredients, and stir in warm water. Beat with a wooden or plastic spoon (small lumps ok).

Cover bowl with a cloth. Set in a warm place, (85 degrees F). free from drafts. (Can put in oven with light on).

Let ferment 2-3 days, stirring several times a day.

If pink liquid forms on top, discard.

If clear, stir back in. Store in plastic or glass container in refrigerator.

Replenish after using with equal amounts of water and flour. If not used for several weeks, add equal amounts of water and flour. Stir and let stand at room temperature overnight; return to refrigerator. Will get more 'tangy' with age.

*Contributed by Jo W. of Arizona*

*You've never had a sour dough starter? You either make it yourself (flour, milk, sugar, let it sit covered a few days at room temp and it gets 'yeasty'), or you get a starter from a friend. Then you use half, and add back half flour and milk again, and it keeps going, usually getting more 'sour' as it grows. That is how the great sourdough breads are made!*

## Sourdough Applesauce-Wheat Bread

1	package	dry yeast
1/4	cup	warm water
1	cup	sourdough starter
1/4	cup	cooking oil
1/2	cup	brown sugar
1 1/2	cups	applesauce
1	Tablespoon	non-iodized salt
1	cup	hot water
3	cups	whole wheat flour
1/4	teaspoon	baking soda
3 to 4	cups	white flour

Mix together yeast and warm water. Stir until dissolved and set aside.

In a large mixing bowl combine sourdough starter with oil, brown sugar, applesauce, salt, hot water, whole wheat flour and baking soda. Mix well. Let rest for 10 minutes.

Blend in softened yeast mixture.

Gradually add white flour as needed to make a moderately stiff dough.

Turn out onto floured surface and knead for 10 minutes, adding more flour if necessary. Place in a greased bowl, turning once. Cover with a cloth. Set in warm place free from drafts and let rise for 1 to 2 hours or until doubled in size. Punch down dough. Shape in 2 loaves. Place in greased loaf pans. Cover with a cloth and let rise in a warm place free from drafts until almost doubled in size. Bake at 350 degrees for 35-45 minutes. Makes 2 loaves. Enjoy!!!

*Contributed by Becky D.*

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## 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*

**Variation:** My husband really liked them when I made the first batch. (The second time) I mixed up a glaze to put on top. For the glaze I combined 1 Tablespoon of orange juice with enough powdered sugar to get a good drizzling consistency.

—Becki W. of Pennsylvania

## 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.*

## Tip About Muffin Cup Size

*I doubled the recipe so that I could get 12 muffins, and ended up with 24 normal/medium muffins!*

—Becki W. of Pennsylvania

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## 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 D.S.*

## 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.*

## Cathy's Blueberry Muffins

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

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

*Contributed by Cathy T.*

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## Corn Muffins

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

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

*Contributed by Cathy T.*

## Banana Nut Bread

2 egg whites  
1/2 cup canola oil  
3/4 cup sugar  
1 teaspoon vanilla  
1/4 cup applesauce  
1 1/2 cups flour  
1/2 teaspoon baking powder  
1 teaspoon cinnamon  
1/2 cup chopped walnuts  
2 large ripe bananas, mashed

Mix eggs, oil, sugar, vanilla, and applesauce with a spoon. Then stir in dry ingredients. Add bananas and chopped nuts. Stir until well mixed. Bake in loaf pan at 375 degrees until done (50-60 minutes).

*Contributed by Stephanie W.*

Low-Iodine Recipe of the Month, June 2010

## Banana Bread

2 or 3 well-ripened bananas, mashed  
3/4 cup sugar  
1 cup applesauce  
2 egg whites  
1/2 cup canola oil  
2 cup flour (I use 1/2 whole wheat and 1/2 bread flour)  
1 teaspoon baking soda

Mix bananas, applesauce and egg whites. Gradually add sugar and then oil. Lastly add flour and baking soda. Pour into a greased loaf pan. Bake at 350 degrees for about 35-45 minutes or until toothpick inserted comes out clean.

*Contributed by Dana P. of Pennsylvania*

## 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.*

## Zucchini Bread

This recipe makes 2 regular-sized loaves.

6 egg whites or  
6 Tablespoons egg white substitute  
2 cups sugar  
1 Tablespoon vanilla extract  
1 cup vegetable oil  
2 cups (packed) grated zucchini  
2 cups flour  
1 Tablespoon cinnamon  
2 teaspoons baking soda  
1/4 teaspoon baking powder  
1 teaspoon non-iodized salt  
1 cup chopped walnuts (optional)

Preheat oven to 350 degrees

Beat egg whites until frothy, add sugar, vanilla and vegetable oil and beat until thick.

Squeeze some of the water out of the grated zucchini and stir into mixture.

Sift together the dry ingredients and add to mixture. Stir in unsalted walnuts.

Oil and flour 2 loaf pans; the new Pam for baking works great, too!

Pour equal amounts into each loaf pan.

Bake at 350 degrees for 50 – 60 minutes.

