

# Low-Iodine Cookbook

Guidelines, Tips, & Recipes for the Low-Iodine Diet  
Used Prior to Radioactive Iodine Treatment

9th Edition



ThyCa: Thyroid Cancer  
Survivors' Association, Inc. <sup>SM</sup>  
[www.thyca.org](http://www.thyca.org)



# Handy One-Page LID Summary—Tear-Out Copy

For the detailed **Free Low-Iodine Cookbook** with hundreds of delicious recipes, visit [www.thyca.org](http://www.thyca.org).

## Key Points

- This is a Low-Iodine Diet (“LID”), *not* a “No-Iodine Diet” or an “Iodine-Free Diet.” The American Thyroid Association suggests a goal of 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 and 1-3 days after the scan or treatment.
- Avoid foods and beverages that are high in iodine (>20 mcg/serving). Eat any foods and beverages low in iodine (< 5 mcg/serving). Limit the quantity of foods moderate in iodine (5-20 mcg/serving).

Foods to AVOID	Foods to ENJOY
<ul style="list-style-type: none"> <li>• Iodized salt, sea salt, <i>and any foods containing iodized salt or sea salt</i></li> <li>• Seafood and sea products (fish, shellfish, seaweed, seaweed tablets, calcium carbonate from oyster shells, carrageenan, agar-agar, alginate, arame, dulse, furikake, hiziki, kelp, kombu, nori, wakame, and other sea-based foods or ingredients)</li> <li>• Dairy products of any kind (milk, cheese, yogurt, butter, ice cream, lactose, whey, casein, etc.)</li> <li>• Egg yolks, whole eggs, or foods containing them</li> <li>• Bread and bakery products containing iodine/iodate dough conditioners or high-iodine ingredients such as dairy, eggs, salt</li> <li>• Red Dye #3 (erythrosine or E127 in the EU/UK)</li> <li>• Maraschino cherries (due to the red dye)</li> <li>• Fruit cocktail (due to the Maraschino cherries)</li> <li>• Chocolate that contains dairy</li> <li>• Blackstrap molasses (other types are OK)</li> <li>• Soybeans and soybean products such as tofu, TSP/TVP, soy milk, soy sauce, soy flour; <i>except</i> soy oil and soy lecithin, which are OK.</li> <li>• Rhubarb</li> <li>• Potato skins</li> <li>• Vitamins and food supplements that contain iodine               <ul style="list-style-type: none"> <li>➤ If you are taking medication or supplements containing iodine, check with your doctor.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Fruit, fresh, frozen, or jarred, salt-free and without red food dye; canned in limited quantities; fruit juices</li> <li>• Vegetables: ideally raw or frozen without salt, except soybeans</li> <li>• Beans: unsalted canned, or cooked from the dry state</li> <li>• Unsalted nuts and unsalted nut butters</li> <li>• Egg whites</li> <li>• Fresh meats (uncured; no added salt or brine solutions) up to 6 ounces a day</li> <li>• The insides of white and sweet potatoes (no skins)</li> <li>• Low-iodine homemade (and some commercial) baked goods</li> <li>• Grain and cereal products up to 4 servings per day, provided they have no high-iodine ingredients</li> <li>• LID-safe pasta (remember to avoid egg noodles)</li> <li>• Sugar, jelly, jam, honey, maple syrup, molasses (not blackstrap), agave nectar—avoid red food dyes</li> <li>• Black pepper, fresh or dried herbs and spices</li> <li>• Vinegars free of salt and red dye</li> <li>• Lemon, lime, and other citrus (for their juice &amp; zest)</li> <li>• All vegetable oils, including soy oil</li> <li>• Vegetable shortening (i.e., the white solid variety)</li> <li>• Sodas (except with Red Dye #3, erythrosine, or E127), cola, diet cola, non-instant coffee &amp; tea, beer, alcoholic beverages (except cooking wine), lemonade</li> <li>• Cocoa powder and some non-dairy dark chocolates</li> </ul>

**\*\*Remember to check the ingredient list on all packaged foods\*\***

Easy Snacks for Home, Work, or Travel		Easy Quick Meals	
<ul style="list-style-type: none"> <li>• Fresh fruit or fruit juice</li> <li>• Raisins and other dried fruits</li> <li>• Unsalted nuts and nut butters</li> <li>• Homemade low-iodine bread or muffins</li> <li>• No-salt tortilla chips</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh raw vegetables</li> <li>• Salt-free applesauce</li> <li>• Popcorn with non-iodized/non-sea salt</li> <li>• Unsalted matzo and other unsalted crackers</li> <li>• LID-safe soda pop or lemonade</li> </ul>	<ul style="list-style-type: none"> <li>• Freshly cooked oatmeal with toppings (cinnamon, honey, salt-free applesauce, maple syrup, unsalted nuts, fruit)</li> <li>• Fresh meat with vegetables, fresh fruit, and baked white or sweet potato (no skin)</li> </ul>	<ul style="list-style-type: none"> <li>• Salad topped with grilled chicken, beef or pork, oil &amp; vinegar dressing.</li> <li>• “PB&amp;J” with LID-safe peanut butter, jelly, and salt-free matzo or fresh baked LID-safe bread</li> <li>• Baked apples for dessert (can be microwaved)</li> </ul>

***Our thanks to ThyCa’s medical advisors and conference speakers for the information and input.***

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





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- **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.

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→ To make a donation, please contact us or use the tear-out donation sheet on the last page of the cookbook.

*Please contact us for more information and free materials:*

ThyCa: Thyroid Cancer Survivors' Association, Inc.

Website: [www.thyca.org](http://www.thyca.org)

Email: [thyca@thyca.org](mailto:thyca@thyca.org)

Toll-free 877-588-7904 • Fax 630-604-6078

P.O. Box 1102, Olney, MD 20830-1102

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

# Introduction

**Welcome to ThyCa’s Low-Iodine Cookbook.** The Low-Iodine Quick Guide, which begins on page 1, is the best place to get started. It focuses on educating you about the diet. Please take the time to read the Quick Guide. It will help the recipes themselves make more sense. If you have any questions, you can always write to [recipes@thyca.org](mailto:recipes@thyca.org) or call our Toll Free Number at +1-877-588-7904.

**Handy One-Page LID Summary:** At the front of the book, right after the cover page, is a color version of the Handy One-Page LID Summary for you to tear out and put on your refrigerator or in any convenient location for you. You may even want to take it to the grocery store with you. Don’t worry—there is another copy in black and white at the end of the Quick Guide.

**Cookbook layout:** As you can see from the Table of Contents, the recipes are organized by category. For even more information and detail about the recipes, please refer to Appendix D: the Index of Recipes, on page A-4. The Index contains a key noting which recipes have international flavor, are vegetarian/vegan-friendly, are kid-friendly, or are relatively simple to prepare. You can use the key to help guide you to the recipes that may be most useful for you. Please note that some of the recipes have been modified slightly from their original language to fit in the available space, to add LID-safe substitutions or modifications, or to improve readability. Their substance, however, remains the same.

**A note about allergens:** This cookbook does not note allergens such as wheat, dairy, soy, eggs, gluten, etc. Some major allergens are not a part of this diet (e.g., no dairy, no soy other than soy oil and soy lecithin, no egg yolks, no shellfish, etc.). If you have specific allergies to ingredients that are allowed on the LID, please make appropriate LID-friendly substitutions.

**Adapt your own recipes:** The recipes in this cookbook are all LID-safe, but you can often eat your usual favorites by making some simple substitutions. Throughout the book, you will see examples of these adaptations (e.g., egg whites in place of whole eggs, non-iodized/non-sea salt in place of table salt, etc.) The Quick Guide explains which foods are safe and which you should avoid—make use of those lists to adapt your own recipes. You will also find a couple of helpful tips on how to make LID-safe substitutions in the cookbook in framed text boxes.

**Other dietary restrictions:** If you follow other dietary guidelines, simply adapt the recipes to suit your needs. For example: cut down on the salt if you need to, substitute artificial sweeteners as needed, etc.

**Budget:** We often hear that people find the LID expensive because it focuses on fresh ingredients. There are many lower-cost ingredients that are LID-safe, and the recipes in this cookbook make liberal use of them. We hope you find some fun and tasty recipes in here to use. Please refer to Appendix B at page A-2, which provides a week’s worth of budget-friendly, easy, and nutritious menu ideas.

**Recipedia:** Thanks to the excellent contributions of our members and friends over the years, we now have even more wonderful LID-safe recipes than we have room to publish in this cookbook! In this edition, we have tried to make the cookbook even more useful for thyroid cancer patients by retaining a variety of recipes in each category and adding some new ones. This time around, we have also created a Recipedia where you can find even more LID-safe recipes online, many from the prior edition of the cookbook. The Recipedia will also continue to grow as submissions are made. Please check it out at [www.thyca.org](http://www.thyca.org).

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# Low-Iodine Diet Quick Guide

Thank you for using this Low-Iodine Diet (LID) Quick Guide and cookbook introduction. This guide has two purposes. One is to serve as a stand-alone document for anyone who wants a quick summary of the LID without having to download the entire cookbook. It is also designed to serve as the cookbook's introduction. It contains the following sections:

- Welcome
  - About ThyCa
  - Invitation
  - About Photocopies and Use
  - Disclaimer
  - Sources
- The Low-Iodine Diet
  - General Overview
  - Helpful Tips
  - Foods to Avoid
  - Foods to Enjoy, But in Limited Quantity
  - Foods to Enjoy
  - Variations of the LID and Editorial Remarks from ThyCa
    - ❖ Processed & manufactured foods
    - ❖ Eating out/Restaurant Food and Take-Out
    - ❖ Foods we are often asked about, etc.
- Pantry items
  - Reading Labels
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- A Week's Worth of Easy Menus
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- Handy One-Page LID Summary
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  - Foods to Avoid
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  - Easy Snacks for Home, Work, or Travel
  - Easy Quick Meals
  - Disclaimer

## Welcome

The information we provide comes from several members of ThyCa's Medical Advisory Council, plus a team of ThyCa volunteers. The LID has been used successfully for decades. We are continually updating and fine-tuning it to bring you the most comprehensive LID available.

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

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 website [www.thyca.org](http://www.thyca.org) for detailed thyroid cancer information, videos with experts, free publications and materials in multiple languages, links to our free online and local support groups, plus more free services. Learn about how to donate, volunteer, or become a member. Find the latest details about educational events, including the annual International Thyroid Cancer Survivors' Conference.

**Invitation:** If you would like to comment on any recipes, or submit new ones, please write to [recipes@thyca.org](mailto:recipes@thyca.org). Your recipe will be reviewed for LID compatibility. We may incorporate your recipe(s) into a future edition, feature it in our monthly bulletin, or add it to our website's "Recipedia."

# Low-Iodine Diet Quick Guide

**About Photocopies and Use:** You are welcome to download and print out this Quick Guide and our cookbook from [www.thyca.org](http://www.thyca.org). You are also welcome to photocopy complete pages and give them to others. Please include the ThyCa information at the bottom of the page so that others in need of support can easily find us. Please note the material in this book is not for commercial use.

**Disclaimer:** *The information contained here 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:

- (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, MD, PhD, Endocrinologist, Boston Medical Center, Massachusetts; Christina Reiter, MS RD, Resident Dietitian, University of Colorado, Boulder, Colorado; and Nancy Sebring, MEd, RD, Research Dietitian, National Institutes of Health, Bethesda, Maryland;
- (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; and
- (4) USDA, FDA and ODS-NIH Database for the Iodine Content of Common Foods Release 1.0.

## The Low-Iodine Diet (LID)

### General Overview:

- Thyroid cancer patients with papillary or follicular thyroid cancer often receive radioactive iodine (RAI). RAI (either I-123 or I-131) is used in small tracer doses for imaging/testing/scanning. The results can inform next steps, sometimes resulting in RAI ablation. A larger dose of RAI (I-131) is sometimes used to destroy (or ablate) any remaining thyroid cells and thyroid cancer cells. Some patients receive this treatment more than once.
- Thyroid tissue, and most thyroid cancer tissue, naturally absorbs or “takes up” iodine, to make thyroid hormones. Therefore, for the treatment and/or scans to be most effective, our bodies need to have elevated TSH (thyroid stimulating hormone) along with being “iodine-hungry.” This is why patients are often asked to go on a short-term Low-Iodine Diet to temporarily starve our bodies of iodine. The American Thyroid Association, as well as most major medical institutions, recommend using the LID to facilitate becoming more iodine-hungry. This allows our bodies to take up as much radioactive iodine as possible.
  - We acknowledge that the word “diet” has different meanings to different people. This is not a diet in the sense of a mechanism for weight loss or eating healthy. Rather, it is a medically necessary short-term regimen needed to help our bodies become iodine-hungry.
- Preparation for RAI can take place in one of two ways, both resulting in the necessary elevated TSH. Both of these processes incorporate use of the LID:
  1. Remaining on thyroid replacement hormone (usually levothyroxine—please refer to the “Know your Pills” section at [www.thyca.org](http://www.thyca.org) for more information) while receiving Thyrogen® (recombinant TSH) injections. Some people experience symptoms of hypothyroidism using Thyrogen.
  2. Withdrawing from thyroid replacement hormone for a period of weeks. Sometimes patients spend a portion of their withdrawal time using a different drug called liothyronine. Note that this method can cause symptoms of severe hypothyroidism, including weight gain, lethargy, feeling cold, etc.

## Low-Iodine Diet Quick Guide

- This diet is generally for a short time period, usually lasting 2-3 weeks. It usually begins 2 weeks before swallowing the radioactive iodine (either for testing or treatment) and continues through the testing and treatment period, often for 1 to 3 days after the RAI scan or treatment. 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 diet presented here is a combination of guidelines from several ThyCa medical advisors (some 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 of our Medical Advisory Council. Your physician may have different guidelines. Please check with your doctor before you start the diet.

### Helpful Tips:

- What may be surprising to you is that salt *is* permitted on this diet, so long as the salt you use has no added or naturally occurring iodine. Therefore, do NOT use sea salt, which has naturally occurring iodine. Use non-sea salt labeled with a statement such as: "This salt does *not* supply iodine, a necessary nutrient." We have found that Kosher salt is also safe to use.
- **This is not a low-sodium diet.** Most foods contain naturally occurring sodium, even if they are salt-free. Low-iodine sometimes gets confused with low-salt since most table salt is iodized. ("Iodized" means extra iodine has been added to table salt to help fight goiter, or enlarged thyroids, since many people do not get sufficient iodine-rich foods in their diet.) For your awareness, table salt is chemically "sodium chloride" and this differs from the naturally occurring sodium found in food.
- **Sodium in any form is OK, as long as it is not provided as *iodized* or sea salt.** *Non-iodized* salt is OK for the diet, as long as it is not sea salt. *Anything* from the sea is iodine-rich and must be avoided.
- **This is a *low-iodine* diet, not a *no-iodine* diet.** The LID aims to reduce iodine consumption to below 50 micrograms (mcg) of iodine per day (which is the American Thyroid Association guideline for an LID; some other published LIDs recommend below 80-100 mcg per day). The normal Recommended Daily Allowance of iodine is 150 mcg per day for adults. One teaspoon of iodized salt can contain over 400 mcg of iodine. Many people consume well over 350 mcg per day just from their normal way of eating.
- As the previous point reflects, the primary goal of the LID is limiting your *overall* iodine consumption. Much like a financial budget, this means paying attention to what individual foods "cost" in iodine content while keeping the big picture in mind. For example, if you do not eat meat, which is moderately high in iodine (see below), you will have more room in your iodine "budget" to consume iodine from fruit, vegetable, or grain sources.
- To assist you in your iodine "budgeting," while on the diet, you may enjoy low-iodine foods (up to 5 mcg per serving). There are a lot of foods that you can eat (see the lists below). 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).
- **Do not worry—we have taken the guesswork out of all this for you.** Just follow the LID to the best of your ability.

# Low-Iodine Diet Quick Guide

## Foods to Avoid:

**Avoid** the following foods, starting when instructed by your physician (generally two weeks) before your radioactive iodine test or treatment. Continue as instructed until after your radioactive iodine is administered (often for 1-3 additional days). The high-iodine foods and items on this list have over 20 mcg of iodine per serving, according to sources.

- **Iodized salt and sea salt** and any foods containing iodized salt or sea salt. Non-iodized salt may be used on this diet. 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 carefully—make sure it does not contain a form of iodate or iodide. (One teaspoon of iodized salt can contain over 400 mcg of iodine.)
- **Seafood and sea vegetables. Avoid anything from the sea, including:** fish, shellfish, crustaceans, seaweed (e.g., wakame, dulse, arame, hiziki, furikake), seaweed tablets, kelp (e.g., kombu), sushi (e.g., nori), etc. These are all high in iodine.
- **Foods/products that contain sea-based ingredients:** Carrageenan, agar-agar, algin, and alginate.
- **Dairy products (milk, cheese, cream, yogurt, butter, ice cream, powdered dairy creamers, whey, casein, lactose, other dairy products).**
  - 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 1 cup) contained from 88 to 168 micrograms of iodine and averaged 115 mcg. (This means that one teaspoon or 5 ml of milk has 1 to 3 micrograms of iodine.) The study also noted that sources of iodine in milk include iodine in cattle feed, the products containing iodine used to clean teats and udders, and a small amount from equipment cleaning products.
  - All the low-iodine diets ThyCa has researched instruct patients 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 one third of the day's iodine comes from this 1 Tablespoon of milk. There is no dairy in any of the recipes in this LID.
- **Red Dye #3 (E127 in the European Union/United Kingdom). However, Red Dye #40 is OK.** We suggest that you avoid red, orange, pink, purple, or brown processed food, pills, capsules, cough syrup, etc. Many food dyes contain iodine and should be avoided. The problem with food coloring is specific to Red Dye FD&C #3 (**erythrosine**, E127 in the EU/UK) ONLY. However, the issue is that some food labels do not specify which red dyes are used and food manufacturers may make substitutions without notifying consumers. It is “better safe than sorry.” For medications, the best source is the Physician’s Desk Reference (PDR), which clearly states the ingredients. For example, Rocaltrol in the 0.5 mcg size is NOT good for the diet because it contains FD&C Red Dye #3. However, Rocaltrol 0.25 mcg does not and is safe for the diet (you can take two of them to get to the 0.5 mcg dose). *Please always check with your physician or pharmacist.*
- **Egg yolks, 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.
- **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 substitute with unsalted plain matzos. If you read labels closely, you also may be able to find crackers made only with flour and water, particularly in the Kosher section of your grocer, or melba toast and tortillas (corn and flour) that are LID-safe. 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 of iodine.

# Low-Iodine Diet Quick Guide

## Foods to Avoid (continued):

- **Soybeans and most soy products.** Avoid soy sauce, soy milk, tofu, soy flour, and textured soy or vegetable protein (TSP/TVP). However, soy oil and soy lecithin are both okay.
- **Potato skins** (both white and sweet potatoes). The inside of the potato is fine. The recipes in this LID avoid the use of potato skins.
- **Most chocolate (for its milk content).** Cocoa powder and some non-dairy dark chocolates are permitted. Check the label for other ingredients not allowed on the LID. This LID has recipes calling for chocolate that is allowed on the diet.
- **Blackstrap molasses.** Blackstrap molasses is made by repeatedly boiling down sugar cane, which concentrates nutrients. It is okay to use the milder, fairly sweet molasses usually used in cooking. Brown sugar, which is white sugar with a very small amount of molasses sprayed on it, is permitted. Note: Sulfured molasses is safe, as long as it is not blackstrap.
- **Organ meats** such as liver, tripe, kidney, etc.
- **Maraschino cherries** (if they contain Red Dye #3, erythrosine, or E127 in the EU/UK), and fruit cocktail with maraschino cherries.
- **Rhubarb.** The recipes in this LID avoid the use of rhubarb.
- **Iodine-containing vitamins and food supplements. Also avoid food and other products containing iodate or iodide.** Check the label and ingredients and discontinue completely if iodine is included. Most vitamins with minerals contain iodine. Check with your physician if your vitamins or supplements were prescribed to you. Calcium supplements are sometimes made from ground oyster shells, and these should be avoided. Check with your doctor or pharmacist about switching to a safer source of calcium, such as calcium citrate, if medically needed.
- **Cooking wine and sherry.** Regular wine is fine, but cooking wine and sherry is often salted.
- **Medication that contains iodine.** *Always check with your physician for the best course of action.*

## Foods to Enjoy, But in Limited Quantity:

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 LID.

- **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 (no organ meats). (One researcher noted that meat contains 25-130 micrograms of iodine per pound.) Whole cuts contain less iodine than ground meats. To be extra cautious, buy whole cuts and ask the meat department to grind the meat for you. Always 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, chicken or pork or soak them in a salt-based solution. The label may not indicate whether the broth contains iodized salt. If you are not sure, go to a local butcher for fresh turkey, pork, or chicken. Most major grocers offer chicken that has not been treated with anything and these are safe options. Look for terms such as “minimally processed.” Rinse all meat before cooking.
- **Grains, cereals and rice.** Up to 4 servings per day of grains, cereals, pasta, rice, and breads without iodine-containing ingredients are fine on this diet. The iodine content in grains depends on the iodine content in the soil of the region where it 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. It is easy to find pasta that is LID-safe, just avoid egg noodles. Also, remember that labels are not always accurate or up-to-date; therefore, it is best to use plain oatmeal, farina, etc. and avoid the varieties with flavorings/additives. It is worth noting that some diets limit rice even more. Basmati rice has been mentioned as the best for the diet.

# Low-Iodine Diet Quick Guide

## Foods to Enjoy, But in Limited Quantity (continued):

- **Spinach.** The USDA database indicates spinach is moderately high in iodine. We recommend limiting spinach to one half-cup serving of raw spinach leaves per day.
- **Cruciferous vegetables.** Internet research suggests this family of vegetables (broccoli, kale, cauliflower, cabbage, etc.) may inhibit iodine absorption, which could interfere with your RAI. We do include these ingredients in our recipes but we suggest eating them in moderation.
- **\*Canned peaches, apricots and mixed fruits.** Data from the USDA indicates that canned peaches, apricots, and mixed fruits, when packed in syrup, are moderately high in iodine. We recommend limiting consumption to one serving per day.

## Foods to Enjoy:

*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.** Canned,\* jarred, or frozen fruit is also acceptable if there is no salt, LID-unsafe fortification, or unsafe food dye present. \*Note: See entry above on some canned fruits.
- **Vegetables,** preferably raw and fresh-cooked or frozen without added salt. In the past, it was hard to find frozen peas without added salt. As of this publication, this is no longer an issue in U.S. or Canadian grocery stores.
- **Unsalted nuts and unsalted nut butters; homemade nut and oat milks.**
- **Egg whites.** Separate yolks from whites yourself or buy cartons of 100% liquid egg whites.
- **Potatoes without skins.**
- **Beans.** We suggest using beans cooked yourself from the dry state, or purchasing unsalted canned beans. (It is worth noting that at least one major medical institution advises against beans, especially red kidney, navy, pinto and lima beans, cow peas, and lentils.) If you want to be extra-cautious, limit beans to black, garbanzo (chick peas), and white beans. Rinse any canned beans before using.
- **Grain/pasta/cereal/rice products in moderate amounts** (see above).
- **Fresh chicken, beef, and other meats in moderate amounts** (see above).
- **Sugar, jelly (avoid unsafe food coloring), honey, maple syrup, and most molasses** (not blackstrap molasses).
- **Black pepper and fresh or dried herbs.** Be careful of prepared spice blends that contain salt.
- **All vegetable oils** such as olive, canola, corn, and soy oil (note other soy products are unsafe). Salad dressings, provided they only contain allowed ingredients. It is best to make your own salad dressing. Vegetable shortening and coconut oil are good choices for baking.
- **Cocoa powder and some non-dairy dark chocolate.**
- **Vinegars** such as balsamic, apple cider, and white vinegar.
- **Lemon, lime** and other citrus fruits for their juice and zest.
- **Homemade foods.** Use recipes from ThyCa's Low-Iodine Cookbook s at [www.thyca.org](http://www.thyca.org) or adapt your own favorites by removing or substituting ingredients not permitted on the LID.
- **Gelatin, sorbet, popsicles without Red Dye #3 (erythrosine or E127 in the EU/UK)**
- **Cola, diet cola, lemonade, soda pop** (except those with Red Dye #3, erythrosine, or E127).
- **Fresh brewed coffee (not instant), tea (not instant), beer, wine, other alcohol** (be aware of unsafe food dyes).

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

Most sources ThyCa has reviewed do not comment about water. They indicate that ordinary household tap water is fine for the diet. One source notes that some municipalities may include added iodine to eliminate bacteria in water, and therefore suggests distilled water is more desirable in those areas.

# Low-Iodine Diet Quick Guide

## Variations of the LID and Editorial Remarks From ThyCa:

As with any subject, there are varying sources of information. While nearly all doctors and medical institutions recommend using an LID as a key tool to help maximize the effectiveness of RAI, advice differs from institution to institution, and even doctor to doctor, about the details of the LID. ThyCa's goal is to present the most comprehensive and accessible LID we can, and to share some of these differences with you so that you can make an informed decision. The team of volunteers that worked on this cookbook has the philosophy that it is best to be diligent with your food choices while following the LID. The LID is for a limited period of time and it helps you best prepare for testing and/or treatment during a rather difficult time in your life. At the same time, it is important to make the diet work for you, considering all the circumstances of your life, your health, and your work/school and family obligations. You should consult with your physician and health care team to make the best decisions for you.

- **Processed and Manufactured Foods:**

Most major food manufacturers in the USA generally use iodine-free salt when salt is listed as an ingredient. However, they are not currently required to label iodine content in food, and they may substitute iodized or sea salt without declaring it on the label. This was recently evidenced during the COVID-19 outbreak of 2020, when the FDA granted permission to make substitutions without the need for labeling. Other countries have different standards, and supermarket shelves are not limited to foods produced in one country. Therefore, we at ThyCa cautiously assume all salt listed as an ingredient is iodized. Feel free to add your own LID-safe salt to food.

Some food manufacturers cleanse their equipment with iodine based food-grade sanitizers that contain iodophors. These compounds help fight against bacteria, mold, and yeast, etc.

Given the issue with salt as an ingredient that may be iodized, and the use of iodine-based cleansers, we suggest limiting processed foods to the extent that you are able. We also know that it is nearly impossible to eliminate all processed foods. Items such as pasta, matzo, and salt-free canned items are used in ThyCa's LID and are processed. However, because they are less processed and do not contain salt (or any other high-iodine ingredients), we consider the risk of using them on the LID to be minimal.

Having said the above with regard to processed and manufactured foods, some published low-iodine diets allow salty foods and other highly processed items. We suggest using the ThyCa guidelines while also working with your physician to do what is best for you.

Note that food processing techniques can change, and the package labels are not always accurate or up to date.

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, but the list is not being updated regularly. Additionally, 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.
3. It is unknown whether the person responding to the inquiries about salt, iodine, etc. is actually in a position to know.

# Low-Iodine Diet Quick Guide

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

- **Eating out/Restaurant Food and Take-Out:**

Similar to processed foods, commercial kitchens sometimes use iodized salt, sea salt and iodine-based sanitizers. We suggest limiting eating-out/ordering-in as much as possible. If you must, for a variety of reasons (e.g. travel for work, studying at university far from home, etc.) we suggest a salad with no cheese, bacon, or croutons. Ask for olive oil, vinegar, and/or lemon juice for dressing. Ordering an unsalted baked potato (plain or sweet) and eating the inside is safe. You can add olive oil to it. Restaurant or cafeteria staff may not be well informed on this topic, so we suggest being very cautious. Consider carrying some non-iodized or Kosher salt to adjust to these circumstances, if needed.

- **Foods We Are Often Asked About, etc.**

**Rice:**

Some LID diets do not permit rice, and some do. We suggest limiting your intake as noted previously. We suggest basmati rice as the safest option.

**Quinoa:**

While technically a seed and not a grain, quinoa is becoming very popular as a rice-type ingredient. ThyCa has found one reputable diet that permits quinoa. We note that, per the UDSA, it has about twice the iodine as pasta and other grains have, but the amount is still relatively low and therefore it is safe to use in moderation, as with all grains.

**Breads, Bagels, English Muffins, etc.:**

The issue with bread, in addition to disallowed ingredients such as egg yolks, butter, and salt, is that some commercially baked breads use iodine/iodate-based dough conditioners (mainly potassium iodate and calcium iodate). We have found some diets permit English muffins and bagels if limited in quantity. ThyCa's philosophy is to avoid anything commercially baked containing salt, soy, milk products, etc.; therefore, we do not recommend English muffins or bagels. The safest option is to bake your own bread using our recipes (or ask a friend to bake for you). You may use unsalted matzah (matzo or matza), LID-safe crackers, or LID-safe tortillas as a substitute. Unsalted matzah crumbs are a nice breadcrumb substitute.

**Fresh meats:**

Diets vary, but in general limiting to 5-6 oz. per day is a good choice. Some diets suggest no turkey since it is often injected with broth and other ingredients. Avoid liver/organ meats. Pre-packaged ground meats are higher in iodine, so if you want ground meat, we suggest you buy whole cuts and ask the meat counter to grind the meat for you. Rinse whole cuts before using.

**Cured meats:**

Diets vary from institution to institution and our recommendation is to avoid all cured meats (cold cuts/deli meats, bacon, cured ham, sausage, salami, chipped beef, hotdogs, etc.), since recent testing by the USDA indicates that cured meats are high in iodine.

**Dairy:**

Avoid milk and all dairy products. While some diets permit a small amount (e.g., 1 Tablespoon per day), even that amount can have 36% of the targeted daily amount of iodine. Additionally, iodine content varies from cow to cow based on feed, supplements, etc.

# Low-Iodine Diet Quick Guide

## **Non-Dairy “Milks”:**

Today you can find “milk” products made from oats, almonds, cashews, coconut, rice, soy, etc. Avoid milks made from rice and soy for the reasons listed above. For products like oat milk, almond milk, cashew milk, etc. you must read the labels *very* carefully. In general we suggest avoiding these products since they often contain sea salt, carrageenan, and are sometimes fortified with non-LID-safe ingredients. We provide recipes to make your own LID-safe nut and oat milks in ThyCa’s LID Cookbook. If you do purchase and use one of these products, make sure it is LID-safe.

## **Coffee creamer:**

Some diets permit use of non-dairy creamers if they do not contain soy or carrageenan. Just as with the “milks,” there are a wide range of non-dairy coffee creamers available on the market today, but many (though not all) are made with iodine-containing ingredients. We suggest reading labels *very* carefully to avoid salt, soy, dairy-based products such as whey, carrageenan, and other iodine-rich ingredients. Melting a marshmallow, or using marshmallow fluff (check ingredients, as some contain carrageenan or fish gelatin), may be a good substitute to lighten and sweeten your coffee.

## **Soy:**

Soybeans and soy products should be avoided. The exceptions are soy oil and soy lecithin because they do not contain soy protein. Avoid tofu, texturized soy protein (TSP), soy milk, soy sauce, edamame, soy/veggie burgers, etc. The American Thyroid Association indicates that while soy is low in iodine, based on animal studies it can interfere with radioactive iodine uptake.

## **Canned goods:**

Years ago, cans were sanitized using iodine-based solutions. Most modern canning uses steam. Some diets suggest avoiding all canned goods, partly due to the old sanitizing process and partly due to the salt content. Today it is easier to find no-salt-added canned goods. We do use some canned products in our LID since the diet needs to be user-friendly and have some elements of convenience. To be extra-cautious, rinse your canned goods when practical.

## **Some Varieties of Beans:**

The NIH and other diets no longer limit beans. As of this publication, one major medical institution was still limiting beans and lentils. Beans are an essential form of nourishment, especially if you are vegetarian or vegan. We suggest using beans cooked yourself from the dry state, or purchasing unsalted canned beans. If you want to be extra cautious, focus on using black, garbanzo (chick peas) and white beans and limit your servings to typical serving sizes. Rinse canned beans before use.

## **Condiments:**

Generally condiments such as ketchup/catsup, mustard, etc. contain a lot of salt. Look for no-salt-added varieties. We have identified two diets that suggest avoiding ketchup and we believe this is presumably because of its typical salt content. ThyCa does provide a recipe to make your own ketchup and mustard, if desired.

## **Salt:**

This can be a confusing product to shop for while on the LID, so be *very* careful with labels. ThyCa’s LID does *not* allow sea salt or any iodized salt. Look for Kosher salt and plain table salt—be sure it indicates no added iodine, including any form of iodate or iodide. Also avoid pink Himalayan salt and other gourmet salts. As noted above, the label may say something like “this does *not* supply iodine, a necessary nutrient,” but be aware that some sea-salt labels have this same statement, and they are **not** LID-safe. Most diets indicate use of iodine-free salt is OK in any quantity, so long as it fits your overall health needs and is not sea salt. See examples of salt labels found in this document.

# Low-Iodine Diet Quick Guide

## **Fat/Oil/Margarine:**

All vegetable oils are safe, including soy oil. Butter is not permitted, as it contains dairy. Most margarine is not safe, since it often contains whey (dairy) and salt. However, there are some brands of margarine that are unsalted and dairy-free. This is a good option, and can be “doctored up” with some safe salt for additional flavor. Coconut oil is another solid fat that can be used similarly for baking, etc. Vegetable shortening is also available at most grocers and is even available in a butter flavor; this is an acceptable option to use.

## **Water:**

Most sources say that tap water is safe. Some municipalities are known to add iodine to water to kill bacteria; therefore, distilled water is the safest option there. If your water is softened using a salt-based process, you need to call the salt manufacturer and see if the salt is iodized or not. