
Low-Iodine Cookbook

***Guidelines and Tips for the Low-Iodine Diet used for a short time
when preparing to receive radioactive iodine (RAI)***

- *More than 420 Delicious Recipes and Tips from over 220 ThyCa Volunteers, who are sharing their favorites.*
- *Plus Low-Iodine Diet Guidelines from Medical Professionals*

8th Edition



www.thyca.org

ThyCa: Thyroid Cancer Survivors' Association, Inc.SM
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Share it with others!

We dedicate this book to

- The more than 220 wonderful people who contributed your delicious recipes and helpful tips
- The many medical professionals who contributed your information and expertise for the low-iodine diet guidelines
- The proofreaders and designers who put the pages together
- All our donors whose generous financial support makes possible the printing and free distribution of this Cookbook to individuals and in bulk to medical professionals to give to their patients

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

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Thyroid Cancer? ThyCa can help.

We are an internationally recognized, medically advised organization providing **free** support services to people with thyroid cancer.

- **For patients and caregivers** — We offer information and understanding to patients and their families when they need it most.
- **For the public** — We promote awareness for early detection, and provide outreach and education year-round. We sponsor Thyroid Cancer Awareness Month each September.
- **For professionals** — We provide free handbooks, patient brochures and wallet cards, free downloadable Low-Iodine Cookbook for patients with differentiated thyroid cancer, and other materials to give to patients. Plus **research funding**, with grant recipients selected by an expert panel of the American Thyroid Association.

Free Services & Resources: Award-winning web site • Person-to-person support • Local support groups • E-mail support groups • Awareness brochures • Regional workshops • Annual International Conference • Videos and Webinars • Materials in 8 languages • Online newsletter • Handbooks • Downloadable Low-Iodine Cookbook with over 420 recipes • and more

Please contact us for more information and free materials:

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ThyCa: Thyroid Cancer Survivors' Association, Inc., is an international nonprofit 501(c)(3) organization of thyroid cancer survivors, family members, and health care professionals, founded in 1995, advised by distinguished thyroid cancer specialists, and dedicated to support, education, communication, awareness for early detection, and thyroid cancer research fundraising and research grants.

Welcome

We're proud to present the expanded 8th Edition of our **free Low-Iodine Cookbook**.

You'll find more than 420 varied recipes, plus guidelines for the low-iodine diet, and dozens of helpful tips to make the diet and planning meals and snacks easier for you and your family.

This free downloadable cookbook is a gift to you from more than 220 wonderful people who donated their talents and their time, sharing their favorite family recipes. These recipes and suggestions were all contributed by volunteers for ThyCa: Thyroid Cancer Survivors' Association, Inc., www.thyca.org.

This book features a **handy One-Page Low-Iodine Diet Summary**. The cookbook and guidelines are also downloadable from our web site in 3 languages. It's available as an EPub also, on iTunes and GooglePlay.

The information about the diet and guidelines came from several members of ThyCa's Medical Advisory Council, plus the further sources listed below. This diet has been in successful use for more than 14 years. We will continue to update the guidelines on our web site as further information becomes available.

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

Our thanks to the generous people who shared their favorite recipes and tips. Nina Geiger contributed the Low-Iodine Diet Tips and Low-Iodine Diet Snacks. Editors and proofreaders included Leah Guljord, Daria Jerauld, Pat Paillard, Lauren Prunetta, M.L. Sprung, Barbara Statas, and Cherry Wunderlich, and, for earlier editions, our late friends Ed Walker and Jo Walker.

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

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

ThyCa, founded in 1995, is an international nonprofit 501(c)(3) organization of thyroid cancer survivors, family members, and health care professionals, serving people worldwide. We are dedicated to education, communication, support, awareness for early detection, and thyroid cancer research fundraising and research grants in support of our goal of cures for all thyroid cancer.

Visit our web site www.thyca.org for more than 850 pages of thyroid cancer information, videos with

experts, free publications in 8 languages, links to our free online and local support groups plus more free services, and the latest details about educational events, including the annual International Thyroid Cancer survivors' Conference.

Invitation to help others—

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

About Photocopies and Use

You are welcome to download and print out this cookbook from our web site www.thyca.org. You are also welcome to photocopy complete pages or the whole book and give them to others, provided that you include the ThyCa information and credit at the bottom of each page. Please do not copy individual recipes or reproduce the recipes or other material in plain text for e-mails or other media. Also, the material in this book is not for commercial use.

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

Sources: Sources include numerous medical professionals: (1) Diet guidelines provided by several members of ThyCa's Medical Advisory Council; (2) Presentations and handouts from our conference and workshop 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; Park JT and Hennessey JV, *Thyroid* (1):57-63. 2004; and more recent articles.

Thank You—

ThyCa's free support services and publications are made possible by the generous donations from our members and individual contributors, and by unrestricted educational grants from Bayer HealthCare, Eisai, Exelixis, Inc., Interpace Diagnostics, Sanofi Genzyme, Shire, and Veracyte. Thank you.

Measurement Conversions

U.S. to Metric

Capacity

1/5 teaspoon = 1 milliliter (ml)
1 teaspoon = 5 ml
1 Tablespoon = 15 ml
1 fluid ounce = 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 gallon) = 3.8 liters

Weight

1 ounce (oz.) = 28 grams
1 pound = 454 grams

Metric to U.S.

Capacity

1 milliliter (ml) = 1/5 teaspoon
5 ml = 1 teaspoon
15 ml = 1 Tablespoon
30 ml = 1 fluid ounce (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 ounces

Invitation To Contribute Your Recipes

Hope you enjoy these recipes!

Would you like to contribute your own original recipe to the next edition of the cookbook?

We also publish new recipes in our free online newsletter.

Please send your recipe to recipes@thyca.org

Thank you!

Low-Iodine Diet Guidelines — 1-Page Summary

ThyCa: Thyroid Cancer Survivors' Association, Inc.SM

For details, & the ThyCa Free downloadable Low-Iodine Cookbook with over 420 delicious recipes, visit 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 micrograms (mcg) of 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 and beverages that are high in iodine (over 20 mcg per serving). Eat any foods and beverages 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 (blackstrap). The more common and sweeter molasses (often labeled as unsulfured molasses), is okay. Sulfur does not relate to iodine.
- Soybeans and soybean products such as tofu, TVP, soy milk, soy sauce. One 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, in some diet guidelines, maraschino cherries (with Red Dye #3 — or E127 in the United Kingdom) and rhubarb.
- Vegetables: preferably raw or frozen without salt, except soybeans and (according to the original 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 fruit juice
- Fresh raw vegetables
- Dried fruits such as raisins
- Applesauce
- Popcorn
- Unsalted nuts
- Sodas other than those with Red Dye #3 (E127 in the UK)
- Unsalted peanut butter or other nut butters (great with apple slices, carrot sticks, crackers, and rice cakes)
- Unsalted Matzo crackers, other unsalted crackers
- Homemade low-iodine bread or muffins

- Easy Quick Meals**
- Oatmeal with 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 the information and input.

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Praise from Cookbook Users

“Thank you so much for the wonderful resource for the low iodine diet. As a thyroid cancer survivor and a registered dietitian I have personally used this resource and provided it for many patients and colleagues.”

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

“I just finished the low-iodine diet once again and found that a recipe that I prepared for the Passover Seder worked magnificently.”

“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!”

“I would have been lost without your help and sharing of your low-iodine cookbook. Thank you.”

“Thank you so much for the Low Iodine Recipe Collection, including the general comments about low iodine diets, foods that are okay and not. It is extremely helpful!”

“New Thyroid Cancer patient; just had my first RAI Scan still on the diet. Thank you for the book.”

“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.”

“Thank you for publishing this great resource online! It was much more helpful than the few pages my doctor gave me and it saved me from having plain, boring meals while on the diet (you get enough of those in the hospital!) Many many thanks”

“I want to say thank you SO much for this WONDERFUL resource you provide to all of us living with and through Thyroid Cancer. I am very grateful for the time and effort it took to compile such a wonderful book of recipes and diet guidelines, and can tell you that it has been such a help for me!”

“My husband has metastatic thyroid cancer and has had to eat the low iodine diet a number of times. Your cookbook has been extremely helpful to me, as his wife, who prepares the recipes to make a grueling diet a little more palatable.”

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

“Your cookbook has been very helpful and keeps improving. Thank you!”

“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!”

“My husband had to go on the Low-Iodine Diet twice last year. Thank goodness for your cookbook. It was a great help to us.”

“I cannot tell you how much I appreciate having your cookbook available to me....Your cookbook has saved my sanity and helped me to not feel deprived of good, tasty foods during this time.”

“I want to say what an incredible resource your cookbook was for me while I was on the low iodine diet. I probably wouldn't have made it through without it! It also helped me learn to adapt my own recipes to be low iodine, as well.”

“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.”

“The low iodine cookbook is Great! It made it very easy to make delicious meals for my husband.”

“Thank you so much for the Low Iodine Recipe Collection, including the general comments about low iodine diets, foods that are okay and not. It is extremely helpful!”

“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!”

“First wanted to thank you for the Low-Iodine Cookbook. I was diagnosed in 2011 and am back on my low- iodine diet the second time, awaiting my 6-month follow up scan. Your cookbook has been a lifesaver!”

“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.”

“Thanks for putting together such a wonderful free resource like the cookbook. It made my 2½ weeks on a low iodine diet bearable.”

“Thank you so much for the low-iodine cookbook – it's been really helpful during this somewhat trying process!”

The Low-Iodine Diet

- Thyroid cancer patients with papillary or follicular thyroid cancer often receive a dose of radioactive iodine (RAI) (I-131) some weeks 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, which may include whole-body radioiodine scans using a “tracer” dose of RAI. Based on the results, some may receive another dose of RAI in an attempt to eliminate remaining thyroid cells.
- To prepare for an RAI scan or RAI treatment, patients are usually asked to go on a short-term Low-Iodine diet (LID). Using the diet is recommended by 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. . Brand names of levothyroxine include Levothroid, Levoxyl, Synthroid, Tiroxint, and Unithroid in the United States; and Eltroxin and Euthyrox in Canada.
- 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 2 weeks (14 days). The diet usually begins around 2 weeks before testing and continues through the testing and treatment period, often for 1 to 3 days after the RAI treatment or scan. However, recommendations for the time period can vary, depending partly on the individual patient’s circumstances. Check with your care provider to be certain.

- **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 members our 47-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, but 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 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. As background, 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. See the lists in this cookbook.** 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**. Download it **free** from our web site **www.thyca.org** and print it out. It is also available as an ePub on iTunes and GooglePlay. The cookbook has over 420 recipes, plus dozens of helpful tips.

• **You also can adapt your favorite recipes from your own cookbooks and family recipes to the low-iodine diet.** To do this, either eliminate the ingredients that are high in iodine, or else substitute ingredients from the list of foods and ingredients that are fine on the diet. For example, substitute water for milk, and use 1/4 cup of egg white for each egg in a recipe.

• If you follow other dietary guidelines because of 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 and caregivers created this cookbook and donated these recipes to help you with this diet. Volunteers have been donating their recipes since 2000. 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 1-3 days after).

The foods and ingredients on this list 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, sushi, etc.). 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.

• (This list continues on the next page)

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

- All the 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. One diet says that 1 Tablespoon of milk per day is okay; however, this could mean that 36% of the day's iodine comes from this 1 Tablespoon of milk. There is no dairy in any of the recipes in this cookbook.)

- **Egg yolks** or whole eggs or foods containing whole eggs. Egg whites are acceptable, because they contain little or no iodine. (Some low-iodine diets allow foods with very small amounts of eggs, if not listed in the first three ingredients on a label. The recipes in this cookbook use only egg whites.)

Commercial bakery products. Avoid bread products that contain iodine/iodate dough conditioners. Also, the salt in these products may be iodized. It's best to bake breads and other items yourself, or else substitute with Matzos. If you read labels closely, you also may be able to find crackers made only with flour and water. Although 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 or pharmacist.

- **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 chocolate that's allowed on the diet.

- **Some Molasses.** Avoid blackstrap molasses (sometimes the label adds the word "sulfured" to the word "Blackstrap"). It has a slightly bitter taste. It's okay to use the milder, fairly sweet molasses usually used in cooking (in addition to the word "Molasses," the label sometimes adds the word "unsulfured"). Sulfur is not related to iodine. However, it's a term often used on molasses labels. Some diets we don't make distinctions between kinds of molasses and say to avoid all molasses. One diet allows all molasses. It also allows brown sugar, which is white sugar with a very small amount of molasses sprayed on it.

- **Soybeans and most soy products** (soy sauce, soy milk, tofu). However, soy oil and soy lecithin are both okay.

- **Some other foods.** The original National Institutes of Health diet given to ThyCa says to avoid the following beans: red kidney beans, lima beans, navy beans, pinto beans, and cowpeas. NIH used this diet for more than 10 years. More recently, the NIH diet and other diets do not limit beans. In addition, some diets say to avoid rhubarb and potato skins and that the inside of the potato is fine. Most diets do not mention these. No sources on this have been provided. The recipes in this cookbook avoid the use of potato skins and rhubarb.

- **Iodine-Containing Vitamins, and Food Supplements. Also products containing iodate or iodide.** Check the label and ingredients and discontinue completely if iodine is included. Most vitamins with minerals contain iodine.

- **If you are taking a Medication** that contains iodine, check with your physician.

Limit the Amounts of these Foods

Some diets from thyroid cancer specialists and researchers recommend limiting the daily intake of foods that are moderate in iodine—5 to 20 micrograms per serving. This is because consuming larger quantities would amount to a substantial proportion of the daily iodine limit during the diet.

- **Fresh meats.** Up to 5 or 6 ounces per day of fresh meats such as chicken, beef, pork, lamb, and veal are fine on the low-iodine diet. (One researcher noted that meat contains 25-130 micrograms of iodine per pound—16 ounces.) 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 the same limited amounts as the grains and cereals above. 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 items such as 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 allow salty processed foods and other processed foods. Some of these foods include potato chips and cured and canned foods such as hot dogs, ham, corned beef, sauerkraut, bacon, sausage, and salami.

Currently, large manufacturers of processed foods in the United States generally use noniodized salt. However, in some other countries, canned and other processed foods use iodized salt. Canned and other processed foods sold in grocery stores in the United States come from many countries. In addition, food processing techniques can change, and the package 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).

In the past, some people have contacted manufacturers to ask whether or not they use iodized salt in their products, or iodine-containing cleansers or sanitizers for their equipment and surfaces involved in food

processing. For example, in 2012, staff at NIH compiled a list of U.S. manufacturers that said that they do not use iodized salt.

However, in general, trying to maintain a list 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.

Read the ingredient labels on all packaged foods and spices. Some spice blends like chili powder may contain added salt. Some support group participants have compiled lists of brands of processed and packaged foods low in iodine. If you use these lists, be sure to check the date on which they were compiled. Many people find it simpler to use simple unprocessed snacks, foods, and ingredients for the short period of the diet.

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 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. (See notes above about variations in some diets.)
- **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 most molasses (not blackstrap molasses).
- Black pepper and fresh or dried herbs.
- All vegetable oils. Salad dressings, provided they contain only allowed ingredients.
- Homemade foods (see the free Low-iodine Cookbook from the ThyCa web site at www.thyca.org)
- Cola, diet cola, lemonade, sodas (except those with Red Dye #3 or E127 in the 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 notes that distilled water is more desirable.

Easy Low-Iodine Snacks

Some people enjoy these easy snacks for some of their meals.

- Fresh fruit—apples, grapes, bananas, melon, etc. Keep on hand and ready to eat.
- Applesauce. Check label to be sure no salt.
- Raisins and other dried fruits.
- Raw carrot sticks(chopped, 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 the 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. Eat these in moderation.
- 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 the 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 in this book?

- There are minor variations in low-iodine diet guidelines provided by different thyroid cancer specialist physicians. The notes above discuss some of these variations.
- These guidelines combine the recommendations of several thyroid cancer specialists whose patients have successfully used these guidelines for large numbers of patients over more than 14 years.
- Some guidelines say just to avoid certain items or certain food categories, but do not give details within categories.
- Other diets list foods and ingredients that are allowed, without limits on quantities consumed. However, the diets that have provided information about moderate iodine in some foods recommend limits in the quantities of these foods.
- Many of our web site visitors and correspondents request details as given here, so that they can plan their menus with their own preferences in mind.
- If your health care professional has recommended that you follow a low-iodine diet, please discuss your diet guidelines with him or her.

More Low-Iodine Diet Tips

- **Vitamin/mineral supplements** often contain large amounts of iodine, so check the labels. Consider taking a calcium supplement, since the diet disallows dairy products. Avoid brands deriving calcium from oyster shell, which may contain iodine.
- **Iodine enters the body via products other than food.** Many contrast agents used in radiology testing—particularly CT scans, and possibly other scans—contain iodine. (If you are unsure if you had any such tests in the past several months, have your doctor review your files.)
- **Iodine is used as a topical antiseptic,** such as that commonly swabbed on the skin before surgery (including thyroid surgery). Avoid Betadine^(R) soaps and shampoos.

Check toiletry labels for Red Dye #3 (or E127 in the 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 of the margarines made by Fleischmann's, Earth Balance, and Mother's were available at the time of this publication and seem to be allowed. Read the labels carefully.

This cookbook has recipes for a homemade milk substitute called "Nutty Milk." Avoid most packaged milk substitutes, because most are soy-based, and the rice-based one has sea salt. Some have changed ingredients. Canned coconut milk found in some grocery stores may be okay on the diet. However, read all labels carefully.

- Avoid milk substitutes, 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. Discuss this with your doctor.

- **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.

- **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.** One large egg equals one quarter cup of egg white. For an easier substitution, use two egg whites instead of each whole egg. 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 great ice cream substitute is to freeze peeled ripe bananas and process them in a food processor until smooth and creamy. Let them sit to defrost for five minutes first. Add cocoa powder for chocolate "ice cream."

- Coffee creamer can be a challenge. Marshmallow Fluff works well in a pinch, if you like coffee sweet. Melting a marshmallow also works – be sure to read the ingredients to make sure the brand of fluff or marshmallow you are using is free of disallowed ingredients.

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 thyroid hormone pills and becoming hypothyroid. (If you will receive injections of Thyrogen® instead of stopping your pills prior to RAI, you will not become 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. Many thousands of other thyroid cancer survivors have used and enjoyed our recipe collections.

Salads and Salad Dressings

Mixed Green Salad with Strawberry

Dressing

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

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

Contributed by Tracy T.

Black Bean Salad

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

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

Contributed by Trisha L.

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.

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

Shoeppeg Corn Salad

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

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

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

Contributed by Karen F. of South Carolina

Spanish Potato Salad

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

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

Contributed by a friend of ThyCa

Spinach Apple Salad

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

In a small bowl, combine vinegar, oil, salt, and

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

Contributed by a friend of ThyCa

Tangy Coleslaw

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

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

Contributed by a friend of ThyCa

Cool Cucumber Pasta

- 8 ounces pasta (with no eggs)
- 1 Tablespoon vegetable oil
- 2 medium cucumbers, thinly sliced – do not peel
- 1 medium onion, sliced thin

Dressing:

- 1 1/2 cup sugar
- 1 cup water
- 3/4 cup vinegar
- 1 Tablespoon mustard (use dry and add water)
- 1 teaspoon salt
- 1 teaspoon. pepper
- 1/2 teaspoon garlic salt

Cook pasta, drain, and rinse in cold water. Put in a large bowl and add oil, then cucumbers and onions, and stir.

Mix the dressing and pour it over salad and toss. Cover and chill several hours, or eat the next day. Enjoy!

Makes 4-6 servings

*Contributed by Shannon R. of South Carolina
Low-Iodine Recipe of the Month, July 2013*

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.

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.

Danish-Style Carrot Salad

2 large carrots
1 apple
1 small handful of raisins
Juice of ½ 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.

Tomato-Basil Pasta Salad

3 large ripe tomatoes, coarsely chopped
1/3 cup chopped red onion
¼ cup extra-virgin olive oil
2 Tablespoons red wine vinegar
1 teaspoon minced garlic
½ teaspoon non-iodized salt
½ teaspoon black pepper
¼ 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

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 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

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

Cashew Apple Salad

Dressing:

1 cup oil
1/2 cup sugar
1/3 cup Red Wine Vinegar
1 Tablespoon mustard (make from dry mustard by adding a bit of water)
1 Tablespoon Grated Onion
2 teaspoons Poppy Seed

Salad:

2 heads of red leaf lettuce
3 red Delicious apples
1 cup chopped (unsalted) cashews
Raisins (optional)

Chop lettuce, cashews, and apples, mix with raisins if desired. Mix ingredients for dressing and save on the side to have “fresh” salad when desired. (For anyone NOT on the Low-Iodine Diet, add shredded Swiss cheese to this recipe.)

Makes 6-8 servings

Contributed by Shannon R. of South Carolina.

Corn Salad

6 cobs of fresh corn
2 cloves of garlic, finely chopped
2 Tablespoons olive oil
2 Tablespoons balsamic vinegar
1 pound grape tomatoes, sliced in half
2 green onions, finely sliced
Arugula or your favorite lettuce

Slice the corn kernels off the cobs. (Cobs can be used to make stock) In a large skillet, heat the olive oil. Add the corn and cook until translucent—about 3 minutes. Add garlic and stir for a minute. Add balsamic vinegar, tomatoes and green onions, and cook for another minute. Remove from stove, cool, and chill.

Serve on top of a bed of Arugula or your favorite lettuce.

Makes 6 servings

Low-Iodine Recipe of the Month, July 2012

Contributed by Lily W. of California

Another Orzo Salad

1 pound orzo
1 pint cherry tomatoes, halved or quartered if large
1/2 medium cucumber, cut into small dice, about 1 cup
1/2 cup pine nuts, toasted
1/4 cup extra virgin olive oil
3 Tablespoons finely chopped fresh basil
2 Tablespoons finely chopped fresh Italian parsley
2 scallions finely chopped, white and light green parts only
2 Tablespoons tightly packed finely grated lemon zest from about 3 medium lemons
3 Tablespoons freshly squeezed lemon juice, more as needed

salt to taste

freshly ground black pepper

1. Bring a large saucepan of salted water to a boil and cook pasta, about 8 minutes. Drain and rinse under cold water until cool. Drain pasta well and transfer to a large bowl.
2. Add remaining ingredients and toss to combine. Serve chilled or at room temperature.

Contributed by C.S.

Waldorf Salad

lettuce
1/2 stalk celery, sliced
1 apple, cored and chopped
1/4 cup raisins
1/3 cup walnuts
Either blender mayonnaise from the ThyCa Cookbook
Or else Mashed avocado
Tear lettuce into individual salad bowl or plate.
Sprinkle with celery, apple, raisins, and walnuts. Top with blender mayonnaise from the ThyCa cookbook, or, I found that I liked the mashed avocado just as well.
Contributed by Sharon M.
Low-Iodine Recipe of the Month, February 2014

Blender Mayonnaise

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

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

Contributed by Russ

Oriental Salad Dressing

1 Tablespoon unsalted freshly ground peanut butter
1 Tablespoon toasted sesame seed oil (or garlic-flavored olive oil)
several drops Hot Chili Oil
Slowly add and blend:
4 Tablespoons rice vinegar
Toss with shredded cabbage, carrot, etc., for coleslaw or with romaine, tomato, onion, etc., for green salad.

Contributed by Jo W. of Arizona

Nutty Dressing

1/2 cup chopped unsalted walnuts or pecans
1/2 cup extra virgin olive oil
1/4 cup balsamic vinegar
1/4 cup orange juice
1/2 teaspoon salt (or to taste)
Put all ingredients in a blender or food processor and mix to desired smoothness. (Add more nuts or reduce some of the liquids to make it thicker.) Use on a green salad, as a dip for raw veggies or crackers, or as a spread on bread.

Contributed by Nina G. of Hawaii

French Vinaigrette

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

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

Contributed by Monique C.

Balsamic Vinaigrette

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

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

Contributed by Jill B. of Virginia

Oriental Sauce

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

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

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

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

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
1 teaspoon 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.

Aunt Jan's Everyday Mayonnaise (blender recipe)

Put in a blender, cover and mix:

2 egg whites (or 1 egg if off the low-iodine diet)
1 teaspoon dry mustard
1 teaspoon salt
1 teaspoon sugar (optional)
1/4 cup oil

Keep the blender running. Remove cap. Add 3 Tablespoons lemon juice, slowly. Add 1/2 cup oil, s-l-o-w-l-y, a teaspoon at a time. Mayo should be thick. A shake of curry, turmeric, or paprika will add flavor.

Low-Iodine Recipe of the Month, May 2012

Contributed by Christina B. of Maryland

Christina writes, "This was my Aunt Jan's recipe that she used for years with her kids. She would make a batch and put it in a store-bought mayonnaise jar and her kids never knew the difference."

Salad Dressing and Ketchup

Replacement

Very tasty, good for salads and fried potatoes

8 tablespoons vegetable oil

1 apple

1/4 cup distilled white vinegar

4 Tablespoons brown sugar

Measure ingredients into sauce pan and bring to boil then take off heat.

Low-Iodine Recipe of the Month, May 2011

Contributed by Steve M. of Missouri

Another Salad Dressing

1/2 medium onion, chopped fine

2/3 cup sugar (may substitute 16 packets of Truvia if needed)

1/4 cup celery chopped fine

1/3 cup vegetable oil

1/3 cup cider vinegar

1 1/4 teaspoon dry mustard

1/2 teaspoon pepper

1/2 teaspoon salt

Whisk together in a bowl. Keep in refrigerator and whisk often throughout the day. This dressing is better the day after it is made. It lasts in the refrigerator several days and makes a sweet addition to any salad.

Contributed by Elisa G.

Low-Iodine Recipe of the Month, February 2014

Soups and Stews, plus Sauces for Pasta and other Dishes

Moroccan Soup

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

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

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

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

Garnish with chopped raw onion if desired

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

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

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

Contributed by Evie H. from VA

Roasted Vegetable Soup

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

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

Contributed by Tracy T.

Curried Carrot Soup

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

Salt and pepper, to taste

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

Contributed by Tracy T.

Gypsy Soup

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

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

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

Contributed by Dale F.

Hot and Sour Soup

2 cups water
2 packets/teaspoons no-salt added chicken
bouillon (Herb-Ox has a
good one)

3 Tablespoons rice wine vinegar
(you can use white
vinegar, but the taste
will be slightly
different)

1 teaspoon ground white pepper
1 teaspoon sesame oil
1 cup shredded cabbage (you
can use pre-shredded
coleslaw mix if you
like)

1 cup chopped carrots
1/2 cup sliced mushrooms
1/2 cup corn, fresh or frozen
1 egg white, lightly
beaten

3 Tablespoons cornstarch
2 Tablespoons water
1/2 teaspoon salt (optional)

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

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

Mix together cornstarch and 2 Tablespoons water
until blended.

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

Add salt to taste if you like.

Makes 2 small bowls, or one huge one.

Contributed by Denise D.

Basic Gumbo

1	large	carrot
1	package	black-eyed peas, frozen
1	large	onion
3	stalks	celery
1	large	green or red bell pepper
2	large	tomatoes, chopped
1	package	frozen corn kernels
1	package	frozen okra
	vegetable oil	
	bay leaves	
	oregano	
	basil	
	allspice	
	cayenne pepper	
	salt	
	black pepper	

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

Serves 4

Contributed by a friend of ThyCa

Black Bean Soup

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

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

Contributed by a friend of ThyCa

Cabbage Stew

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

pepper

salt to taste

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

Contributed by Leah G. of Florida

Another Cabbage Stew

3 Tablespoons olive oil
1 medium onion, diced
4 cups chopped or shredded green cabbage (1 small cabbage)
2-3 Roma tomatoes diced
(with juices)
1 1/2 cups chicken broth, divided
1 bay leaf
1 teaspoon salt
1/2 teaspoon black pepper
2 teaspoons cider or red wine vinegar
1 1/2 cups cooked garbanzo beans
Sauté onion in oil; add garlic and sauté a little longer.
Add cabbage and stir until evenly coated with oil.
Cook, stirring occasionally, until heated through.
Add tomatoes 1 cup of broth, bay leaf, salt, and pepper.
Reduce heat and simmer for 30-40 minutes until cabbage is very tender.
Add garbanzo beans. Heat through and add more broth if needed.
Serve very hot.
Contributed by a friend of ThyCa.

Chili

1 pound hamburger
1 large onion, diced
1 Tablespoon garlic powder
or
2 Tablespoons fresh garlic
1/2 Tablespoon 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
Contributed by Sue L

Hearty Chili Con Corn

1 cup dried white kidney beans
or garbanzo beans
4 cups water
1 cup frozen corn
1 onion, chopped
1 garlic clove, pressed
1 teaspoon salt
1 Tablespoon vegetable oil
1 1/2 cups tomato sauce — homemade
1 1/2 Tablespoons chili powder
1 teaspoon cumin
Soak kidney beans in water overnight. Cook for 1 1/2 hours. Sauté onion and garlic in oil; add seasonings, tomato sauce, and corn. Simmer 15 minutes. Add tomato mixture to cooked kidney beans and stir. Simmer. Serve over rice.
Contributed by a friend of ThyCa

Lentil Soup

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

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

No-Cream Cream of Cauliflower Soup

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

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

Contributed by Barb B.

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

Spicy Chicken Tortilla Soup

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

Directions:

1. In a large stock pot heat oil. Add tortillas, garlic, cilantro and onion. Sauté for 2-3 minutes.
2. Stir in tomatoes and bring to a boil. Add cumin, chili powder, bay leaves and chicken stock. Return to a boil, reduce heat to medium and add salt and

cayenne. Simmer for 30 minutes. Remove the bay leaves and stir in the shredded chicken. Heat through and serve.

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

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

Makes 6 servings.

Contributed by Heather M.

Minestrone

Makes a HUGE pot. Great to freeze.

3 Tablespoons olive oil 3
garlic cloves, chopped
2 onions, chopped
2 cups chopped celery
5 carrots, sliced
4 cups water
4 cups tomato sauce
1 cup white beans (cooked) 1
15 -ounce can unsalted green beans (or fresh or frozen beans, cooked)
2 cups spinach (fresh or 1 frozen package)
3 zucchinis, 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.

Dill, Pea and Carrot Soup

2	cups	dried yellow split peas
3/4	cup	chopped onion
2	cups	sliced carrots
1	cup	diced celery
1/4	cup	minced fresh parsley
1-2	Tablespoons	fresh dill, chopped, or 1/2 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 1 1/2 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

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

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.

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

Vegetable Stock

1 Tablespoon olive oil
1 large onion, chopped into 1-inch cubes
2 ribs celery including leaves, cut into 1-inch pieces
2 large carrots, cut into 1-inch chunks
1 bunch green onions, chopped
8 cloves of garlic, minced
8 sprigs fresh parsley
6 sprigs fresh thyme
2 bay leaves
1 teaspoon salt
2 quarts water

Chop scrubbed vegetables. The greater the surface area, the more quickly they will yield their flavor. Heat oil in a soup pot. Add the next 8 ingredients. Cook over high heat for 5 to 10 minutes, stirring frequently. Add plain salt and water and bring to a boil. Lower heat and simmer, uncovered, for 30 minutes. Strain. Discard vegetables. Makes 1 1/4 quarts of stock.

For variations, mushrooms, asparagus ends, corn cobs, fennel, bell pepper, pea pods, chard, celery root parings, basil, marjoram, and even potato peels may be used.

Low-Iodine Recipe of the Month, June 2013

Contributed by Patricia W.

Patricia writes: "Several recipes in the Low-Iodine Cookbook call for vegetable stock, so having it prepared ahead is a real help. So much of the ready-to-use ones are high in sodium, and it might not be clear whether they are seasoned with plain salt."

Another Veggie Stock

5 quarts water
2 onions
4 cloves of garlic
4 carrots, roughly chopped
2 tomatoes, coarsely chopped
8 ounces mushrooms
6 corn cobs (kernels sliced off & used for other recipes)
2 rosemary stems
1 bay leaf
1/2 teaspoon dried thyme
salt to taste

Add all items to a stockpot. Bring to a boil; then simmer for an hour. Strain the stock through a fine sieve.

This is great to made ahead and freeze in smaller portions. Makes 4 quarts *Contributed by Lily W. of California*

Chilled Peach Soup

4 fresh peaches
1/4 cup fresh juice from oranges, clementines, or tangerines
2 Tablespoons lemon juice
1/2 teaspoon grated ginger
1/4 teaspoon salt

Boil 3 quarts of water. Score peaches with a knife. Blanch peaches for 1 minute. Drop peaches into ice water. Peel and cube peaches.

Put all ingredients into blender. Blend until smooth. Add water to create the desired consistency (approximately 2 cups). Refrigerate for at least an hour before serving.

Makes 6 servings.

Variations:

1. You can also skip the blanching step and just chop peaches with the skins. The soup will be a darker color, but the skins are nutritious.
2. Skip the salt and this makes a great base for smoothies.

Both options are great ways to enjoy the summer fruit regardless of the time of year.

Some Tips –

1. Freeze portions of your favorite summer fruits to enjoy during your low-iodine diet; this is great in the winter when fresh fruit options may be limited.
2. Dress your favorite fruit salad with tangerine or Clementine juice.
3. Puree roma tomatoes in the food processor to use for base of tomato sauce or gazpacho. Freeze in 2-cup containers.

*Low-Iodine Recipe of the Month & Tips,
August 2012 Contributed by Lily W. of California*

Portuguese Kale Stew

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

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

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

Contributed by Barb B.

Quick Chicken Noodle Soup with Broccoli and Garlic

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

Quarter leek lengthwise, rinse well to remove sand, and slice thinly. Combine leek, chicken, carrot, chicken stock, and water in medium pan. Bring to simmer. Cover and cook over low heat 5 minutes. Add noodles, broccoli, garlic, and red pepper flakes and return to simmer. Cover and cook over low heat until chicken and noodles are tender, about 6 minutes. Stir in thyme and black pepper to taste. Add salt if necessary.

Contributed by a friend

Veal Stew

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

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

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

Serve on noodles.

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

Contributed by Barb B.

Thick Beef Stew

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

In a Dutch oven, brown beef, onions and garlic in oil; drain and return. Stir in water, 1 teaspoon salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 1-3/4 to 2 hours or until meat is tender. Add red potatoes, beef broth (note that some references disallow canned foods on the low-iodine diet, since some canning machinery may be cleaned with iodine-containing cleaners), oregano, and 1 teaspoon salt. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until potatoes are tender. Add peas; heat through. Combine cornstarch and lemon juice until smooth; gradually add to beef mixture. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Serves 4-6

Contributed by Lois J.

Vegetable Stew

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

cayenne pepper & cumin

1. Heat olive oil.
2. Add mushrooms, onion, garlic, herbs, spices, and celery.
3. Saute 10 minutes.
4. Add 2 cups of water and potatoes and zucchini and carrot and bring to boil.
5. Reduce heat and simmer 1 1/2 hours.
6. Take 4 tablespoons of broth and place in a small bowl. Add 2 tablespoons of flour and mix well to form a roux. Add back into pot and stir well.
7. Add peas and cook 10 more minutes.
8. Dust with cayenne and cumin once in bowls.

Contributed by a friend of ThyCa

Tomato Paste

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

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

Contributed by a friend of ThyCa

Spaghetti Sauce

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

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

In a large (12 quart) heavy pot, combine all ingredients and stir to mix. Bring to a boil, then turn down to lowest setting. Simmer for 1/2 to 1 hour.

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

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

Thick Spaghetti Sauce and Meatballs

Spaghetti Sauce

4 boxes of strained no-salt tomatoes (I used Poma from Italy)
10 garlic cloves, chopped
1 large onion, chopped
1 Tablespoon dry oregano leaves
1 Tablespoon dried basil
1 teaspoon black pepper
1 1/2 teaspoons salt
4 Tablespoons white sugar
1/8 cup olive oil

Meatballs

2 pounds ground beef
1/3 cup egg whites
2 cloves garlic
1 chopped onion
2 slices of your homemade bread made into breadcrumbs (I run it through my food processor)
1 teaspoon salt
1/2 teaspoon black pepper

Roll meat into small balls and fry in olive oil. Pat dry before you add them to the sauce. Makes approximately 20-24 meatballs. They are easy to weigh. After you cook them, they normally weigh 2 ounces each, so you can have 2 or 3.

I put everything into a Dutch oven on low and cook it for at least 6 hours. I normally make it a day ahead of when we are going to use it. It freezes well.

We make our favorite salt free pasta to go with it, and you have a great meal.

Contributed by Karen C. of Pennsylvania

Low-Iodine Recipe of the Month, October 2014

Karen writes, "My husband loves thick spaghetti sauce so I came up with the following recipe and he loves it. I found a new product in the canned tomato section. Pure strained tomatoes (Poma) from Italy, no salt added."

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

Put 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

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

Red Chile Sauce

8		dried California or New Mexico Chiles (mild)
4		dried chipotle chilies
4		vidalia onions, chopped into quarters
8		cloves garlic
6		roma tomatoes, pureed
2	Tablespoons	olive oil
1	Tablespoon	cumin
1	cup	vegetable or chicken stock
2	teaspoons	sugar
1	teaspoon	salt

Soak dried chilies in 3 cups for boiling water. Place a plate on top to keep the chilies submerged. Soak for 30 minutes. Drain and retain 2 cups of chile water to add to sauce. Roughly chop chilies.

Boil onions in a medium saucepan for 25 minutes. Drain and discard water.

In a food processor, puree chilies, onions, and garlic. In a medium saucepan, heat olive oil with cumin. Add chile mixture and simmer for 10 minutes. Then, add tomatoes and stock; then add chile water to create desired consistency. Makes 8 cups.

Contributed by Lily W. of California

Ketchup

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

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

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

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

Let cool, then refrigerate overnight.

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

Pour into an air tight container and refrigerate.

Makes about 20 ounces of ketchup.

Contributed by Russ

Easy Homemade Ketchup

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

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

Can be used right away if needed.

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

Contributed by Kathy S.

Derrick's Low Iodine Mustard

Derrick writes, "There are no precise measurements, as you can add or take away ingredients to make this as it is made to taste."

The ingredients:

mustard seed or ground mustard* (mustard seed gives a more pronounced flavor, but ground works just as well)

hot water

salt

vinegar

paprika.

*I will describe using ground mustard:

Mix the ground mustard and water to make a paste.

Add salt and paprika to the paste. Then add a small amount of vinegar to thin out the paste. And there you have it — low iodine mustard made easy.

Notes:

**The hotter the water, the spicier the mustard will be. I used water that was close to boiling and made a mustard so hot that Chinese hot mustard does not compare. Use lukewarm water for a normal "milder" mustard. You can also play with the ingredients to make the mustard to your liking, such as adding honey to the mix to make a honey mustard or changing the white vinegar to a cider or red wine vinegar for a different flavor altogether.

**If you use the mustard seed, soak it in cold water for at least one hour to soften it before grinding to a paste, as hot water will weaken the flavor.

Contributed by Derrick D.

Beef

Venezuelan Beef

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

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

Contributed by Jeanne R. of Colorado

Scottish Beer Pot Roast

8 to 10 ounces lamb or beef, cut into 1 inch or smaller cubes

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

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

Contributed by Kimber S.

Beef and Pepper Medley

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

1 1/4 teaspoons minced garlic cloves
1/4 teaspoon crushed red pepper
1/4 teaspoon salt

Combine garlic powder and black pepper; rub over all sides of roast.

Place on a rack in a shallow roasting pan. Preheat oven to 500 degrees F. Place roast in oven and reduce heat to 350 degrees F.

Bake for 1 1/2 to 2 hours or until meat reaches desired doneness.

Chill for 30-40 minutes or until meat is cool enough to handle.

Cut into 3-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 the salad and toss to coat. Cover and refrigerate overnight. Serve cold.

Contributed by a friend of ThyCa

Indian Meat with Peas

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

Sauté meat in skillet. Add rest of ingredients except peas. Stir and cook until meat is done. Add peas & cook until just thawed and heated through.

Serve over couscous or basmati rice.

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.

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 book)

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).

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.

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.

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

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.

Fried Steak or Chicken Fingers

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

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

Contributed by Julie C.B.

Quick LID Hamburger

Sliced homemade LID bread
Low Fat (90-96% fat free) ground beef
Spread ground beef on the bread very thinly—all over and past the edges so the bread doesn't burn. Broil so they sizzle and are 'done.'
Top with slices of tomato, sweet onion, and LID Wisconsin Refrigerator Pickles (recipe in this cookbook).
Serve with no-salt corn chips and enjoy!
I like variations of these even when not on the LID diet!

Contributed by Jo W. of Arizona

Fajitas—Beef or Chicken

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

1 1/2 pounds beef or chicken, sliced
Combine first 7 ingredients. Pour over meat and marinate for 2 or more hours in the refrigerator. Sauté vegetables in 3 Tablespoons vegetable oil in skillet until lightly brown. Remove from pan. Sauté meat/chicken in skillet until done (approx 5-8 min). Add vegetables back to heat. Eat plain or over salad to make a great fajita salad. Or serve in corn tortillas made with only corn, lime, and water.

Another variation: Serve with tomatoes, guacamole, etc.

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

Contributed by Julie C. B.

Peppered Steak Rub

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

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

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

Grill until meat reaches desired doneness.

Contributed by Tracey L.

Jonathan's Dry Rub

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

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

Contributed by Sheila B.

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:

½	teaspoon	salt (non-iodized, non sea salt)
½	teaspoon	black pepper
¼	teaspoon	onion powder
¼	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.

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.

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.*

LID Goulash

1	pound	ground beef/turkey
½	cup	water
½	cup	unsalted ketchup
2	Tablespoons	brown sugar
1	Tablespoon	vinegar
¼	teaspoon	dry mustard
¼	teaspoon	chili powder
¼	teaspoon	salt
¼	teaspoon	cumin

Dash paprika

Dash cinnamon

1 ½ cup frozen mixed vegetables.

Brown the meat and drain any grease. Add the other ingredients (except the vegetables) and simmer for 5 minutes. Add the frozen vegetables and simmer until vegetables are cooked. Serve over rice or pasta.

Makes about 3 adult servings.

Contributed by Ian V. Ian writes, "I basically looked at what I had in the pantry and freezer that I could throw together in about a half hour."

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
(For the Cabbage Rolls and optional ingredients for this recipe, go to the next page.)

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.

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

Tacos

1	pound	ground beef or other meat preference
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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

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

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

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.*

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.

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 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

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

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

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

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.

BBQ Chicken

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

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

Contributed Julie C.B.

Italian Chicken

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

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

Marinated Chicken Kabobs

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

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

Lemon Chicken Kabobs

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

Cut thighs into 1 1/2 inch pieces. In a mixing bowl, combine lemon juice from one of the lemons, parsley, vinegar, Italian seasoning, garlic, salt, and pepper. Add chicken and toss with seasoning mixture. Cover and marinate, refrigerated, for one hour. Thread chicken and lemon wedges from the

other lemon (8 wedges total) on four 8 to 10 inch skewers. Broil or grill 6 to 8 inches from heat source for about 15 minutes, turning 2 to 3 times until chicken is cooked through.

Contributed by a friend of ThyCa

Lemon Honey Chicken and Rice

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

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

Contributed by Leah G. of Florida

Pasta with Chicken and Peppers

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

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

Contributed by a friend of ThyCa

Millennium Chicken

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

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

Contributed by Nancy C.

Lemon Pepper Chicken with Pasta

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

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

Contributed by Lauren P. of Maryland

Garlic Lime Chicken

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

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

Contributed by Bethann L.

Hot Citrus Chicken

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

1 Tablespoon lemon juice
1/8 teaspoon salt
1 Tablespoon orange marmalade

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

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

Serve over rice.

Contributed by Julie C. B.

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

Vinaigrette Chicken

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

Dressing: Mix the following:

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

I freeze these in individual servings, too.

Just take out and microwave, grill, or bake!

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

Contributed by Donna of Virginia

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

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

Bronzed Chicken

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

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

Mix all spices together.

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

When the chicken is almost done, add sliced yellow squash, zucchini, onions, bell peppers to the pan and

finish cooking them together. Chicken (and veggies) should have a bronzed appearance. Sometimes, I cook veggies using the same spice mixture, without the chicken. *Contributed by Vel*

Rachel's Greek-Style Chicken

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

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.

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*

Stir Fry Chicken

1 Tablespoon Kitchen Bouquet browning & seasoning sauce
3 to 5 Tablespoons sugar
1 to 2 teaspoons 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 1/4 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.

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.

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

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
1/2 box whole wheat pasta
1 cup fresh basil
1/3 cup olive oil
1/4 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. Marinate 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
1 1/2 cups flour
non-iodized, non-sea salt to taste
pepper to taste

5 egg whites

1 1/2 cups unsalted matzo meal

1 Tablespoon Italian herb seasoning

3 Tablespoons olive oil

Flatten 2 boneless, skinless chicken breasts to about 1/4 inch thickness, and cut into 1 1/2 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

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.

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

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

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

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

Lime Cilantro Marinade

Fabulous with chicken and pork (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

Turkey Burgers

- 3 pounds ground turkey
- 1/4 cup seasoned bread crumbs
- 1/4 cup finely diced onion
- 2 egg whites, lightly beaten
- 1/4 cup chopped fresh parsley
- 1 clove garlic, peeled and minced
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper

In a large bowl, mix ground turkey, seasoned bread crumbs, onion, egg whites, parsley, garlic, salt, and pepper. Form into 12 patties. Cook the patties in a medium skillet over medium heat, turning once, to an internal temperature of 180 degrees F (85 degrees C).

Fresh, Tangy Chicken Fajita Bowls

Marinade:

- 1/4 cup vegetable oil
- 1/3 cup red wine vinegar
- 1/3 cup lemon or lime juice
- 1 teaspoon brown sugar
- 1 teaspoon dried oregano
- 1 clove crushed garlic
- 1/4 cup minced onion
- 1/2 teaspoon salt

Other ingredients:

- 4 boneless, skinless chicken breasts
- Onion
- 2 Red Peppers
- Avocado
- Tomatoes
- Rice
- Cilantro

Cut chicken into strips. Refrigerate 4 to 8 hours in the marinade. Cook the rice according to instructions on package. Cook marinated chicken strips over medium-high until cooked through and slightly browned. Slice the peppers and chop the onion. Sauté these in oil, separately from the chicken, until tender, about 3-5 minutes. Chop the avocado, tomatoes, and cilantro. Mix the chicken, rice, peppers and onions, tomatoes and avocado. Serve and top with the chopped cilantro.

Contributed by Margy

Low-Iodine Recipe of the Month, June 2012

Grilled Lemon Chicken with Basil

Sauce

- 2/3 cup extra-virgin olive oil
- 3 Tablespoons plus 1/4 cup fresh lemon juice
- 1 1/2 teaspoons fennel seeds, coarsely crushed
- 1 1/2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 6 boneless skinless chicken breasts
- 1 cup lightly packed fresh basil leaves
- 1 large clove garlic
- 1 teaspoon grated lemon zest

Whisk 1/3 cup of oil, 3 Tablespoons of lemon juice, fennel seeds, 3/4 teaspoon salt, and 1/2 teaspoon pepper in a heavy-duty re-sealable plastic bag. Add the chicken and seal the bag. Massage the marinade into the chicken. Refrigerate at least 30 minutes and up to 1 day, turning the chicken occasionally. Meanwhile, blend the basil, garlic, lemon zest, remaining 1/4 cup lemon juice, 3/4 teaspoon salt, and 1/2 teaspoon pepper in a blender until smooth. Gradually blend in the remaining 1/3 cup oil. Season the basil sauce, to taste, with more salt and pepper, if desired.

Prepare the barbecue for medium-high heat or preheat a grill pan over medium-high heat. Grill the chicken until just cooked through, about 5 minutes per side. Transfer the chicken to plates. Drizzle the basil sauce over and serve.

Contributed by Monica M.

Low-Iodine Recipe of the Month, July 2011

Chicken Nuggets

- 2 boneless skinless chicken breasts
- 2 cups matzo meal
- 1 teaspoon salt
- 2 teaspoons coriander
- 2 teaspoons paprika
- 2 teaspoons black pepper
- 3 egg whites

Cut chicken into nugget sizes. Place egg whites in a bowl. Mix matzo meal, coriander, salt, paprika, and pepper together in a separate bowl. Dip chicken into egg whites, then into meal. Place coated chicken into pan with hot oil (you will know that the oil is hot enough by placing a small drop of water into pan, if the water "dances" on the oil then you are ready) Fry chicken until golden brown on both sides. Take out of oil and drain well. Serve with favorite dipping sauce.

Contributed by Derrick D.

Bolivian Chicken

1 1/2 pounds skinless, boneless chicken breasts,
cut into 1/2 inch strips

salt & pepper

2 Tablespoons olive or vegetable oil
2 large onions, chopped
2 sweet peppers, any colors,
cut into 1/4 inch strips
2 minced or chopped garlic cloves
3 cups homemade chicken broth
3/4 cup peanut butter
1 (10 ounces) package petite frozen peas, thawed
1/4 cup bread crumbs (low-iodine)

Optional: Cayenne or jalapeno pepper, finely minced
Season chicken with salt and pepper. In a large
frying pan, heat oil over medium heat. Add chicken
strips and saute, stirring for about three minutes,
until chicken turns opaque. Remove chicken and set
aside.

Add onions, bell peppers, and garlic to pan. Saute
about three minutes until onions are tender. For
added heat, stir in hot pepper. Add broth and peanut
butter. Simmer, stirring occasionally for about ten
minutes.

Stir in chicken, peas, and bread crumbs. Cook gently
5 to 10 minutes more, stirring occasionally, until
sauce is thickened and heated through. Serve over
basmati rice.

Contributed by Barbara P.

Low-Iodine Recipe of the Month, March 2011

Chicken Stir-Fry

3 ounces natural chicken breast, cubed (no
broth injected)

Canola Oil

3/4 cup zucchini – cut up
3/4 cup mushrooms – sliced
1 large carrot sliced into thin disks

Sauce:

1/2 cup honey
1 clementine or 1/2 an orange
1/2 cup chopped unsalted cashews (I used
food processor to chop)

Cracked Red Pepper – to taste

Cook chicken in skillet in a small amount of oil (I
use canola) until fully cooked.

Add in zucchini, mushroom and carrots and cook
until vegetables begin to cook.

In a separate bowl, combine honey and squeeze the
juice of one whole Clementine or about 1/2 an orange
into the honey. Mix thoroughly. Stir the chopped
unsalted cashews into the sauce. Add in cracked red
pepper to taste, I like things spicy, so I added quite a
bit.

Pour the sauce into pan with the chicken and veggies
and simmer for several minutes.

I served over basmati rice – YUM!

Contributed by Melissa M.

Low-Iodine Recipe of the Month, April 2011

Melissa writes, “I want to say thank you SO much
for this WONDERFUL resource you provide to all
of us living with and through Thyroid Cancer. I am
very grateful for the time and effort it took to
compile such a wonderful book of recipes and diet
guidelines, and can tell you that it has been such a
help for me!”

Lemon Baked Chicken

1 Whole Roaster Chicken
2 Tablespoons Olive Oil
Juice of 2 Lemons
1 minced garlic clove
1/2 teaspoon minced thyme
1/2 teaspoon minced rosemary
1/2 teaspoon finely grated lemon zest
2 teaspoons salt
1 teaspoon pepper
2 teaspoons paprika
1 cup distilled water

Preheat oven to 325 degrees F. Place roaster
chicken in large casserole dish (10 x 13). Rub the
outside and inside of the chicken with the
seasonings.

Mix the olive oil and lemon juice and drizzle over
the chicken

Pour the water into casserole dish.

Bake for 2 or more hours (until the chicken reaches
an internal temperature of 175 F.

Be sure to baste chicken 3 – 4 times with juices in
pan during the last hour. Take the chicken from the
oven and let it stand for at least 10 minutes before
carving.

We use any leftover chicken for other meals the next
day.

Contributed by Jackie and another friend of ThyCa

Slow Cooker Latin Chicken

3-4 boneless, skinless chicken breasts
1/4 cup loosely packed cilantro leaves
2 large sweet potatoes, cubed
1 Red bell pepper cut into strips
1 1/2 ounce can beans (black or other), rinsed and drained
1/2 cup chicken broth
1 cup hot salsa
2 teaspoons cumin
1/2 teaspoon allspice
3 cloves garlic chopped
Lime wedges for garnish

Arrange chicken in bottom of slow cooker. Place potatoes, pepper, and beans on top. Mix together broth, cilantro, salsa, cumin, allspice, and garlic in a bowl. Pour in cooker. Cook on low for 4 hours. Serve with lime garnish.

Contributed by Carole

Low-Iodine Recipe of the Month, April 2015

Rae's Delicious Savory Chicken

One small dish full to *at least* the halfway point with extra light olive oil

Add (*to taste*) a lot of . . .

Paprika

Garlic powder

Basil leaves (crushed)

All-purpose seasoning such as Spicely Organic Spices

Ground thyme

Parsley flakes

Rosemary leaves (crushed)

Black pepper

Non-iodized salt

Thoroughly mix all ingredients together in the same dish using a basting brush.

Coat as much seasoning as desired on raw chicken.

Grill (I prefer to use a George Foreman grill) for 15 minutes at 350 degrees F. Test temperature when the time is up. If necessary, cook at 325 degrees F for 5 - 10 minute intervals.

When the appropriate internal temperature is reached (165 degrees), serve.

This dish pairs especially well with asparagus.

Contributed by Rae B.

Low-Iodine Recipe of the Month, July 2014

Marinade for Chicken Breasts

(or other chicken)

Mix together in a gallon zip-lock plastic bag, (or other container that closes)

4 chicken breasts
2 cut-up oranges with juice (put the orange peels in bag also)
1 teaspoon fresh ginger (may use dry ginger also)
1 chopped clove of garlic
1/4 cup olive oil
1/4 teaspoon thyme
1/4 teaspoon poultry seasoning

Keep in the refrigerator and mash the contents in bag (or other container) frequently during the day. These are great on the grill or seared in a pan.

Contributed by Elisa G.

Low-Iodine Recipe of the Month, February 2015

Moroccan Style Stewed Chicken

4 cups chicken broth
3 cloves garlic, minced
2 Tablespoons honey
2 teaspoons cumin
1/2 teaspoon cinnamon
1 14 ounce can no-salt diced tomatoes
1 large bell pepper, cut into 2" long strips
1 large sweet onion, chopped
1/2 cup raisins
4 boneless, skinless chicken breasts

Stir broth, garlic, honey, cumin, cinnamon, tomatoes, pepper, onion, and raisins in slow cooker. Add the chicken and coat the chicken in sauce.

Cook on low 7-8 hours.

Serve over rice or pasta.

Contributed by Carole P.

Low-Iodine Recipe of the Month, April 2014

Carole writes, "I have discovered many of my recipes that I can adapt for the diet. They are so tasty and have so much flavor that he says to post them for others. I use many herbs and spices. My recipes include slow cooker pork roast and roasted veggies such as fennel, onions, peppers, and mushrooms with thyme and rosemary."

Chicken Fajitas

Use chicken from above

- 1 red bell pepper cut into strips
- 1 sweet onion sliced
- 1 Poblano pepper cut in strips
- 1 Tablespoon olive oil
- 1 teaspoon cumin
- 1 teaspoon chili powder

Saute peppers and onion in oil, Stir in cumin and chili powder.

Add salsa if you like it saucy.

In corn tortillas, add chicken and pepper mix

Can serve with more salsa and guacamole

Contributed by Carole P.

Chicken for Tacos and Taco Salad

- 3 Boneless, skinless chicken breasts
- 2 cups Low-Iodine Salsa (see recipe in this book)

In a slow cooker, spread about a 1/2 cup salsa
Place breast on top and pour rest of salsa over chicken.

Cook on low 6 hours or High 4 hours.

Cool and shred chicken. Place back in salsa and stir.

I freeze some for later use.

Contributed by Carole P.

Black Bean Tostadas

- 2-3 unsalted rice cakes
- 1 cup black beans, rinsed & drained
- 3 ounces cooked chicken, steak, or pork (diced or shredded)
- 1/4 cup diced tomatoes, divided
- 1/4 cup diced green pepper, divided
- 2-3 Tablespoons frozen corn
- 1/4 cup diced onion, divided

ground cumin

garlic powder

black pepper

To make re-fried black beans, place black beans in a small saucepan and add enough water just to cover the beans. Add in a few tomatoes, finely diced green pepper, and finely diced onion (may substitute dried minced onion if fresh onion is not available).

Sprinkle in cumin, garlic, and black pepper to taste.

Cook over medium heat until boiling, stirring

occasionally to prevent sticking. Reduce heat and

simmer 15-20 minutes, stirring occasionally, until

beans become very soft and water is almost

completely reduced.

With a fork, mash beans and stir, until a thick paste forms (for thinner beans, add a little water).

Remove from heat.

In the meantime, cook the frozen corn in microwave with a little water for approximately 30 seconds.

Drain corn and combine with the remaining tomatoes, green pepper, and onion in a small bowl to make a fresh salsa. Warm and season the meat, if needed.

To assemble your tostadas, spread a bit of the re-fried black beans on each rice cake. Top with meat and then salsa, and enjoy!

Contributed by Jennifer B.

Basic Whole Roasted Chicken

- 1 whole chicken (4- to 5-pounds), with the neck and giblets removed from the cavity

- 1 Tablespoon olive oil

Salt

Freshly ground black pepper

1 medium lemon, thinly sliced (optional)

Fresh herbs, such as parsley, rosemary, or thyme (optional)

Heat the oven to 425°F and arrange a rack in the middle.

Place the chicken on a work surface or cutting board and pat it dry with paper towels. Cut off and discard any extra fat hanging around the body cavity.

Drizzle the oil on the chicken and rub it all over the skin. Season generously inside and out with salt and pepper. Place the lemon and herbs inside the cavity, if using. Place the chicken breast-side up in a large frying pan or cast-iron skillet.

Roast the chicken in the oven for 15 minutes.

Reduce the temperature to 375°F and continue roasting until the juices run clear and a thermometer inserted into the inner thigh (but not touching the bone) registers 165°F, about 50 minutes to 1 hour more.

Remove the chicken from the oven and place on a cutting board. Let it rest about 15 to 20 minutes before carving.

Contributed by a Friend

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

Lamb or Beef Pilaf, Continued

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

Contributed by Lisa H. of California

Pork Carnitas, Soft Tacos, with Salsa Fresca

Pork Carnitas

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

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

Flour Tortillas

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

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

Salsa Fresca

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

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

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

Contributed by Rae K.

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

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

1. Place chops in a casserole dish with a cover.
 2. Combine remainder of ingredients (except juice) in a blender or food processor and blend smooth as possible. Add juice if mix is not pourable. Pour over chops in casserole.
 3. Cover and bake in a 375 degrees F oven for approximately one hour, or until chops are cooked. Serve with cooked squash and Brussels sprouts.
- Hint: I marinated the chops in the fruit mixture for a few hours before baking. Sweet, tangy and delicious!

Contributed by Claudette M.

BBQ Pork

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

Heat a nonstick skillet over medium high heat. Add pork slices in a single layer and brown – 2 minutes or so per side. Remove from heat. Add onion and garlic, sauté till tender (about 5 minutes). Add tomato sauce, vinegar and salt and pepper and simmer one minute. Add pork, cover and simmer 15 minutes to finish cooking pork and thicken sauce. Serve over rice, or by itself.

Contributed by Julie C. B.

Pork Roast Over Potatoes

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

Combine first 6 ingredients.

Rub into pork.

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

Put potatoes in crock pot.

Place pork on top of potatoes.

Pour broth over all.

Cover and cook on low for 8-10 hours.

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

Contributed by Julie C.B.

Slow Cooker Pork Roast

1	small pork roast
1	bulb of fennel sliced
1	sweet onion sliced
1	sweet potato cubed
1	small bag of small carrots (don't need to be cut)
2	cups of either beef broth or chicken broth

Place all in cooker and cook low for 8-10 hours
It's more like a stew and really tasty.

Contributed by Carole P.

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

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

Fall Festive Pork Chops

3 or 4 pork chops (with or without bone).

Optional: lightly salted and peppered.

2 sweet potatoes, peeled and sliced
2 onions, peeled and sliced
2 apples, peeled and cut into wedges
1 teaspoon black pepper

Pinch of salt

3 Tablespoons brown sugar
1 teaspoon cinnamon

Preheat oven to 350 degrees F. Place the pork chops in a 3 to 5-quart cook pot that can be placed into the oven. Top with onions, sweet potatoes, and apples. Sprinkle with black pepper, brown sugar, and cinnamon. Cover with lid. Cook in oven for 1 hour. Enjoy!

Contributed by Jackie K. of Virginia

Low-Iodine Recipe of the Month, November 2011

Apple Cider Pork Chops

Place 4 pork chops in a rectangular glass baking dish. (you can add additional layers to increase the recipe yield)

Sprinkle them on both sides with minced garlic*, minced onions*, cinnamon, a little bit of chipotle pepper, and iodine-free salt.

Cover with fresh apple cider and marinate in the refrigerator for at least 30 minutes.

Bake in preheated oven at 375-400 degree F oven without draining for 15-20 minutes. For crisper chops, drain and broil for an additional 3-5 minutes.

Can be served with rice and vegetables.

* For best results use dried garlic and onions or onion powder and garlic powder.

Contributed by Jon S. of North Carolina

Skillet-Braised Pork Chops

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

Heat oven to 350 degrees F.

In 1-gallon plastic bag combine flour, salt, and pepper; add pork chops; shake well to coat. Remove chops from bag; set remaining flour mixture (about 1 tablespoon) aside.

In 5-quart Dutch oven over medium-high heat, heat oil; add chops two at a time if necessary to avoid overcrowding; cook 2 minutes on each side until golden brown.

Remove chops to plate; drain off all but 1 Tablespoon fat. To drippings in Dutch oven, add potatoes, carrots, and onions; cook over medium high heat 3 to 4 minutes, stirring occasionally until lightly browned.

Add garlic, rosemary, grated orange peel, and reserved flour mixture; cook and stir 1 to 2 minutes until flour is browned and vegetables are thoroughly coated.

Stir in chicken broth and beer; bring to boil. Return pork chops to Dutch oven; bake, covered, 30 to 35 minutes until pork and vegetables are tender.

Contributed by a friend of ThyCa

Breakfast Sausage

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

Mix all ingredients. Cook a small amount of meat and taste for seasonings. Make small patties and fry until well browned on both sides and cooked

through. Remove to plate and allow to cool. Wrap one or two patties at a time in plastic wrap, and place all in freezer bag. To serve, unwrap and microwave until heated through.

Contributed by Georgia S.

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

Maple Fennel Country Sausage Patties

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

Combine salt, pepper, and fennel in the bottom of a bowl. Add pork and mix to combine spices. (If you can't find ground pork, cut your other pork into 1-inch cubes and put in a food processor on pulse until it has a sausage texture to it) Pour 2 Tablespoons maple syrup over the pork and work the meat again to combine the maple syrup.

Form meat into patties, 2 to 3 inches round. Cook patties in 1 Tablespoon oil in a nonstick skillet over medium high heat for 4 or 5 minutes on each side. Drain sausage patties on towel-lined plate, and then serve.

Contributed by Amanda C.

Milk Substitute and Other Substitutes

Nut Milk

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

Contributed by Nina G. of Hawaii

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."

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.

Vegetables and Vegetarian

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
salt and pepper
Pam~Olive Oil-flavored nonstick spray
Peel eggplant and slice into ¼ inch slices. Take a slice of eggplant and press into flour on both sides. Spray slice with nonstick spray, and place in skillet on medium. Continue with the rest of the slices according to what fits in the skillet. As each slice is cooking, spray the top side of the slices and turn after 3-4 minutes. Continue cooking for another 3-4 minutes and dust lightly with salt as you remove from skillet. Keep slices warm as you continue to cook remaining eggplant in the same way. Serves 4.
Contributed by Jo Anne H.

Lemony Roasted Vegetables

1 pound potatoes, cut in 2-inch cubes
3 stalks celery, sliced ½ inch thick
4 small carrots, cut in 2-inch pieces
1 large onion, cut into wedges
¼ cup lemon juice
1 Tablespoon oil
1 teaspoon rosemary — crushed
¼ teaspoon salt
¼ teaspoon black pepper
Place potatoes, celery, carrots, and onion in greased shallow roasting pan. In a small bowl, combine lemon juice, oil, rosemary, salt, and pepper. Drizzle over vegetables, tossing to coat. Bake at 450 degrees F for 30 minutes or until potatoes and onions are tender, stirring once. Serves 6-8
Contributed by Joan F. Recipe by Denise T.

Oven-Dried Tomatoes

1 1/2 pounds plum tomatoes
olive oil
fresh basil

Preheat oven to 200 degrees F.

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

Contributed by Robin G.-A.

Vegetarian Pasta

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

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

Ingredients:

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

Method:

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

Serve with your favorite pasta. You can also have it with rice. This serves 8.

Just halve or quarter the recipe if you prefer.

Contributed by Jodi F.

Veggie Burgers

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

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

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

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

Contributed by Kathleen L.

Eggplant Curry

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

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

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

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

Contributed by Julia S.

Ratatouille

1	Tablespoon	olive oil
1	small	onion chopped
1/2		red bell pepper chopped
1	small	eggplant chopped
2	cloves	garlic chopped

1/2	teaspoon	basil
1/2	teaspoon	salt
1/2	teaspoon	pepper
3		fresh tomatoes crushed
1		carrot chopped
1		yellow squash sliced
1/2	cup	chopped mushrooms

Heat oil in soup pot.

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

Add remaining ingredients with 6 cups of water.

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

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

Return to soup and stir. Ladle into bowls.

Contributed by Robin G.-A.

Roasted Asparagus

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

Break off and discard woody ends of asparagus.

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

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

Toss with fresh herbs.

Contributed by Robin G.-A.

Roasted Winter Vegetables

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

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

Contributed by Leah G. of Florida

Roasted Yellow Squash

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

Slice the squash into halves. Score the meat (not the skin) horizontally and diagonally; drizzle with oil. Sprinkle with salt and herbs. Broil for 5-10 minutes until edges of squash start to appear brown.

Contributed by Robin G.-A.

Stewed Tomatoes

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

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

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

Crunchy Zucchini and Tomatoes

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

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

Contributed by a friend of ThyCa

Giordano Spaghetti

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

Cook spaghetti according to package directions.

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

Submitted by Diane G.

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

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 PA*

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.

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.

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

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.

Hash Browns

raw potatoes
oil
salt and 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

Rosemary Garlic Roasted Potatoes

4-6 potatoes, peeled and chopped into 1-inch cubes-

3 cloves garlic, chopped finely

1/4 cup olive oil

1 Tablespoon dried Rosemary

Salt and black pepper to taste

Preheat oven to 400 degrees F.

Peel and chop potatoes and garlic. Add all ingredients to a large Ziplock bag and toss to coat evenly. Spread potatoes in a single layer on a large cookie sheet.

Bake at 400 degrees F for about 30 minutes, or until potatoes are lightly browned and tender. It helps to stir them once or twice while baking so they cook evenly.

Use the leftovers to make a "hash," with grilled chicken, and sauteed bell peppers, onions, and mushrooms.

Contributed by Amanda F. of Ohio

Low-Iodine Recipe of the Month, April 2013

Roasted Potatoes

4-5 peeled, quartered potatoes

1/4 cup canola oil

1 teaspoon salt

1-1/2 teaspoons paprika

1 minced garlic clove or 1/4 teaspoon garlic powder

In a large bowl stir together the oil, salt, paprika, and garlic. Place the peeled, quartered potatoes in the bowl and stir until the potatoes are completely coated.

Place in a 13 x 9 inch pan. Bake for 1 hour or until golden brown. (Depending on the size of potatoes, you may need to bake for 15 minutes longer) There is no need to turn the potatoes during the cooking time.

Contributed by Laura R.

Laura writes, "I love to serve this with steaks or meatloaf. Hope you like this recipe!!"

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.

Contributed by Deb S. of Wisconsin

Low-Iodine Recipe of the Month, May 2009

Confetti Rice Bake

1 1/8 cups 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

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.

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.

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

Roasted Bell Peppers

3 large sweet bell peppers, red or yellow

2 cloves of garlic

2 Tablespoons olive oil (or grapeseed oil)

1 Tablespoon balsamic vinegar

1 teaspoon honey

pinch of salt

These peppers go well as an appetizer or a dressing on salad.

Peppers: Wash the peppers and put on a baking rack. Bake in a 375-degree oven for approximately 40-60 minutes, until the skin turns dark. Take peppers out of the oven and let them cool. Take the skin off the peppers, cut the stems off, and clean out the seeds. Cut the peppers into bite-size strips.

Dressing: Chop garlic and mix well with olive oil (or grapeseed oil), balsamic vinegar, honey, and salt. Mix the peppers with the dressing.

Contributed by a friend of ThyCa

Low-Iodine Recipe of the Month, March 2012

Low Iodine Ligurian Pasta

A. Pesto Ingredients

2 cups fresh basil leaves, packed

1/2 cup extra virgin olive oil

3 medium sized garlic cloves, minced

Juice of 1/2 lemon (optional)

1/3 cup unsalted pine nuts or walnuts (optional)

Salt and freshly ground black pepper to taste

Makes 1 cup pesto

B. Whole Wheat Pasta of your choice

C. 2 potatoes, peeled

D. 1/2 cup green beans (fresh if possible)

1. Prepare your homemade pesto: In your food processor, chop the basil, garlic, olive oil, and lemon juice. After a few pulses, add the nuts. The nuts are optional. Chop until smooth.

2. Peel the potatoes and cut into cubes. Boil until soft.

3. Boil the Pasta.

4. Steam the green beans.

Mix together and enjoy!

Contributed by Jacki E.

Low-Iodine Recipe of the Month, January 2011

Jacki writes, "Liguria is a region of Italy. It's also known as the Italian Riviera. It stretches from the border with France along the southern and eastern Mediterranean coastline."

Lemon Pasta with Gremolata (substitute for grated cheese)

Gremolata

Zest of 3 lemons, minced (wash the lemon well first; try to use organic ones)

- 1 cup fresh parsley, minced
- 2 cloves garlic, minced
- 1 Tablespoon olive oil
- 1 teaspoon salt

Mix the ingredients well. Refrigerate until use.

Lemon Pasta with Gremolata

1/2 pound pasta — shape of your choice — cooked in salted and lemon-infused water (use Kosher salt)

- 1/4 cup olive oil
- 1 Tablespoon minced rosemary
- black pepper to taste

1 lemon — the juice

2 Tablespoons Gremolata

Bring your pasta water to a boil. Add a teaspoon of salt. Juice the lemon and reserve the juice. Remove any pits and toss the lemons into the water. I use the lemons that I have left over from making the Gremolata when I make this dish.

When the water is boiling, add your pasta and cook until done. Drain and return to the pot (toss out the lemons). Add the olive oil, rosemary, pepper and the lemon juice. Toss until coated.

Serve up a healthy portion (half of it) and top the serving with 1 Tablespoon of Gremolata.

Makes enough for 2 people as a main dish or 4 people as a side dish. It goes great with some lemon chicken and a steamed vegetable.

Contributed by Daria J. of Iowa

Low-Iodine Recipe of the Month, October 2012

Chow Mein Noodles with Oriental Sauce

Make the Oriental Sauce in the ThyCa Low-Iodine Cookbook (Salad and Salad Dressing Section) from W. Eugene Ellison.

Make the Chow Mein Noodles:

Boil “no yolk” egg noodles till tender. Drain and toss with sesame oil. Saute on medium heat until the noodles start to become crisp. Serve warm.

Contributed by Deb D. of Minnesota

Low-Iodine Recipe of the Month, February 2012

Zucchini Fajitas

- 1 sweet onion, sliced
- 1 red pepper, sliced
- 1 yellow squash, sliced into 2-inch strips
- 1 zucchini, sliced into 2-inch strips
- 1/2 teaspoon chili powder
- 2 Tablespoons chopped cilantro leaves
- 1/4 teaspoon salt
- 1/4 teaspoon cumin

Tortillas, corn or wheat (low iodine diet safe with no salt)

Slice onion and pepper into 2" - 3" strips.

Slice squash and zucchini into 2" strips.

Over medium high heat, saute onion until it browns.

Add a thin layer of water to the pan.

and rapidly stir. Allow the water to evaporate and the onion to continue to brown; then add another layer of water. Repeat this process 2 or 3 times.

Reduce heat to medium

Add the squash, zucchini, and pepper, and saute until soft.

Add salt, chili powder, and cumin, and saute another 30 seconds.

Remove the pan from the heat and immediately garnish with cilantro.

Splash with fresh lime juice and serve in tortillas.

Contributed by Jo W. of Arizona

Polenta

- 5 quarts water
- 1 teaspoon salt
- 1 cup quick cooking Polenta
- 2 Tablespoons olive oil

Boil the water and salt. Whisk in polenta. Simmer for 5 minutes. Remove from heat and whisk in olive oil.

Grease 9" cake pan with canola oil. Place polenta into the pan. Cool before slicing into wedges.

(Editor's note: Polenta can be a main dish or side dish. There are many spices, herbs, vegetables, and more that you can add as flavorings and toppings.)

Contributed by Lily W. of California

Harvest Rice Stuffing

1/2 cup basmati rice
1 pack of concentrated Herb Ox no sodium beef broth (or one cup of liquid beef broth if not on the low-iodine diet)
1 cup water (eliminate if using the liquid beef broth)
olive oil, enough to coat the cooking pans
3-4 cloves garlic, chopped
1 small onion, chopped
2 stalks of celery, chopped
1 small carrot, chopped
3-4 button mushrooms, chopped, (approximately 1/3 Cup chopped)
1 small apple, chopped – I suggest one that is more sweet than tart.
1 teaspoon salt, or to taste (Salt may need to be adjusted as needed, especially if using broth containing sodium)
black pepper, to taste
1 teaspoon ground sage
1/2 teaspoon poultry seasoning
1-2 Tablespoons no-salt Italian Seasoning; adjust to taste (check the label, most brands do not contain salt)
pinch of cinnamon
1/4 cup dried cranberries
1/4 cup raisins
1/4 cup chopped toasted pecans, not salted

Directions:

Chop the following ingredients and set aside in a large bowl: garlic, onion, celery, carrot, mushrooms, and apple.

Heat oil in a small saucepan. Add rice and a pinch of salt and sauté over medium-high heat until rice starts to turn a light golden brown. While rice is sautéing, add no sodium beef broth to 1 cup of hot water; stir to dissolve (skip this step if using liquid broth).

Once rice is golden, mix the broth into the pan and bring back to a simmer. Cover and simmer on medium-low heat for approximately 15 minutes, until rice is tender and broth is absorbed.

While rice is cooking, heat oil in a large sauté pan over medium heat and add the chopped garlic, onions, celery, carrot, mushrooms, and apple. Sauté ingredients for a couple of minutes until the vegetables and apple start to tenderize. To the sauté pan add salt, black pepper, sage, poultry seasoning, Italian seasoning, and cinnamon.

Continue to cook until the vegetables are tender.

Remove from heat. Once the rice is cooked, stir the

vegetable mixture in to the rice, and then add the dried cranberries, raisins, and chopped pecans. Enjoy!

Makes approximately 4-5 cups of stuffing.

Serving suggestions:

- Cool the stuffing mix, mix it with ground beef and/or ground pork, and stuff Acorn Squash. Bake in the oven at 425 degrees F for approximately 45 minutes or until the squash is tender and the beef is cooked through. (I par-bake my squash first for approximately 20-25 minutes, so they get really tender.)

- This would make a great stuffing for Thanksgiving turkey, whole baked chicken, stuffed baked chicken breasts, pork chops or pork loin, or pork roast.

Contributed by Cathy B.

Low-Iodine Recipe of the Month, November 2010

Cathy writes, “This makes about enough to stuff a small turkey, two chickens, or two large Acorn Squash halves—more if you mix ground meat in with the stuffing mix. This recipe fits the guidelines for a thyroid cancer patient’s low-iodine diet when using the original ingredients as suggested. For those individuals not needing to watch the iodine in their diet, you can use the ingredients in the parentheses.”

“It is a delicious recipe for the fall and winter. I think it may be especially helpful to any dieters who are faced with being on the low-iodine diet during the Thanksgiving or winter holidays. In my opinion the taste and smell of this dish just says, Holiday!”

Falafel Sandwiches

2 cups cooked garbanzo beans
1 cup cooked lentils
1/2 cup flour
1/2 cup packed fresh cilantro leaves
1/3 cup packed fresh parsley leaves
3 cloves garlic
2 teaspoons ground cumin
1/4 teaspoon cayenne pepper
3 Tablespoons canola oil
3/4 teaspoon salt
Canola oil, for frying
LID pita bread (see recipe elsewhere in this cookbook)

Garnishes:

Roughly chop:
English cucumber, tomato, Romaine lettuce
1 small red onion, thinly sliced
Hummus or tahini sauce

In a food processor, combine the garbanzo beans, lentils, flour, herbs, garlic, cumin, cayenne, and salt. Pulse together until almost smooth. The mixture should be firm and stiff; add a little extra flour if necessary.

Heat oil over medium-high heat until about 375 degrees F. Use a small 1-inch ice cream scooper to form into balls and drop into the oil. Falafels will float to the top. Cook for about 5 minutes until golden brown. Carefully remove from oil and drain on paper towels.

Spread pita bread with hummus; add falafel, cucumber, tomato, lettuce and onions.

Makes 6 servings – 30 1-inch balls

Contributed by Lily W. of California

Spanish Style Orzo

3 Tablespoons olive oil
1 cup water
1 1/2 cups uncooked orzo
1 cup unsalted chicken broth
1 onion chopped
1 can unsalted diced tomatoes, or 4-5 fresh tomatoes

1/2 green pepper chopped
2 teaspoons chili powder, more or less to taste
1/2 diced jalapeño pepper
1 teaspoon salt, more or less to taste
2 teaspoons minced garlic

In a large heavy skillet, saute orzo, onion, green pepper, jalapeño pepper, and garlic in olive oil until the orzo is browned and the vegetables are tender.

Add water, chicken broth, and tomatoes. Season with chili powder and salt. Cover and simmer about 20 minutes. Makes 6 servings.

Contributed by Barb K.

Ideas and Tips for Meals, Snacks, & Staples

For Children and Teens Coping With Thyroid Cancer: Meals and Snacks

- 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 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/>

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 foods aisle there is a product made with coconut milk, mango frozen dessert, no salt, no soy, etc Also found rice cakes.

More 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. 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 versus treating it as a chore or punishment and try things I might not otherwise. 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.

Some Tips

from Lily W. of California

1. Freeze portions of your favorite summer fruits to enjoy during your low-iodine diet; this is great in the winter when fresh fruit options may be limited.

2. Dress your favorite fruit salad with tangerine or Clementine juice.

3. Puree roma tomatoes in the food processor to use

for base of tomato sauce or gazpacho. Freeze in 2-cup containers.

From June D. of North Carolina

I found potato chips without salt, as well as a margarine that works on the low-iodine diet. With the chips to crunch on and the margarine to be able to have to cook with and put on my baked potatoes, etc., this diet has been easier this time around. Please share with others. Thanks.

Tip from Jeff:

If you use a water softening system to be sure not to use sea salt tablets.

Q and A: What does the word "Package" mean?

The term package(s) is used twice in the cookbook.

- Yeast for baking comes either jarred or in standard-measure packages.

- Frozen vegetables come in 12-ounce packages in the United States, unless you are buying "family size."

Ideas from Dianne P. of Minnesota

One day this past weekend-I went to the effort to set aside one set of cupboards as LID approved storage for food we bought or prepared for my consumption (not that I wasn't going to share), in order to help me stay on track by not having to look at the food the rest of the family could choose from, and to focus on the positive: what I CAN eat! I staked a claim on one of the fridge shelves, too!

Here in Minnesota there is a fabulous "MN Grown" publication about Farmers' Markets, farms, etc, that is available for FREE. How nice to give one of those guides out with the cookbook, so one can contact the growers/owners before getting tired, and asking all of those "pesky" little questions you think of!

Slow Cooker and Other Meal Tips

From Carole P.

Slow Cooker Pork Roast

and Roasted Veggies such as Fennel, Onions, Peppers, and Mushrooms with Thyme and Rosemary.

Slow Cooker Chicken in Salsa for Tacos and Taco Salad.

Latin Chicken in the crock pot with Moroccan Spices and Sweet Potato and Black Beans.

Grilled Pork Tenderloin

with Mrs. Dash and Olive Oil
served with Parsnip, Turnip, and Sweet Potatoes
roasted with Olive Oil and Rosemary

From Jonathan G. of Ohio

As a single guy who works AND goes to school full-time, I find the low I diet exceptionally annoying. I usually have no time to cook and have to eat on the go. I'm a bad cook even when I have the time, and ingredients are expensive when you live paycheck-to-paycheck. I just don't have the luxury of keeping a regular stash of ground cumin, ginger, fresh meats and what-not. I rent an apartment; I don't even have a place to keep an outdoor grill (the one thing I COULD do).

This diet really turns my world upside down every 18 months or so, and I truly despise it. It sounds ridiculous, but the low I diet is, for me, the worst part of being a thyroid cancer patient. I actually tend to gain weight (to my doctor's great dismay) during my scans because I start craving things I can't have and overcompensate by eating MORE of the few things I can grab on the fly.

So, for a guy like me, it would be tremendously helpful to have a web-based list (which I could access from the grocery on my iPhone) of ready-to-eat packaged / frozen / canned meals, snacks and condiments, by brand, that may be quickly bought at the grocery and reheated. For example: Dinty Moore beef stew is one of the few heat-and-eat things I know of that do not seem to violate the protocol.

I'm sure there are other patients who find themselves in the same position -- especially 20-something and 30-something guys. I can't be the only one.

Low-Iodine Favorites — From ThyCa's Facebook Friends

Here are a few of more than 150 ThyCa Facebook Friends' favorites, suggestions, and comments, recently posted on our Facebook page. Find ThyCa on Facebook at THYCA
(<https://www.facebook.com/pages/THYCA/231492537404?fref=ts>)

Guacamole for sure! – *Cindy M.*

Unsalted potato chips and homemade bread. My husband also made seitan from scratch for some protein since I am vegetarian. - Tracy P.

My husband made me the most fabulous LID blueberry muffins! Satisfied my sweet tooth and carb craving like nothing else. - *Tiffany P.*

Egg white omelet with veggies - *Elzette L.*

Fresh salsa with baked matzo chips sprinkled w/ herbs and spices. And of course wine, to forget about how miserable that diet was! - *Stephanie T.*

Salt-free peanut butter with rice cakes. Pumpkin bread that I modified. Lots of fruit and veggies. - *Janet S.P.*

Meatloaf and banana muffins were excellent. Heinz has a no-salt ketchup which was great for the meatloaf - *Carey S.M.*

I really just lived on fried potatoes because that LID diet was worse than my total thyroidectomy and the third of my left lung removed. I just returned from my one-year check up and all is good and I feel great. - *Dan H.*

I lived on salt free peanut butter and unsalted matzo for snacks and such. Dinners I cooked as normal avoiding the major foods but used kosher or noniodized salt. Oh we did make some low iodine pancakes with coconut milk that were very, very tasty! - *Stephanie R.H.*

I referred to the cookbook everyday while on the LID! What a Godsend it was! I love the taco seasoning mix recipe. It tastes soooo much better than the store bought envelope kind. I've been on

"the diet" twice now and probably again in the Spring! But as I always have to say, I will do what's necessary to get through this journey! - *Marilyn M.S.*

Unsalted almond butter on apples. - *Nicole B.*

The entire cookbook is remarkable! I use it when I'm on the diet ... and not! I've given it to friends as well. We thyroid cancer survivors are great cooks! - *Karen L.*

Thank you to everyone for your tips and suggestions.

To contribute your original recipe, e-mail it to us at recipes@thyca.org.

LID Tips for the Holidays

Suggestions for the holidays, from some of ThyCa's Facebook friends.

Find ThyCa on Facebook at THYCA
(<https://www.facebook.com/pages/THYCA/231492537404?fref=ts>)

- Make bread in a bread machine. – *Laura D.*
- The cinnamon bread is so good and is great with breakfast or any meal. – *Shannon N. and Crystal M.*
- Load up on fruits and veggies and such. – *Lisa H.*
- I lived on almond butter (no salt) and matzo. *Amy W. S.*
- I ate a lot of nuts and dried fruit. – *Tara P-C.*
- I made lots of salsa and put it on almost everything - lots of onions, garlic and mushrooms!– *Stacey P.B.*
- I liked chicken with peppers and lime chicken. Almond milk was fun and easy. – *Lissie A. A.*
- The pork roast and roasted veggies are an excellent choice for a family dinner. The bread recipe is very easy and can be made into dinner rolls. – *Kelley L.*
- The Spaghetti sauce was AMAZING. – *Alison J.*
- Used a variety of recipes for Thanksgiving including chicken with cranberry gravy (chicken in crockpot instead of fried and added sugar to gravy), cornbread muffins, biscuits, apple pie with the oil crust. Also, converted a recipe of cornbread apple stuffing by using unsalted broth and the cornbread I had made before. Mashed potatoes had unsalted broth and non-iodized salt and pepper. Green beans had toasted almonds and garlic and kosher salt and pepper. – *Dory J.*
- The oatmeal pork chops I make now as a healthy alternative. I will be making them tonight and I am 8 years out. – *Nicola P*

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)

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

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.

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.

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.

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.

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

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

Pumpkin Butter

1 (15 ounce) can of 100% pure Pumpkin (Libby's is one choice)

2/3 cup brown sugar (packed)
1/4 cup honey
1 Tablespoon lemon juice
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves

Place all the ingredients in a medium sized sauce pan, stirring constantly, cook 20-25 minutes (or until thickened) on medium-medium high heat.

Keeps up to 2 months in airtight container in refrigerator.

Serving suggestions: Tablespoon onto oatmeal, rice cakes, or matzo crackers

Serving size of 1 Tablespoon = 30 calories

Contributed by Bridget C. of Illinois

Three Peanut Butters

Doctored-Up Natural Peanut Butter

Dump one jar natural Peanut Butter into your food processor, oil and all. Add 3/4 teaspoon noniodized salt (more or less to taste or depending on your dietary needs to avoid sodium). Add 2 tablespoons white sugar (more or less to taste, or depending on your dietary needs to avoid sugar). Or try using agave syrup if you like; use less, because it's sweeter than sugar). You could substitute artificial sweetener here if you need to.

Zap away with the food processor. It will blend so that the oil doesn't separate, and the added salt and sugar will make it tasty.

Pour it back into the jar. Grab your permanent marker, write Low-Iodine on the lid, and pop it into the fridge.

Honey Peanut Butter

Follow the same directions as above, but instead of the white sugar, add three tablespoons of honey. Grab your permanent marker and write Honey Low-Iodine on the lid and pop it into the fridge.

Chocolate Peanut Butter

Follow the same directions as the first Peanut Butter. Add two heaping Tablespoons of cocoa. Since cocoa is dry, you might want to add a teaspoon of canola oil. Increase your sugar a bit, since cocoa is not sweet. Blend away.

This version will be darker than the others, so grab your marker and write Low-Iodine on the lid and put the jar into the fridge. You'll know that it's chocolate from the color!

Use these make a good old-fashioned Peanut Butter and Jelly sandwich for lunch. Wrap it up and pack your lunch bag with a banana, an apple and your PB&J. Enjoy!

Mix it up by changing around the types of jellies and jams. One day use the doctored up PB and another day try the honey PB. For a more decadent treat, try a chocolate PB and sliced banana sandwich!

Low-Iodine Recipe of the Month, December 2012
Contributed by Daria J. of Iowa

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

Haroseth

4 large tart apples, peeled and cored
1 Tablespoon fresh lemon juice
1 pound pitted dried dates
1 1/2 cups walnut pieces
1 1/2 cups blanched whole almonds
4 Tablespoons honey
A couple of pinches of cinnamon

1. Grate the apples with a grater or with the shredding disk in a food processor. Place in a bowl, stir in the lemon juice, and set aside.
 2. Place the dates and nuts in a food processor and pulse until coarsely chopped. Stir the date mixture into the apples with honey and cinnamon.
 3. Tastes delicious on matzo and on crackers
- Yields about seven cups - enough to last for a good portion of the time of the low-iodine, diet.

Contributed by Harriet E. M. K. of New York
Low-Iodine Recipe of the Month, May 2014

Harriet writes, "I just finished the low-iodine diet once again and found that a recipe that I prepared for the Passover Seder worked magnificently."

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.

Contributed by Darlene H.

Green Smoothie

These are super quick, and you won't even taste the greens in the smoothie.

6 ounces apple juice (flash pasteurized taste best)
1/2 cup roughly chopped kale or dandelion greens
1/3 cup frozen mango, thawed
1/4 cup frozen pineapple, thawed

Add all ingredients into the blender and blend about 3 minutes until smooth.

To make a Super Green Smoothie, add the following instead of the mango & pineapple:

1/2 cucumber, roughly chopped
1 cup romaine lettuce, roughly chopped

Contributed by Lily W. of California

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.

Fruit and Oatmeal

1 medium apple; peeled, cored, chopped
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.

Baked Oatmeal

Mix
4 egg whites
1/2 cup oil
1 cup sugar
Add
3 cups oatmeal (rolled oats)
1 cup milk substitute (I used the nutty milk recipe in the ThyCa Low-Iodine Cookbook)
2 teaspoons baking powder
Pinch of salt

Mix together. Pour into 2-quart baking dish (do not spray the dish). Bake uncovered for 30 minutes at 350 degrees F. You can refrigerate it and just heat it up in the microwave. You can add brown sugar, walnuts or raisins (or whatever you like).

Contributed by Karen C.

Low-Iodine Recipe of the Month, January 2014

MORE ABOUT OATMEAL....

Kathleen R: A quick-cooking Irish Oatmeal: 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.

Grandma B's Easy Granola

4 cups old fashioned rolled oats
1/4 cup + 1/8 cup brown sugar (packed)
1/8 Cup Whole Flaxseeds
2-3 teaspoon. ground cinnamon
1/4 cup canola oil
1/4 cup honey
1-2 cups raisins

Mix oats, brown sugar, flaxseeds and ground cinnamon together in a large bowl, and then set aside. Mix oil and honey together, then add to the oat mixture. Stir, making sure everything is coated. Place on large Slipat-lined cookie sheet and bake in oven at 260 degrees F for 1 hour 15 minutes. Mix every 15 minutes. Once done, transfer to bowl to cool and add raisins. *Contributed by Bridget C. of Illinois*

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.

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*

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 Variations

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.

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

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. 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

Blueberry Pancakes

- 3 egg whites, beaten
2 Tablespoons sugar
1 teaspoon vanilla
3 teaspoons baking powder

- 1 teaspoon salt
2 Tablespoons canola oil
1 1/4 cup flour
3/4 cup water

Fresh blueberries, rinsed and drained

Slowly add sugar and vanilla to well-beaten egg whites. Then add remaining ingredients (except the blueberries), stirring after adding each one. Let batter sit for 5 minutes. Then gently fold in the blueberries. Pour the pancakes on hot griddle sprayed with vegetable oil to bake.

Serve with real maple syrup. Makes 10-12 pancakes.

Contributed by Sharon M.

Low-Iodine Recipe of the Month, November 2013

Cinnamon Waffles

- 1 cup all-purpose flour
2 Tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/4 cup egg whites
2 Tablespoons coconut oil, melted, or corn oil
1 1/2 teaspoons cinnamon
1/2 cup water or apple cider
vegetable oil or no-stick spray for brushing the waffle iron
maple syrup as an accompaniment

In a small bowl whisk together the flour, the sugar, the baking powder, the cinnamon and the salt. (You can also add a couple shakes of ground allspice, nutmeg, or a dash of ground cloves, a little vanilla extract, or a couple of drops of imitation butter flavor)

In a bowl, whisk together the egg, coconut oil, and the water (or cider), (raisins or chopped fruit can be added if desired). Add the flour mixture, and stir the batter until it is just combined.

Heat a waffle iron until it is hot, brush it with vegetable oil, and pour in enough batter to fill it.

Cook the waffle according to the manufacturer's instructions, transfer it to a baking sheet, and keep it warm, uncovered, in a warm oven.

Make additional waffles with the remaining batter in the same manner.

Serve the waffles with the syrup. They can also be frozen and then warmed in a toaster as needed.

Adapted from another recipe.

Contributed by Jon S. of North Carolina

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

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

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.

Potato and Egg White Frittata with Onions and Asparagus

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

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

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.

Contributed by Stella and Mark H. of Indiana

See Also, on page 70:

- **Breakfast Sausage**
- **Maple Fennel Country Sausage Patties**

Breads, Muffins, and More

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 else
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 else

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.

Betty's Bread Recipe (Bread Machine)

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

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

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

Focaccia Bread (Bread Machine)

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

Add all ingredients to machine in order listed.

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

A way to improve the bread. This takes more time and energy: Remove the dough after the first rising.

Take it out and pound it flat with your fingertips to create a thin, uneven surface about one inch in depth. Let rise and pound with fingertips again.

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

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

Contributed by Karen F. of South Carolina

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.

Basic White/French Bread

(Bread Machine)

(This recipe was created using the "Basic Bread" setting)

Makes a 1 1/2-pound loaf

Makes a 2-pound loaf

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

Add all ingredients to bread pan in the order given.

Contributed by Brenda N.

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.

Cinnamon Raisin Bread

(Bread Machine)

1	cup	water
1 1/2	Tablespoons	olive oil
3	cups	flour (I used bread flour)
3	Tablespoons	sugar
1	teaspoon	cinnamon
1 1/2	teaspoons	salt
2 1/2	teaspoons	yeast
3/4	cups	raisins

Add all the ingredients in the order listed, except the raisins, keeping the yeast and salt separate. I make a small well in the middle of the flour and put the yeast there. When you hear the "add ingredients" beep, add the raisins. This was cooked in my 1 1/2-pound bread machine.

Contributed by Christi H.

Low-Iodine Recipe of the Month, September 2012

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.

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

Hawaiian Sweet Yeast Bread

A bread-machine bread, tasty for French toast, sandwiches, or by itself. Adapted from another recipe, to fit the low-iodine diet

1 cup	vanilla coconut milk
4 Tablespoons	vegetable oil
3	egg whites
1/4 teaspoon	vanilla extract
1/4	lemon peel, grated
3 Tablespoons	white sugar
3 Tablespoons	brown sugar
2 Tablespoons	dry potato flakes
3 cups	organic bread flour
1 Tablespoon	active dry yeast (packaged)

Put the ingredients into the bread machine in the order listed above.

Set the machine for sweet dough and light crust.

Run the machine

Yield: One 2-pound loaf

Contributed by Stephen M.

Low- Iodine Recipe of the Month, January 2012

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.

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

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.

Breadsticks or Rolls (Bread Machine)

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.

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... *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.*

—Becki W. of Pennsylvania

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.

Quick Mix Thin and Crispy Pizza

Easy. With suggestions for Toppings.

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 else 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.

Cinnamon Rolls

Bread dough from one of the no-machine recipes

1 1/2 Tablespoons cinnamon
1 cup sugar
1/4 cup canola oil

a tiny bit of water if needed to make it spreadable. Instead of making a loaf, I divide the dough into 14 pieces. Then I flatten each piece with my fingers and add 2 tablespoons of the cinnamon mix and spread it out.

Then I roll the flattened dough so that the cinnamon mix creates a swirl from the center outward.

Place on cookie sheet this way.

Any remaining cinnamon mix is smeared on top of the buns.

Bake in the oven about 10 minutes until a toothpick came out clean. *Contributed by Natalie W.*

Whole Wheat Hamburger Buns

2 cups whole wheat flour, divided
1 cup water, warm (110F)
2 1/2 teaspoons active dry yeast (1 packet)
1/4 cup wheat bran
2 Tablespoons brown sugar
scant 1 1/2 teaspoon salt

Sesame Seeds for top (optional)

Combine 1 cup whole wheat flour, 1 cup water and the yeast in a large bowl and stir well. Let it stand, covered, for 1-3 hours (time is flexible here), until nice and bubbly. This "sponge" will probably puff up, too.

Stir the remaining flour, wheat bran, brown sugar, and salt into the sponge. Turn out onto a lightly floured surface and knead (may knead in mixer without adding more flour), for 6-8 minutes or until elastic.

Place in a lightly greased bowl, cover with plastic wrap and let rise until doubled, 1 1/2-2 hours.

Turn risen dough out onto a lightly floured surface and divide into 6 equal portions. Shape into rounds and flatten with sesame seeds if desired (so they're approximately 3/4 inch thick) onto a lightly greased baking sheet (or use parchment paper).

Cover rolls with a clean dish towel and let them rise for 45-50 minutes.

Preheat oven to 375 degrees F.

Bake the rolls for 19-20 minutes, until browned.

They will sound hollow when the bottom is tapped.

Let them cool on a wire rack before slicing.

Store in freezer.

Makes 6 buns.

Contributed by Nancy L. of Michigan

Easy 40-minute Hamburger/Sandwich Buns

1 Tablespoon active dry yeast
1/2 cup plus 1 Tablespoon warm water (105 to 110 degrees F)
2 Tablespoons vegetable oil
2 Tablespoons sugar
2 Tablespoons carton egg whites
1/2 teaspoon salt
1 1/2 cups all-purpose flour

Preheat oven to 425 degrees F. Line two baking sheets with parchment paper.

In a large bowl, add water and dissolve yeast. Add sugar, then oil, and let sit five minutes. (If yeast does not bubble and form "gunk" on the surface after 5 minutes, discard and try again.)

Add egg whites and salt, then flour. Mix until combined and the dough is slightly sticky. Scrape out onto a clean, floured surface and knead it, adding small amounts of flour if needed, until it no longer sticks to your hands.

Divide into quarters, then halve those pieces (or quarter them for slider buns!). Leave square, or roll into balls and flatten for round buns.

Transfer to cookie sheets, placing at least 2 inches apart, and cover with a paper towel. Allow dough to rise for a half-hour on the stove top, and then bake for 8-10 minutes at 425 degrees F.

For a denser bun, reduce the rise time and use a bit more oil. There are many ingredient substitutions to make these very versatile. For example, replace the all-purpose flour with wheat flour, or use bread flour and olive oil for a more Italian-style roll.

Contributed by Tim F.

Low-Iodine Recipe of the Month, March 2013

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.

Hamburger Buns adapted from a King Arthur Flour recipe

3/4 - 1 cup lukewarm water*
2 Tablespoons safflower oil
2 egg whites & a drop of yellow food coloring
3 1/2 cups unbleached all-purpose flour
1/4 cup sugar
1 1/4 teaspoons salt
1 Tablespoon instant yeast

* A smooth, slightly soft dough is desired. Use the smaller amount of water in the summer or in a humid environment and the greater amount in the winter or dry climate.

Topping

3 Tablespoons safflower oil or 1 egg white with 1/4 teaspoon water mixed in.

Directions: Prepare a parchment-lined baking sheet by lightly oiling it with safflower oil.

Mix all the dough ingredients and knead by hand, mixer or bread machine. I used the dough hook on my mixer and mixed for 10 minutes.

Cover the dough and let it rise for 1 to 2 hours or until a hole remains in dough when a finger is pushed into it (it has doubled).

Gently deflate the dough, and divide it into 8-12 pieces. Shape each piece into a round ball; flatten it to about 3 inch circumference for 8 or 2 3/4 inch circumference for 12.

Place buns on prepared baking sheet, cover, and let rise for about an hour, until puffy. Brush the buns with 1 1/2 Tablespoons of the topping.

Bake buns in a preheated 375 degree F oven for 15 to 18 minutes until golden or 12 - 15 minutes for smaller sizes.

Remove them from the oven, and brush with 1 1/2 T. safflower oil. Cool the buns on a rack. Yield: 8 large buns or 12 smaller buns or 24 sliders.

Contributed by Patricia W.

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.

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.

Pita Bread

2 cups flour
1 cup whole wheat flour
1 1/2 teaspoons salt
1 Tablespoon honey
2 teaspoons yeast (or 1 packet)
1 1/4 cups water, roughly at room temperature
2-3 Tablespoons olive oil

Mix the yeast in with the flour, non-iodized salt, and sugar in mixer bowl with paddle attachment. Add the olive oil and 1 1/4 cup water and mix until dough forms a ball. Remove the paddle attachment and replace it with the dough hook; knead the mix for 8 minutes. If you don't have a heavy-duty mixer, this can be both mixed by hand and kneaded for 10 minutes.

Place the dough in a bowl that has been lightly coated with oil. Cover the dough with oil. Cover the bowl with plastic wrap or a damp kitchen towel and set it aside to rise until it has doubled in size, for approximately 90 minutes.

Punch the dough down and divide it into 8 pieces. Roll each piece into a ball, cover the balls with a damp kitchen towel, and let them rest for 20 minutes. On a floured surface, roll the balls out into 8 inch circles and 1/4 inch in thickness.

Place a cookie sheet upside down in the oven and preheat the oven to 425 degrees F. Place circles (try dropping them "rise" side up versus "rolled" side up) onto the hot cookie sheet, cooking two at a time.

Bake until puffy, about 3-4 minutes.

These will not brown much (like the store-bought ones) but are delicious & a great bread option. If they don't puff enough to split; use them like flatbread.

Makes 8 pitas.

Focaccia Variation:

Use the same recipe and prepare through the first rise. Instead of dividing the dough, spread the dough on a lightly greased pan and brush with olive oil. You can sprinkle with rosemary or chopped garlic or onions. Cover and let the dough rise for 20 minutes. Preheat the oven to 425 degrees F and bake for 15 minutes or until lightly brown.

Contributed by Lily W. of California

Low-Iodine Recipe of the Month, December 2010

Better For You Tortillas

Use the same ingredients from the cracker recipe in the ThyCa Low-Iodine Cookbook:

1 cup all-purpose flour
1/2 teaspoon salt
2 Tablespoons vegetable oil/olive oil
1/4 cup warm water

Combine flour, salt, and vegetable oil until well mixed. Then slowly add warm water as you knead the dough. Dough should hold together but should not be sticky

Make dough into about 4 balls (2 to 3 inches in diameter). Place each dough ball on a lightly floured cutting board and roll out with a lightly floured rolling pin. Roll dough out about 1/4 inch thick.

Tortillas may not be perfect circles.

Using a skillet or griddle on medium to high heat, cook each tortilla (approximately 20 seconds each side). You will start seeing bubbles rise in the middle. When this happens, flip to the other side. You will see slight browned/burned spots. This is good!

Contributed by Jamie G.

Low-Iodine Recipe of the Month, April 2012

Editor's Notes:

Other dishes in ThyCa's free Low-Iodine Cookbook that include tortillas or tortilla chips include the following: Fajitas, Tacos Pork Carnitas & Soft Tacos with Salsa Fresco Spicy Chicken Tortilla Soup Meal ideas Meals and Snacks for Children and Teens, Guacamole Dip with Tortilla Chips, Pico de Gallo, Tostadas, other dips, and Ole Omelet.

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

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.

Fruit Quick Bread

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

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

Contributed by Ellen

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

Dairy Free Cornbread

1 cup cornmeal
1 cup all-purpose flour
1/4 cup sugar
5 teaspoons baking powder
1/2 teaspoon salt
1 cup water + 2 Tablespoons water
1/3 cup safflower oil + 1 Tablespoon oil

Preheat oven to 425 degrees F. Add 1 Tablespoon of oil to an 8" cast iron skillet and heat in oven while combining and mixing well in a bowl all ingredients. Pour the cornmeal mixture into hot skillet or an unheated 8-inch cake pan. Bake for 20 -25 minutes. Makes 8 servings. Perfect with chili or your white bean recipe. The cast iron skillet will make the cornbread a little crustier.

Contributed by Patricia W.

Low-Iodine Recipe of the Month, June 2011

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.

Cinnamon Bread – a quick 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

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

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
¼	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.

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.

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

(Note: When you're not on the low-iodine diet, instead of the 3 egg whites you may use 2 eggs.)

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: Sift all these ingredients.

6	cups	flour
3	Tablespoons	baking powder
1	Tablespoon	salt

Contributed by Monique C.

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: 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.

— *Contributed by 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*

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.

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.

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.

Blueberry Muffins

1/2	cup	shortening
1	cup	sugar
3		egg whites
2	cups	flour
2	teaspoon	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*

Orange Oat Muffins

1/4	cup	oat bran
1/2	cup	quick-cooking oats
1/3	cup	orange juice concentrate
1/2	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.

3/4	cup	whole-wheat pastry flour
1/4	cup	sugar (half Splenda okay)
1/2	teaspoon	baking powder
1/2	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

Strawberry Nut Muffins

2	cups	flour
3		egg whites
1/2	cup	sugar
1/4	cup	brown sugar
1/3	cup	vegetable oil
2	cup	fresh strawberries (pureed in food processor)

3	teaspoons	baking powder
1	teaspoon	cinnamon
1	teaspoon	salt

1	pinch	ground ginger (optional)
1/4	cup	walnuts (finely chopped)

Throw everything together in a bowl. Mix. Bake for 20 minutes at 400 degrees F.

Contributed by Dana Fusco, Queens, New York

Chia Muffins

1	cup	whole grain oat flour
1/2	cup	whole grain barley flour
1/2	cup	whole grain brown rice flour
2	teaspoons	baking powder
1/2	teaspoon	baking soda
1	teaspoon	cinnamon
1/2	teaspoon	salt
1.5	cups	chia gel (mix 1/3 cup chia seeds with 2 cups water makes chia gel)
1/2	cup	almond milk
2	teaspoons	vanilla extract
1/3	cup	honey
Optional: fruits, nuts, additional flavors**		

Chia Muffins – Instructions: In a large mixing bowl, add oat, barley, & brown rice flours, chia seeds, baking powder, baking soda, cinnamon, and salt; whisk until well combined. In separate medium bowl, combine buttermilk, water, vanilla & honey; whisk to combine. Add wet ingredients to dry ingredients; stir just until moistened. Don't overmix; batter should be lumpy.

Let batter rest at least 30 minutes before baking. Or, cover batter and refrigerate overnight and as long as 5 days. Recipe may be doubled or tripled.

To bake, preheat oven to 350 degrees F. Grease or spray muffin cups with nonstick cooking spray.

Without remixing the batter, spoon or scoop it into muffin cups, filling 2/3 full. Bake 20-23 minutes until a toothpick inserted in the center of muffin comes out clean. Let rest 5 minutes before removing from pan to cooling rack.

To microwave a single muffin, use a silicone muffin cup, or glass custard cup, ramekin, or small mason jar. If using glass, coat with cooking spray. Fill 1/2 to 2/3 full with batter, and microwave for 50-65 seconds (microwave times will vary).

To microwave multiple muffins at one time, increase the cooking time 20-30 seconds for each additional muffin.

**To add fruits, nuts, and flavors: Use fresh, frozen, canned, or dried fruit. Blot off the juice or liquid before adding to muffin layers. Fill muffin cups 1/3

full with batter, sprinkle on fruit or other flavors; top with batter to 2/3 full and add more flavors on top, pressing them into the batter slightly. Bake 22-24 minutes until a toothpick inserted in the center of muffin comes out clean. Let rest 5 minutes before removing from pan to cooling rack.

*Contributed by Michele M. of Nova Scotia, Canada
Low-Iodine Recipe of the Month, February 2013*

Mel's Zucchini Carrot Muffins

2	cups	grated zucchini
2	cups	grated carrot
1/2	cup	applesauce
1/2	cup	walnuts
1/2	cup	raisins
4		egg whites, beaten
3/4	cup	canola oil
1	teaspoon	vanilla extract
2	cups	unbleached flour
1 1/4	cups	sugar
2	teaspoons	baking soda
1/2	teaspoon	salt
2	teaspoons	grated orange peel
1	Tablespoon	ground cinnamon
1/2	teaspoon	cardamom

Preheat oven to 375 degrees F.

In a large bowl, mix together the zucchini, carrots, applesauce, walnuts, and raisins.

Add the canola oil and egg whites, and set aside.

In a second bowl, combine flour, sugar, baking soda, salt, orange peel, and spices.

Fold dry ingredients into wet and blend gently with a wooden spoon until dry ingredients are mixed in.

Fill 2 greased or paper-lined muffin tins 2/3 full (or one bundt pan).

Bake 20-22 minutes or until a sharp knife comes out clean when inserted into the mixture.

Contributed by Melissa R. of Maryland

Melissa writes, "When not on the Low Iodine Diet, I like these with cream cheese frosting: Mix together 8 ounces of softened butter with 8 ounces of softened cream cheese. Add 2 cups confectioner's sugar and a teaspoon of vanilla. Variation: Add a teaspoon of almond extract."

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.

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

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.

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

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

Frozen Fruit Concoction

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

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

Add Sprite™, 7-Up™ or similar lemon-lime soda. Diet sodas are fine. Blend.

Add sugar or artificial sweetener, if desired.

Add splash of vanilla. Blend.

Add chopped pecans or almonds (optional).

Serve in wine glasses for an extra "treat".

Contributed by Vel

Lemon Curd

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

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

Contributed by Nina S.

Fried Banana Cakes

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

vegetable oil for pan-frying

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

Contributed by Nina S.

Glazed Fruit Kabobs

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

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

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

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

Sorbet Ice Cream

I put some of my raspberry sorbet into my food processor with my unsalted natural peanut butter. I added a little bit of honey and mixed it up. It gives the sorbet a richer, much more satisfying texture...makes a good treat!

Contributed by Melissa M.

Avocado Mousse: An Easy Dessert

Avocado

1 Tablespoon sugar
1/2 teaspoon vanilla extract

Blend the ingredients until smooth. Amounts can be adjusted according to personal taste.

Contributed by Laura B.

Low-Iodine Recipe of the Month, May 2013

Chocolate Pudding

1 medium size ripe avocado
5 medjool dates
2 teaspoons cocoa powder

Mix all three ingredients in a blender and refrigerate. I find that after sitting in the fridge for a few days, it tastes delicious and just like chocolate pudding. Even my daughter loves to eat it!

Contributed by Vanita R.

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.

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

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.*

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.

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.

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.

Apple Walnut Cake

3 egg whites
2 cups sugar
1/2 cup vegetable oil
2 teaspoons vanilla
2 cups flour
1 Tablespoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon salt
4 cups diced unpeeled apples
1 cup coarse chopped walnuts

Powdered sugar

Preheat oven to 325 degrees Fahrenheit

Prepare a 9 x 13 x 2 inch baking dish with a small amount of oil

In mixing bowl, beat the eggs, sugar, oil, and vanilla. Add flour, cinnamon, and salt. Fold in apples and walnuts.

Bake for 50-60 minutes, or until a toothpick comes out clean. Dust lightly with powdered sugar. Cool on wire rack. Cover and refrigerate. Hope you enjoy!

Contributed by Pat G.

Low-Iodine Recipe of the Month, October 2011

Pat writes, "This cakes tastes good on day one and great on day two. I frozen half of it in small individual portions and used it as coffeecake for breakfast. It isn't a pretty cake but it tastes wonderful."

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.

Angel Food Cake

Any angel food cake recipe should work if you do not use iodized salt.

- A chocolate version with cocoa is also allowed.
- I bake one of each, cut them into pieces, and freeze the week before beginning the diet.
- Then I thaw a piece and eat it with fresh peaches or berries for dessert or a late night snack.....delicious.
- Thanks for all the great ideas and recipes.

Contributed by Amanda of North Carolina

Low-Iodine Tips of the Month, September 2011

Frosting and Variations

“White Mountain”

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

Mix sugar, corn syrup, and water in 1-quart saucepan. Cover and heat to rolling boil over medium heat. Uncover and boil rapidly to 242 degrees F on candy thermometer (or until small amount of mixture dropped into very cold water forms a firm ball that holds its shape until pressed). As mixture boils, beat egg whites in 1 1/2 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.

Spectrum Frosting

1 cup Spectrum Vegetable Shortening
16 ounces powdered sugar
1 teaspoon vanilla
1 teaspoon Butter flavor

Water

Blend the Spectrum vegetable shortening and the sugar until creamy. Add vanilla and butter flavor. Add a little (1 teaspoon) water at a time. Blend until it has the desired consistency

If Chocolate Frosting is desired, add 1/4 Cup of Cocoa.

Add any flavoring you like instead of the butter. For example: maple, coconut, almond, banana.

*Low-Iodine Recipe of the Month, November 2012
Contributed by Betty F.*

Betty writes, “I was looking for a frosting to go with "Nina's Chocolate Cake". I make the cake in cupcakes. I've adapted this recipe from Grandma Theresa's frosting. Thank you for all the recipe ideas. It is very much appreciated.”

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.

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.*

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., of Pennsylvania, spouse of a thyroid cancer survivor

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.

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!

Cookie Dough Dip

1 1/2 cups garbanzo beans (rinsed several times and drained if canned; about 1 can)
1/8 teaspoon salt
1/8 teaspoon baking soda
2 teaspoons vanilla extract
1/4 cup unsalted natural almond butter
1 Tablespoon water (and add as needed up to 1/4 cup water)
2/3 cup brown sugar
2-3 Tablespoons rolled oats
1/3 cup dairy-free, soy free mini dark chocolate chips

Place the ingredients (except for the chocolate chips) into a food processor or blender, and blend until very smooth. Mix in the chocolate chips. Store in the refrigerator. Makes 8 servings

Contributed by Kate from Iowa

Banana Oatmeal Cookies

1 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.

Contributed by Jean Z. of California

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.

Line's Meringue-Style Cookies

(To convert measurements into ounces, see the Conversion list in this book.) Makes one oven plate full. I suggest you make one, two, or all of these flavours at the start of the diet. They will keep 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
½ 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

A Maple Almond Variation on Line's Meringue-Style Cookies

in this cookbook

From the Kitchen of Beth

Prep time: 2 hours

Makes: 2 dozen

2 egg whites

1/3 cup plus 4 teaspoons white sugar

1 teaspoon vanilla

1/3 cup plus 4 teaspoons raw almonds, pulverized

1 and 1/2 teaspoons maple syrup

Place raw almonds in blender, drizzle maple syrup over whole nuts. Blend and pulverize until nearly powdered. Toast almond paste/dough in a thin layer on baking sheet.

Allow the nuts to dry completely and smell slightly toasted. This is best in the toaster oven, or can be done in advance in main oven.

Almond milk can be strained from nuts first, also no iodine, as long as the nuts are completely dry before going in to meringue.

The volume of sugar should be equal to the volume of nut powder. Allow the egg whites to reach room temperature before whipping.

Use whisk of stand mixer to get the whites to soft peaks. This requires the fastest speed you have.

Slowly sprinkle sugar into full-speed mixer until stiff peaks form. Fold in vanilla. Slowly fold in toasted, maple almond powder.

Drop small dollops of approximately 1 teaspoon onto wax or parchment paper that has been greased and floured. Pipe with a pastry bag if you want prettier meringues.

Spray on canola oil works fine. Just dust with flour to prevent sticking. Preheat oven to 325 degrees F. Cook all the cookies at once. Bake at 325 for 23 minutes. Do not open the oven!!!

Turn off the heat and leave the meringues to cool down in the closed oven for at least an hour.

Carefully peel from paper. If you can restrain yourself and have leftovers, store in air tight container. When this works, the meringues will melt in your mouth and leave tiny chunks of nut behind, so there's something to chew. Hope you love it!

Nutrition information: Who the heck cares? It's a cookie you can eat without screwing up your iodine level!!! These are so good that you'll want them again once you're well, too!

Please note: I borrowed heavily from Line's Meringue-Style Cookies in the Low-Iodine Cookbook downloaded from www.thyca.org

This may not be exactly original, but I was so excited that my tinkering worked I thought others might like to try it.

Contributed by Beth H.

Oatmeal Raisin Cookies

3 cups rolled oats
3/4 cup flour
1/4 cup peanut flour
3/4 cup brown sugar
1/2 cup raisins
1 1/2 teaspoon cinnamon
1 1/2 teaspoon ginger
1/2 teaspoon baking powder
3/4 cup canola oil
1/2 c.upwater

Preheat oven to 400 degrees F. In a large mixing bowl, combine all ingredients. Stir until it forms a firm dough. Roll the ball of dough about 1 1/2 inch ball. Place on greased cookie sheet and flatten into 4 inch circle. Form into 12 cookies and bake for 12 minutes until the edges are golden brown.

Cool on wire rack. If peanut flour cannot be found, just substitute with flour. Makes 12 large cookies

Contributed by Lily W. of California

Bridget's Chewy Granola Bars

2 cups old fashioned rolled oats
1 cup all-purpose flour
3/4 cup brown sugar (packed)
3/4 cup raisins
1/2 cup wheat germ
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 cup canola oil
1/2 cup honey
1 egg white
2 teaspoons vanilla extract

Variations and add-ins: Flaxseed, any nut of your choice, sunflower seeds, dried fruit, low-iodine acceptable chocolate.

Preheat oven to 350°F and line a 9x13" baking pan with foil or spray with Pam.

In a large bowl, mix the oats, flour, brown sugar, raisins, wheat germ, salt, cinnamon, and any of the variation/ add-ins.

In a small bowl, whisk together oil, honey, egg white and vanilla. Pour the liquid mixture into the flour mixture and thoroughly mix until everything is coated. Place the mixture into the prepared baking pan, making sure that it is flat and even. Place in preheated oven and bake for 20-25 minutes or until the edges are golden. Let cool completely in pan before removing and cutting into bars.

Yields 20 (2 1/2 x 1 1/2") bars with 187 calories per serving. *Contributed by Bridget C. of Illinois*

Homemade Granola Bars

2 cups oatmeal
1 cup sliced unsalted almonds
3 Tablespoons walnut oil
2/3 cup honey
1/4 cup brown sugar
1 teaspoon vanilla
1/4 teaspoon salt
1 cup dried fruit. Choose one, or mix: apricots, cherries, raisins, dates, cranberries.

Preheat the oven to 350. Combine the oatmeal and almonds and toast on a cookie sheet for 10-12 minutes. When they're done, reduce oven temperature to 300.

In a large pot, combine the walnut oil, honey, brown sugar, vanilla, and salt. Bring to a boil over medium heat, then reduce heat and boil one minute. When oats and almonds are toasted, add them to the boiled mixture and stir well. Stir in dried fruit. Pour the mixture into a well greased baking dish. Use a 9 x 9 inch pan for thicker bars, or 9 x 13 inches for thinner bars. Press down with greased fingers.

Bake 25-30 minutes or until browned on top.

Cool completely before cutting. They will be difficult to get out of the pan, but so worth it!

Contributed by Barb K.

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.

Pecan Cookies

1 ¼ cups brown sugar
½ teaspoon salt
¾ pound pecans (3 cups)
¼ cup egg whites (usually 2 large egg whites)

36 pecan halves for tops of cookies

Heat oven to 350° F.

Chop the pecans so that they are small coarse pieces. I usually do this by hand as the food processor makes them too fine or too uneven.

In the bowl of an electric mixer, combine the brown sugar, non-iodized salt, and pecan pieces.

Beat on low speed to incorporate all the ingredients. While on low setting, drizzle in the egg whites. Increase the speed to medium and beat for 2-3 minutes until it is all mixed.

It will seem as though they will never be mixed enough to actually be cookies, but they will.

Line a pan with parchment paper.

Using a 1 Tablespoon measuring spoon, scoop a level spoon onto the parchment 4 cookies across and five cookies down. They spread a little.

When they are all on the cookie sheet, pat each one down with wet fingers, and then press a pecan half on top of each. (You can use a spoon or the bottom of a measuring cup to do this.)

Bake for 10-12 minutes. They will puff a little bit and the edges will turn brown. The crusty edges and the slightly soft center are what make them taste a little like pecan pie cookies.

They seem fragile, but they are not.

Prepare a second cookie sheet while the first is baking.

Important: Let them cool completely before removing them from the pan.

I usually get 36 cookies from this recipe.

They freeze beautifully.

Contributed by Linda W.

Low-Iodine Recipe of the Month, August 2014

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.

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.

King Arthur Flour's Flourless Fudge Cookies

2 1/4 cups confectioners' sugar
1/4 teaspoon salt
1 teaspoon espresso powder, optional but good
1 cup cocoa powder, Dutch-process (European-style) preferred*
3 large egg whites
2 teaspoons vanilla extract

*For darker, richer-looking cookies, substitute 1/4 cup black cocoa for 1/4 cup of the Dutch-process cocoa

Preheat the oven to 350°F. Lightly grease two baking sheets. Or line with parchment, and grease the parchment.

Stir together all of the ingredients until smooth.

Scrape the bottom and sides of the bowl, and stir again till smooth.

Drop the dough onto the prepared baking sheets in balls about the size of ping pong balls, about 1 1/2"; a tablespoon cookie scoop works well here.

Bake the cookies for 8 minutes; they should spread, become somewhat shiny, and develop faintly crackly tops.

Remove the cookies from the oven, and allow them to cool right on the pan.

Yield: 16 large (3 inch) cookies.

Nutrition information:

Serving Size: 1 cookie, 29g. Servings Per Batch: 16. Amount Per Serving: Calories: 80; Calories from Fat: 10; Total Fat: 3g; Saturated Fat: 0g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 47mg; Total Carbohydrate: 18g; Dietary Fiber: 1g; Sugars: 17g; Protein: 1g.

Contributed by Bridget C. of Illinois

Low-Iodine Recipe of the Month, December 2011

Bridget's Best Brownie Bites (Version 6)

1 1/4 cups sugar
1/4 + 1/8 cups canola oil
2 teaspoons canola oil (replacement for egg yolks)
4 egg whites
2 teaspoons vanilla extract
1/4 teaspoon salt
1/2 teaspoons baking powder
1/2 cup unsweetened cocoa powder
1/2 cup all-purpose flour

Preheat oven to 350°F. Prepare mini muffin tins with Pam.

Sift flour, cocoa powder, baking powder and salt into a large bowl, set aside. Mix sugar, oil, egg whites and vanilla extract, let sit for 5-10 minutes. Combine wet mixture with dry and stir until fully incorporated. Using a #60/ 2 tsp. scoop, fill mini muffin tins and bake for approximately 10- 12 minutes.

Recipe makes approximately 40 brownie bites.

Contributed by Bridget C. of Illinois

Low-Iodine Recipe of the Month, August 2011

Dark Chocolate Peanut Butter Cups

8 ounces unsweetened baking chocolate (Baker's or Hershey's—Baker's comes in handy little one-ounce wrapped squares)
¼ cup shortening
½ teaspoon vanilla extract
1 ½ cups powdered confectionary sugar
6 teaspoons (halved)

unsalted, natural peanut butter (I liked Teddie Old-Fashioned All-Natural Peanut Butter best because the consistency of it was malleable enough for pouring and you didn't really have to stir it up)

Mini-muffin pan (*I did not use paper/foil liners, but I'm sure you could if you wanted to.)

Melt chocolate and shortening in microwave in a large bowl for 1 ½ minutes and stir smooth. Add vanilla and stir. Add powdered sugar, taking care to make sure mixture remains easy to stir. Too much sugar will make the chocolate too stiff to put in the muffin pan.

Using a teaspoon, spoon chocolate mixture into bottoms of muffin cups*, just covering the bottoms, depending on how thick you like them. Tap tin to settle chocolate flat. Next, spoon a half-teaspoon of peanut butter into the chocolate in each muffin cup and tap the tin again to settle the peanut butter into the chocolate.

Finally, go back and cover the peanut butter in each cup with the chocolate. I found it was easiest to spoon the chocolate on and then swirl it over with the underside of the spoon to cover the peanut butter.

Refrigerate until hardened (my husband and I kept watching the clock—it took about half an hour).

The peanut butter cups will pop right out of the tin with a little gentle pressure from a butter knife. We found (after two or three) that if you let them sit for about two minutes after taking them out of the fridge, the chocolate will melt just enough so that you can bite in without breaking a tooth.

Enjoy!

(There will be a little more than 12 mini-muffin cups' worth of chocolate, so if you have another tin, you can make two or so more, depending on how thick you like the cups. I put the rest of my mixture into a small Dixie cup and mixed in about a teaspoon of peanut butter and make a little fudge-type creation that was quite tasty on its own.)

Contributed by Angie K.

Low-Iodine Recipe of the Month, February 2011

Chocolate Cookies

2 ¼ 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

Microwave Brownie-in-a-Mug

4 Tablespoons flour
4 Tablespoons sugar
2 Tablespoons cocoa
2 Tablespoons water
2 Tablespoons oil
1/2 teaspoon vanilla

Mix in a microwavable mug, microwave for one minute, and enjoy a single-serving brownie!

Contributed by Dawn B.

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*

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*

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.

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.

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.

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

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.

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

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

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

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.

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

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.
Andra G.

Maple Nut Snack

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.

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.*

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.*

Cinnamon Almonds

(like the ones you buy at a fair or the mall kiosk)

1/2 cup sugar
1/2 cup brown sugar
1 1/2 teaspoons ground cinnamon
4 Tablespoons water
2-3 cups almonds (unsalted)
1 teaspoon vanilla

Melt the sugars, water, and cinnamon over low heat. Bring to a boil and cook until the syrup threads.

Remove from the heat and add vanilla. Put the nuts in a bowl, pour syrup mixture over the nuts, and stir with a fork until coated. Spread the nuts on a greased cookie sheet (or use parchment paper). Bake at 250 degrees F for 45 minutes. Cool, then enjoy! It's a great snack and dessert.

Contributed by Liz R

Low-Iodine Recipe of the Month, January 2013

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.

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)

Peanut Butter Popcorn

Makes 16 cups popped corn

Mix and boil the following ingredients for 2 minutes:

1 cup corn syrup
1/2 cup unsalted peanut butter
1 cup brown sugar
1/4 teaspoon salt
1/2 teaspoon vanilla

Pour the mixture over the popcorn.

Contributed by Ruth C.

Low-Iodine Recipe of the Month, January 2015

Honeycomb Candy

3 Tablespoons honey
1/3 cup light corn syrup
1 1/2 cups granulated Sugar
4 teaspoons baking soda (sifted)
1/2 cup water
12 ounces dark chocolate (Lindt or Ghiradelli,
70%+ cacao.)

Prepare a rimmed baking sheet with Silpat or parchment paper.

In a large saucepan (candy will expand, so a large pan is essential!), gently combine the sugar and water then add the honey and corn syrup. Cook until the candy reaches 300°F. Add the baking soda, and with a wooden spoon, stir in gently. It will foam up a lot.

Pour the mixture onto prepared baking sheet and let cool. Break into pieces and eat as is or dip into melted dark chocolate; let harden in fridge.

Contributed by Bridget C. of Illinois

Nutty Cereal Crunch

1 cup of a nondairy substitute for butter (I used 2 sticks of "Earth Balance" soy-free vegan "butter" sticks)

1 1/3 cups packed brown sugar
1/2 teaspoon ground cinnamon
6 cups cornflakes (Check the label for additives if on the low-iodine diet. Avoid the usual brands found in stores. Preferable is a mill ground organic cornflake cereal. The more "boring and yucky" it looks...the better for you.)
1 cup unsalted raw roasted peanuts
1 cup unsalted raw roasted cashews
1/2 cup unsalted raw roasted almonds or macadamia nuts

In a Dutch oven or other large pot, melt the butter. Stir in the brown sugar and cinnamon until the sugar is dissolved. Remove from heat. (It should look like caramel topping for ice cream.)

Combine the cornflakes and nuts, and then add to the sugar mixture and stir to coat. Spread onto two greased baking sheets. Cool; break apart and store in an airtight container. Yield: 10 cups

Contributed by Rachel B. of Colorado

Banana-Nut Rice Cake

1 brown rice cake – no salt
Nut Butter – no salt.
Banana

Put a layer of your favorite nut butter onto the rice cake. I used cashew butter.

Slice a banana and cook it in a non-stick skillet until hot and caramelized.

Add the banana on top of the nut butter. It may need to cool before eating. Enjoy!

Contributed by Colleen O.

No-Bake Chewy Peanut Butter Granola Bars

Measurements are approximate. They can easily be adjusted as needed. Nuts can also be substituted to taste.

1 heaping cup natural peanut butter (no salt), more as needed
1/2 cup honey, more as needed
1/4 cup brown sugar
1 cup quick rolled oats
1/4 cup unsalted sunflower seeds
1/2 cup unsalted sliced almonds
1/2 cup semi-sweet chocolate chips (Wegman's brand has no salt, no milk)

Mix peanut butter, honey, and sugar in bowl and microwave approximately 15-30 seconds.

Mix all dry ingredients, except the chocolate chips.

Stir in peanut butter mixture. Combine until moist and evenly coated. Add the chocolate chips.

Line 9 x 9 inch baking dish with parchment paper.

Using spatula, press the mixture firmly into the baking dish. Refrigerate for 30-45 minutes. You can then lift the whole granola block onto a cutting board and cut into desired size.

Contributed by Leanne G. of Pennsylvania

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