*Contributed by Laura R.*

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## Soft Pretzels

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

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

*Contributed by Kim S. of New Jersey*

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

### Ingredients:

soft pretzel dough, using Kim S.'s recipe on this page  
small amount of olive or corn oil  
clove of fresh garlic  
sliced and chopped fresh vegetables such as half a small onion, two mushrooms, a third of a zucchini, and spinach  
sliced tomatoes  
seasonings (basil, oregano, rosemary, garlic powder, etc.)

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

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

Bake at 450 degrees F for about 10 minutes (it may take longer because of the added toppings).  
Hint: Don't skimp on the seasonings; they're the key to making a passable cheeseless pizza.

*Contributed by Kari S.*

## Pumpkin Bread

4 cups sugar  
1 cup oil  
1 large can pumpkin  
1 teaspoon cinnamon  
1 teaspoon non-iodized salt  
1 teaspoon cloves  
4 teaspoons baking soda  
5 cups flour  
1 small package dates (optional)  
1 cup raisins  
2 cups chopped nuts

Mix in order listed and bake in greased loaf pans at 350 degrees for 60-70 minutes. Makes 3 large loaves.

*Contributed by Angela B.*

## Blueberry Muffins

1/2 cup shortening  
1 cup sugar  
3 egg whites  
2 cups flour  
2 teaspoons baking powder  
1 teaspoon vanilla  
2 cups blueberries (frozen works best)  
1/2 cup water

Cream shortening and sugar together. Add eggs, flour, baking powder, and mix in vanilla and water. Add blueberries to batter. I like to use a 6-muffin tin. It makes good-sized muffins. Bake at 375 degrees for 30 minutes.

*Contributed by a friend*

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## Healthy Heart Holiday Orange Cranberry Bread

12 ounces cranberries  
4 cups flour (as noted below, take out 2 Tablespoons to coat the cranberries)  
2 cups sugar  
1 Tablespoon baking powder  
1 teaspoon baking soda  
¼ cup canola oil  
1 ½ cups orange juice  
3 egg whites

Preheat oven to 350 degrees F.  
Spray 2 loaf pans with a vegetable spray (or grease and flour the loaf pans).

Wash cranberries and coat with the 2 Tablespoons flour taken from the 4 cups of flour.

Mix the flour, sugar, baking powder, and baking soda.  
In a separate bowl, beat the egg whites well. Add the oil and juice to the egg whites.

Stir all the above ingredients together just to moisten.  
Fold in the whole cranberries.

Bake at 350 degrees F for 60 minutes or until wooden pick comes out clean.  
Cool on rack for 15 minutes.

Important! Wrap tightly while slightly warm and store in refrigerator overnight before eating. Juice gradually oozes from the cranberries and makes the bread deliciously moist!

*Contributed by Alice U.*  
Low-Iodine Recipe of the Month, March 2008

*This is an easy, delicious healthy orange cranberry bread, that I make frequently even when I am not on a low iodine diet! I would like to contribute it for the new cookbook. It is easy because you do not have to bother chopping the cranberries. (Note: When you're not on the low-iodine diet, instead of the 3 egg whites you may use 2 eggs.)*

## Orange Oat Muffins

¼ cup oat bran  
½ cup quick-cooking oats  
1/3 cup orange juice concentrate  
½ cup water

Combine oat bran, oats, juice concentrate, and water in medium bowl and set aside for 20 minutes.

1 egg white (see note)  
2 Tablespoon canola or other oil  
Add to oat/juice mixture after 20 minutes.

¾ cup whole-wheat pastry flour  
¼ cup sugar (half Splenda okay)  
½ teaspoon baking powder  
½ teaspoon baking soda  
1 teaspoon cinnamon  
2 Tablespoons grated orange peel (optional)

Mix dry ingredients together in small bowl. Add to oat/juice mixture and stir only until combined.  
Divide batter equally into 6 greased muffin cups.

Bake at 375 degrees for 25 minutes. Cool in pans; then remove to wire rack. Freeze for longer storage. These taste great slightly warmed in a microwave.

Note: 1 Tablespoon ground flax seed soaked in 2 Tablespoons boiling water may be substituted for the egg white.

*Contributed by Jane G. of Oregon*  
Low-Iodine Recipe of the Month, March 2010

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# Desserts

## Oil Pie Crust

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

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

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

*Contributed by Don and Geneva E.*

## Pie Crust (double for a two crust pie)

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

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

*Contributed by Kimberly T.*

## Apple Pie

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

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

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

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

*Contributed by Kimberly T.*

## Berry Pie

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

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

*Contributed by Kimberly T.*

## Caramelized Pears

4 Bartlett pears, halved lengthwise and cored (choose pears that are firm)

1/3 cup sugar  
1/2 cup water

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

*Contributed by Tracy T.*

## 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*

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## Cooked Papaya

1 jumbo papaya, just barely ripe  
(still firm)  
1/3 cup sugar  
1 1/2 cups water  
2 cinnamon sticks

Zest of one lime

Juice of one lime

Peel and cut papaya into chunks. Place in a saucepan with water, sugar, cinnamon sticks, and lime juice. Cook over medium heat until liquid starts to steam. Do NOT boil. Remove from heat and stir in lime zest. Serve warm or cold. Keeps well in the fridge. *Contributed by Tracy T.*

## Apple 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*

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## Lemon Curd

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

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

*Contributed by Nina S.*

## Fried Banana Cakes

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

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

*Contributed by Nina S.*

## Glazed Fruit Kabobs

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

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

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

## Persimmon Pudding

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

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

*Contributed by Karen Fr. Fr.*

## Almond Pudding

Soak 16 ounces of unsalted almonds overnight (approximately 8 hours).

The next day, puree the almonds in a food processor or blender. I just covered the almonds with water and then pureed the soaked almonds in the food processor. Came out somewhat 'chunky' but good. This will make a paste like consistency. Sweeten with a little vanilla extract if desired. Refrigerate same. This makes a refreshing almond pudding. Especially good in the summer months.

*Contributed by Maria C.*

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## Rice Pudding

3/4 cup raw rice (add 2 1/2 cups water); cook until tender  
3 egg whites  
1 1/4 cups nut milk (use the nut milk recipe provided on page 43 of ThyCa's free Low-Iodine Cookbook)  
1 teaspoon vanilla  
3/4 cup sugar  
1/2 cup raisins (soak them in water for about 15 minutes to half an hour to soften them)

Mix cooked rice along with other ingredients and put into casserole that has been sprayed with some type of acceptable vegetable oil and put casserole into a pan of water and place in oven for 350 degrees for approximately 40 minutes—it may take a bit longer depending upon how thick your nut milk is. Sprinkle cinnamon on top if you desire.

*Contributed by Frances S. of Pennsylvania*  
Low-Iodine Recipe of the Month, November 2009

*I cannot thank you enough for providing the info in the Low Iodine Book; I don't know how I would have survived without the recipes. I am lactose intolerant so have avoided dairy products for decades and had become accustomed to soy milk. When I heard I couldn't use soy milk for this diet, I got myself used to rice milk. Then I found that sea salt is not allowed, so the rice milk was out. The nut milk has been the answer for what to put on my cereal and what to put into many recipes.*

## Frozen Banana "Ice Cream"

Peel bananas and cut into one-inch pieces. Freeze, and then process in a blender or food processor until creamy smooth.

*Contributed by Suzanne K.G.*  
Low-Iodine Recipe of the Month, December 2008

*My absolute favorite treat is frozen banana "ice cream." The consistency is just like an ice cream product. I miss dairy and creamy things the most so for me it's the best. I sprinkle it with granola or fresh berries.*

*I try to have fun with the diet versus treating it as a chore or punishment and try things I might not otherwise — and for me one of the best parts is telling myself that I don't have to worry about carbs or calories or sugar for these 2 weeks so it's nice to have a break from that. Thanks for all you do.*

## Apple Cake

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

*Contributed by Karen Fr. Fr.*

## 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.*

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## Wacky Cake

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

Preheat oven to 350 degrees F. Sift together flour, sugar, cocoa, soda, and salt into an 8 x 8 inch baking pan or dish. Mix thoroughly. Make 3 holes in the dry ingredients. Place oil in first hole, vinegar in second hole, and vanilla in third hole. Pour water over all and mix well. Spread batter evenly in pan and bake in the dish that batter was mixed in. Bake 30 minutes or until center is firm. Cool. This can then be sprinkled with confectioners sugar. Topping suggestion from Tracy T Crush strawberries (if in season) or stew a package of frozen berries. Sweeten slightly with sugar and serve over pieces of cake

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

## Raisin Cake

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

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

*Contributed by Lois J.*

## Nana's Portuguese Chocolate

### Applesauce Cake

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

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

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

Add the dry ingredients to the wet ingredients. Then fold in:

One to two cups raisins.

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

*Contributed by Karen Fr. Fr.*

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

## Brenda's Chocolate Cake

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

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

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## Frostings

“White Mountain”

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

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

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

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

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

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

*Contributed by Brenda N.*

## Nina’s Chocolate Cake

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

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

*Contributed by Nina S.*

## Hot Fudge Pudding Cake

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

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

### Topping:

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

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

*Contributed by Brenda H.*

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## Banana-Blueberry Cake

3		bananas - smashed
1/3	cup (or a little less)	cinnamon applesauce
3/4	cup	sugar
3	Tablespoons	liquid egg whites
1	teaspoon	vanilla
1	teaspoon	baking soda
	pinch	non-iodized salt
1 1/2	cups	flour
3/4	cup	blueberries

Preheat oven to 350 degrees and grease a small cake pan. I use an 11 inch x 8 inch pan.

Mix applesauce into mashed bananas. Mix in sugar, egg and vanilla. Sprinkle the baking soda and salt over the mixture and mix in. Add flour and mix well. Fold in blueberries and pour into greased pan. Bake 45-50 minutes, depending on the depth of the pan - until golden brown on top.

You can substitute any kind of berries, and I've added walnuts too.

*Contributed by Kathy H. of Texas*

*This started off as a Banana Bread - was altered to a cake and then I improvised for the Low-Iodine Diet. It's really yummy and you can add different ingredients to change it.*

## 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.*

## 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.*

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## 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*

## Blond Praline Brownies

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

Mix with spoon and pour into greased 7x11 pan. Bake at 350 degrees F for about 20 minutes until set and golden.

*Contributed by Elaine J.*

## 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*

## Molasses Sugar Cookies

Mix:  
3/4 cup oil (vegetable oil, or canola oil)  
1 cup sugar  
1/4 cup unsulfured molasses  
2 egg whites

Add to above mixture:

2 cups flour  
2 teaspoons baking soda  
1 teaspoon cinnamon  
1/2 teaspoon ginger  
1/2 teaspoon cloves  
1/2 teaspoon non-iodized salt

Make 1-inch balls. Roll in granulated sugar and press with bottom of glass. Bake at 350 degrees for approximately 10 minutes.

*Contributed by L. M., spouse of thyroid cancer survivor, Pennsylvania*

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## Best Oat Cookies That Ever Existed

1 mashed banana  
1 cup brown sugar  
1/2 cup regular sugar  
1/4 cup plus 1 teaspoon oil (or slightly less than 1/3 of a cup)  
1 1/2 teaspoons vanilla extract  
1 1/2 teaspoons cinnamon  
1 1/2 cups flour  
1 teaspoon baking soda  
1/2 teaspoon non-iodized salt  
2 1/4 cups oats ( 2 cups plus one my-sized handful)  
3 Tablespoons water plus maybe a few more drops

### Directions:

Mix the brown sugar, sugar, oil, and water. Add the banana and vanilla. Then mix in the already pre-mixed flour, baking soda, cinnamon, and non-iodized salt. Stir in the oats. If it is too thin, let stand a bit so the oats can absorb the excess liquid. Drop them by the tablespoon. Bake at 350 degrees Fahrenheit for 13 minutes. To check if they are done, flip one over and it should be browned. Let them sit a bit before taking them off the cookie sheet.

Hint: If the dough is incredibly dry, add more liquid.

Makes: about 3 dozen cookies

Add walnuts ... these are especially good for breakfast.

*Contributed by Frances P. of Maryland*

## No Bake Easy Holiday Rum Balls

Makes 24-30 rum balls

1 cup almond meal (available at Trader Joe's or health food stores)  
1/3 cup powdered sugar (can use 1/4 cup powdered sugar and 1/8 cup Splenda if you wish to reduce the calories)  
1/4 cup dark rum  
1 teaspoon cocoa powder  
1/2 teaspoon vanilla

Mix all ingredients together in a bowl until well blended. Roll in the palm of your hands into 3/4-inch to 1-inch balls. (If the consistency of the dough feels too sticky, you can add a little more almond meal to the dough. If it feels too stiff, you can add a little vegetable oil (1 teaspoon to 1 Tablespoon) or pasteurized egg whites to moisten.)

Optional: The rum balls can be rolled in powdered sugar, cocoa powder, or almond meal for a different look and taste.

Put balls into a covered container and refrigerate for up to two weeks.

Contributed by Liz S. of California  
Low-Iodine Recipe of the Month, November 2008

*This is a low-iodine version of a holiday favorite that I made up when I was on the low iodine diet.*

*I suppose people could also pulverize their own unsalted almonds into meal, but that sounds like work, which I wouldn't have wanted to do when I was super hypo!*

*Your low iodine cookbook recipes (and my daughters' labor) were most helpful in getting me through over a month of being on the low I diet. (My RAI kept getting postponed because my TSH didn't go up enough for them to give me the RAI.) The only problem is that so many of the recipes are really labor intensive, so I was happy I figured out an easy recipe for a "treat."*

*Thanks for what you do to help thyca survivors "keep with the program."*

## Banana Oatmeal Cookies

1 cup)	large banana, mashed (1/2 cup)
1/2 cup	unsalted chunky natural peanut butter
1/2 cup	honey
1 teaspoon	vanilla
1 cup	rolled oats (can also add some oat bran, and/or ground flaxseed, just use less oatmeal)
1/2 cup	flour
1/4 teaspoon	baking soda
1/4 teaspoon	non-iodized salt
1 to 2 teaspoons	ground cinnamon**
1/2 to 1 cup	raisins**
1 or 2	beaten egg whites, optional

Preheat oven to 350 degrees F. Prepare two cookie sheets with parchment paper. In a large bowl, stir together banana, peanut butter, honey, and vanilla. In a small bowl, combine oats, flour, cinnamon, (non-iodized) salt and baking soda. Stir the oat mixture into the banana mixture until combined. Stir in raisins.

Using a 1/4-cup measure, drop mounds of dough 3 inches apart on prepared baking sheets. With a thin metal or small plastic spatula dipped in water, flatten and spread each mound of dough to 2 3/4-inch round, about 1/2-inch thick. Once baked, each cookie will be about 3-1/2 to 4 inches in diameter. Bake, one sheet at a time, for 14 to 16 minutes or until browned. Transfer to wire racks to cool completely. Makes about 12 breakfast cookies.

\*\*Some variations that I've done: split the cookie dough into three batches. . .  
For one batch, I'll spread a thin, flat layer of dough, spread with jelly, and cover with more dough, pinching the ends together.  
For another batch, I'll add the raisins, dried cranberries, and maybe some chopped walnuts.  
For the last batch, I'll add 1 to 2 tablespoons cocoa and some dark chocolate chips (check the ingredients label to be sure it's LID-safe), and maybe some grated orange.

*A pretty healthy and LID safe cookie.*

Contributed by Jean Z. of California

## Line's Meringue-Style Cookies

*(To convert measurements into ounces, see the Conversion list at the end of this book.)*

Makes one oven plate full. I suggest you make one, two or all of these flavours at the start of the diet as they will keep pretty well throughout and will be a great relief if you have a sweet tooth and can't find low-iodine cookies.

2	egg whites
1 decilitre	white sugar

+ Flavour of choice:

### Flavour A: Almond and vanilla

1 decilitre	ground almonds
1 teaspoon	vanilla extract

### Flavour B: Lemon

Grated skin of 1	unwaxed lemon
1 decilitre	plain white flour

### Flavour C: Chocolate Orange

1 Tablespoon	plain white flour
1 Tablespoon	plain 100% cocoa powder
1/2 Tablespoon	freshly squeezed orange juice

Whisk egg whites until soft peaks form.  
Add sugar and whisk more until stiff peaks form.

Fold the chosen flavour ingredients into the mixture. Take a tablespoonful of the mixture at a time and place onto a baking sheet as far apart as possible. The mixtures make roughly 20 cookies each.

Bake in preheated oven as follows:

**Flavour A and B:** 18 minutes at 180 degrees Centigrade (350 degrees Fahrenheit) — then turn off the heat and leave in the oven for 2 minutes

**Flavour C:** 13 minutes at 180 degrees Centigrade (350 degrees Fahrenheit) — then turn off heat and leave in the oven for 10 minutes

Resist temptation to take the cookies out before they're done, as they may collapse.  
Once they're done, take them out onto a grille and leave until cool on the paper.  
Gently pry the paper away from the cookies and leave until completely cool.  
Keep in airtight container at room temperature — (they keep for 2 – 3 weeks with no problems!)

*Contributed by Line of England*

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## 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.*

## Chocolate Pecan Drop Cookies

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

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

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

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

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

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

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

Bake for approximately 10 - 12 minutes.

Simple to make, and delicate and tasty to eat.

*Contributed by Linda S.*

## Grandma Sylvia's Chocolate Macaroons

12	ounces	semi-sweet chocolate chips (any without milk fat or salt)
4		egg whites
1	cup	sugar
2	teaspoons	vanilla
8	ounces	shredded coconut (find coconut with no salt)
	pinch	non-iodized salt

Preheat oven to 350 degrees. Melt chocolate in double boiler. Whip 4 egg whites until stiff. Put mixer on a slow speed. Add one cup sugar (very gradually!). Add vanilla and salt to the mix. Then add the melted chocolate. Then the whole package of shredded coconut. Place a brown paper grocery bag (logo side down) or some parchment paper on top of a cookie sheet.

Place dollops of mixture on bag or parchment paper. Bake for 15 minutes. Let cool.

*Contributed by Dana R.*

Low-Iodine Recipe of the Month, February 2009

*This is a Passover recipe from my grandmother. The only alteration for low-iodine is using unsweetened coconut. These are much better than store bought macaroons, and they freeze well after they are baked.*

temperature

*I love the cookbook - I'm heading into my first follow-up scan (second low-iodine period), and it's helpful again. This is one of my favorites.*

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## Heather's Chocolate Chip Cookies

Preheat oven to 375F.

1 cup all-vegetable no-soy shortening (or, if you're not on LID, butter)  
1 cup sugar  
1 cup brown sugar  
1 teaspoon vanilla  
3 egg whites  
3/4 teaspoon kosher salt (no added iodine) (1/2 teaspoon if using butter)  
1 teaspoon baking powder  
1 teaspoon baking soda  
2 cups all-purpose white flour

2 1/2 cups oatmeal (non-instant), blenderized until like flour (you can use a little more than a cup of whole wheat flour instead, but they're much better with the homemade oat flour).

1 12-ounce bag semi-sweet chocolate chips (make sure they don't have milk products added).  
1 1/2 cups chopped walnuts (optional)

Cream shortening, sugar, brown sugar, and vanilla. Add egg whites and mix thoroughly. Add salt, baking powder, baking soda, and flour and mix thoroughly. Bit by bit, add oat flour in and mix. Dough should stick together, but not be too sticky or soft. Stir in chocolate chips and walnuts. Roll into balls (about 1 Tablespoon each) and bake for 7-8 minutes till just barely starting to brown on top (or longer, if you prefer crispier cookies). Cool on cooling rack and store in an airtight container.

*Contributed by Heather L. of California*

*If you're not on the LID, use 2 whole eggs.*

*Thank you so much for the low-iodine cookbook — it's been really helpful during this somewhat trying process! I thought I'd contribute a chocolate chip cookie recipe because I didn't see one in the cookbook...*

*This is a recipe that I've had since I was in the 2nd grade, and I modified it to be low-iodine. It's labeled as "Mrs. Fields' Chocolate Chip Cookies" in my recipe box, but they don't taste anything like hers, so who knows...*

## Chocolate Cookies

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

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

*Contributed by Kimberly T.*

## Jennifer's Chocolate Chip Cookies

1/2 cup granulated sugar  
1 cup all-purpose flour  
1/4 cup packed brown sugar  
1/2 teaspoon baking soda  
1/4 cup margarine, softened  
1/4 teaspoon non-iodized salt  
1 teaspoon vanilla  
1/2 cup semi-sweet chocolate chips  
1 egg white

Heat oven to 375 degrees. Mix sugars, margarine, vanilla, and egg white in large bowl. Stir in flour, baking soda, and salt. Stir in chocolate chips. Drop dough by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet. Bake 8 to 10 minutes or until golden brown. Cool slightly; remove from cookie sheet. Cool on wire rack.

*Contributed by Jennifer P. of New York*

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## Frances' Brownies

2	cups	unbleached all-purpose flour
2	cups	white sugar
3/4	cup	unsweetened cocoa powder
1	teaspoon	baking powder
1	teaspoon	salt (non-iodized, not sea salt)
1	cup	water
1	cup	vegetable oil
1	teaspoon	vanilla extract

Preheat the oven to 350 degrees F (175 degrees C). In a large bowl, stir together the flour, sugar, cocoa powder, baking powder and salt. Pour in water, vegetable oil and vanilla; mix until well blended. Spread evenly in a 9x13 inch baking pan. Bake for 25 to 30 minutes in the preheated oven, until the top is no longer shiny. Let cool for at least 10 minutes before cutting into squares.

*Contributed by Frances P. of Maryland*  
Low-Iodine Recipe of the Month, January 2008

## 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*

## Chocolate Fudgy Spice Cookies

Preheat oven to 350 degrees.

### *In a large bowl add the dry ingredients:*

2 1/3	cups	unbromated and unbleached flour
1 1/2	cups	sugar
2/3	cup	cocoa powder
1/2	teaspoon	non-iodized salt,
1/2	teaspoon	no-salt baking powder (I found this baking powder at Wegmans),
1	Tablespoon	cinnamon
1 1/2	teaspoons	cloves

### *In a small bowl add the wet ingredients:*

3		egg whites
2/3	cup	canola oil
4	teaspoons	vanilla

Pour wet ingredients into the dry ingredients and mix well. With a spoon drop about 1 inch size of dough onto baking sheet lined with parchment. Keep cookies about 3 inches apart. Bake for about 15 minutes.

Cool on a cooling rack.

When cookies are cool, sprinkle with confectioners sugar.

*Contributed by Margaret D.*

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## 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."*

### ***Variation from Michele M.***

*Thanks for putting together such a wonderful free resource like the cookbook. It made my 2 1/2 weeks on a low iodine diet bearable. In the Hershey's chocolate recipe, I used half the sugar because I like really dark chocolate. I also toasted almonds once and put them in, which was delicious.*

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# Snacks

## Mom's Donuts

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

Mix 2 packets of yeast and 1/2 cup warm water together and set aside for 5 minutes.

Then add 1/2 cup warm water and 1/3 cup sugar. Set aside.

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

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

Cover and chill 3 hours to overnight.

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

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

*Recipe by Gaye B. Contributed by Kimber S.*

## Aztec Oranges

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

Cut a slice off the top and bottom of the oranges, and then remove peel and pith, cutting downward and taking care to retain shape of oranges. Holding oranges on side, cut horizontally into slices. Place oranges in bowl. Cut lime and squeeze over oranges.

Sprinkle with tequila and liqueur; then sprinkle sugar to taste. Cover with plastic wrap and chill in refrigerator until ready to serve. Makes 2-4 servings

*Contributed by Kimber S.*

## Rice Cake with Banana and Honey

On an unsalted rice cake, spread mashed banana.

Warm 2 Tablespoons of honey and pour on top.

Enjoy!

*Contributed by Andrea*

*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!*

## Fruit Cocktail (Drink)

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

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

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

*Contributed by Tracy T.*

## 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*

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## Granola Bars

2 cups oatmeal  
1 1/2 cups brown sugar  
1 teaspoon salt  
1 1/2 cups flour  
1 teaspoon cinnamon  
1 1/2 Tablespoons canola oil  
1/2 cup pineapple orange juice

Heat oven to 350 degrees F.

Mix brown sugar with flour; mix in oatmeal; mix in remaining ingredients.

May need to add more oil to make it moist. Pour into greased pan. Bake 40 minutes or until done.

Cut into pieces and store in airtight container

For crunchier bars, cook longer. For moister bars, cook less time or add more liquid.

You can also add nuts or fruit, depending on your personal tastes.

*Contributed by Dee W.*

## More Granola Bars

1/2 cup oats  
1/2 cup dried fruit and/ or nuts  
(cranberries, raisins,  
sunflower seeds, etc.)  
1/2 cup sliced almonds  
1/4 teaspoon salt  
1/2 teaspoon cinnamon  
3 Tablespoons vegetable oil  
1/2 cup brown sugar  
1/2 cup natural almond butter or  
peanut butter (I prefer the  
almond)  
1 Tablespoon water  
1 large egg white

Line an 8x8 pan with two crisscrossed rectangles of parchment paper leaving an overhang on two opposite ends.

Combine dry ingredients and set aside.

In a saucepan, whisk together oil, brown sugar, cinnamon, almond butter, salt and water.

Stir over low heat until sugar is dissolved. Cool slightly. Whisk in egg white. Pour over oat mixture and stir well.

Spread evenly in the bottom of the pan and pat down. Bake at 300° until top is firm, about 30 minutes. Let cool slightly and lift out of pan using parchment paper as handles. Cool completely and cut into bars.

*Contributed by Tracy T.*

## Never-Fail Microwave Peanut Brittle

1 cup sugar  
1/2 cup light corn syrup\*  
1 cup raw peanuts, or use unsalted  
dry roasted; almonds and  
walnuts are good also  
1/8 teaspoon salt  
1 teaspoon vanilla  
1 teaspoon baking soda

Combine first 4 ingredients in 2-quart microwave mixing bowl. Microwave on HIGH for 8 minutes, stirring after 4 minutes. Add vanilla. Microwave on HIGH 2 minutes. Brittle should not get too brown. Stir in the baking soda until light and foamy. Spread on lightly oiled baking sheet as thinly as possible. Cool. Break into pieces.

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

*Contributed by Mary Ann S.*

## TIP — Peanut Brittle with Popcorn

Low-Iodine Tip of the Month, April 2008

*To go with Peanut Brittle Recipe on this page.*

Last year when I did this diet for the first time I tried the Peanut Brittle with popcorn! When I got to the light and foamy part I spread it on my salt-free popcorn and let it dry. It tasted better than the Crunch-N-Munch you can buy in the store!

*Contributed by Jody G. of Illinois*

*Jody also writes, "Thank you for this cookbook. It has been VERY helpful to me in the past and now I need to follow it again."*

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## 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.*

## Popcorn Seasoning

\*The following recipes are sized for ½ cup uncooked kernels.\*

### Spicy Seasoning:

1 ½	teaspoons	paprika
½	teaspoon	salt
½	teaspoon	cumin

Pinch each of cayenne pepper and black pepper

2	Tablespoons	olive oil
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### Sweet Seasoning:

2	Tablespoons	sugar
1	teaspoon	cinnamon
¼	teaspoon	salt
2	Tablespoons	olive oil

Combine dry ingredients. Toss hot popcorn with oil and sprinkle reserved dry ingredients.

*Contributed by Tracy T.*

## Corny Nuts

6	Tablespoons	canola oil
½	cup	unpopped corn
1		garlic clove, crushed
½	cup	unblanched almonds
½	cup	raw cashews
½	cup	raw peanuts
½	cup	raw brazil nuts
½	cup	raw pistachios
1	teaspoon	tequila
1	teaspoon	curry powder
¼	teaspoon	chili powder
		salt

Heat 2 Tablespoons oil in a pan. Add unpopped corn, stir well, then cover and cook over high heat for 3-5 minutes, holding pan lid firmly and shaking pan frequently until popping stops. Turn popped corn into a dish, discarding any unpopped kernels. Heat rest of oil in a skillet and add garlic and all the nuts. Stir in tequila, curry powder and chili powder. Cook mixture over medium heat, stirring frequently until nuts are lightly toasted. Remove from heat and stir in popped corn. Season with salt to taste and mix thoroughly. Transfer to serving bowl and serve warm or cold. Makes 4 servings

*Contributed by Kimber S.*

## Peanut Butter Apple Rings

Core a firm apple and slice into three thick rings. Butter one side of each ring with peanut butter and top as desired. (Sample toppings: toasted coconut, raisins, dried cranberries, sliced almonds, etc.)

*Contributed by Tracy T.*

## Spicy Pumpkin Seeds

1	cup	raw pumpkin seeds (pepitas)
1	teaspoon	chili powder
1/8	teaspoon	cayenne pepper
		(or more if you want them spicier)
1/4	teaspoon	salt
2	teaspoon	fresh lime juice

Toss to coat. Spread on a baking sheet and bake 10 minutes at 350 degrees F until puffed and browned.

Variation: Use raw sunflower seeds in lieu of pumpkin seeds. These can be found in the organic section of the grocery store. Watch carefully as they cook quickly

Great on top of salads also.

*Contributed by Tracy T.*

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## Chocolate-Covered Matzoh

Something else you might want to mention is dark chocolate covered matzoh. Since it is dark chocolate, this eliminates the milk which milk chocolate would contain, so we figured this could serve as a rare treat for people on this diet. We found it amidst a display of Passover products at our local grocery store.

*Contributed by Stella H.*

## More Snack Tips

*I am a thyroid cancer survivor whose initial surgery was 3 years ago March and whose next scan is a week from this coming Friday. ThyCa volunteers were invaluable to me during my first months and now it's my turn.*

*In re-reading the low-iodine diet guidelines once again, the issue of chocolate and its dairy content caught my eye—again!*

*It dawned on me that just as I save matzos from Passover for use during these 2 weeks, other kosher foods might come in handy as well.*

*Bags of chocolate chips marked "pareve" contain no dairy and consequently may be eaten immediately after meat by observant Jews. They may also be enjoyed by thyroid cancer patients prepping for a scan. These chocolate chips are available not only during Passover, but also year-round.*

*Once this scan is behind me, I would very much like to volunteer as one of your representatives.*

*Thank you so much for the work that you do and the supportive services you provide. I look very much forward to hearing from you and hope you like the chocolate!*

*Warmly,  
Andra G.*

## Sugar and Spice Nuts

Makes about 5 cups

3/4 cup sugar  
1 Tablespoon sweet spice blend\*\* (see recipe below)  
3/4 teaspoon salt (non-iodized)  
1 egg white  
1 Tablespoon water  
1 pound nuts (Use your favorite combination of raw nuts to make this "addictive" snack)

Combine first 3 ingredients in small bowl, and set aside.

Beat egg white and 1 Tablespoon water in a medium bowl using a handheld egg beater or wire whisk, until foamy. (No liquid should remain) Add sugar mixture and nuts, stirring until evenly coated.

Place nuts in a single layer on an oiled 15 x 10" jelly roll pan. Bake at 275 degrees for 50-55 minutes, stirring every 15 minutes. Spread immediately in a single layer on wax paper to cool completely. Store in air-tight container.

\*\*Sweet Spice Blend

2 Tablespoons light brown sugar  
4 teaspoons dried ground ginger  
1 teaspoon ground nutmeg  
1/2 teaspoon ground cloves  
2 Tablespoons and 1/2 teaspoon cinnamon

Combine all ingredients in small bowl. Store in an airtight container.

*Contributed by Dana B.*

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## Rosemary-Roasted Cashews and Almonds

1/2 pound roasted unsalted cashews  
1/2 pound raw whole almonds with skins  
1/2 teaspoon cayenne pepper  
2 teaspoons light brown sugar  
1 Tablespoon non-iodized salt  
1 Tablespoon oil  
2 Tablespoons finely minced fresh rosemary leaves

Preheat oven to 350 degrees. Spread the cashews and almonds on a rimmed sheet pan. Toast in the oven until warm, about 5 minutes. In a large bowl, combine the cayenne pepper, brown sugar, salt, oil, and rosemary.. Thoroughly toss the warm nuts with the spiced oil and spread out on a sheet pan to cool. Check for crispness when cool; re-crisp briefly in oven if necessary. Serve warm or at room temperature.

Yield: 1 pound of nuts.

Enjoy!

*Contributed by Dana B.*

## Maple Nut Snack

*This is my second time on the LID - I find that I want something crunchy to snack on during the day. This is the solution:*

3 cups unsalted nuts. You may use almonds, pecans, walnuts or a mixture of all  
3/4 cup pure maple syrup

Mix the 2 ingredients together and bake on a cookie sheet (I use one that has a small lip on it so the syrup doesn't run off into the oven)

Bake at 325 degrees for 10 minutes.

Let cool and enjoy!

*Contributed by Beth D.*

## Spiced Pumpkin Seeds

*I am baking some pumpkin seeds right now for my boys. I added some oil and non-iodized salt to the pumpkin seeds in one pan and I added oil, sugar, cinnamon, allspice and nutmeg in the other pan with the pumpkin seeds.*

*Boy, I tell you it is hard to be on the iodine diet when I have to do baking for my family who don't need to be on the iodine diet.*

*Contributed by Becky D.*

### POTATO CHIPS –

*We found unsalted potato chips. I would put them on foil in the toaster oven on light toast just until you smell them. It happens fast. Pull them out when the oil on the chips has warmed in the oven and sprinkle with seasoned salt of your choice. (We liked noniodized salt, pepper, & powdered garlic.) I hope this is a help to someone.*

*Krista in Connecticut (Ian's mom)*

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## Measurement Conversions

### U.S. to Metric Capacity

1/5 teaspoon = 1 ml  
1 teaspoon = 5 ml  
1 tablespoon = 15 ml  
1 fluid oz. = 30 ml  
1/5 cup = 50 ml  
1 cup = 240 ml  
2 cups (1 pint) = 470 ml  
4 cups (1 quart) = .95 liter  
4 quarts (1 gal.) = 3.8 liters

### Weight

1 oz. = 28 grams  
1 pound = 454 grams

### Metric to U.S. Capacity

1 milliliters = 1/5 teaspoon  
5 ml = 1 teaspoon  
15 ml = 1 tablespoon  
30 ml = 1 fluid oz.  
100 ml = 3.4 fluid oz.  
240 ml = 1 cup  
1 liter = 34 fluid oz.  
1 liter = 4.2 cups  
1 liter = 2.1 pints  
1 liter = 1.06 quarts  
1 liter = .26 gallon

1 deciliter = one tenth of a liter

### Weight

1 gram = .035 ounce  
100 grams = 3.5 ounces  
500 grams = 1.10 pounds  
1 kilogram = 2.205 pounds  
1 kilogram = 35 oz.

***Hope you enjoy these recipes!***

***If you would like to contribute your own original recipe to the next edition, please send it to [recipes@thyca.org](mailto:recipes@thyca.org). Thank you!***

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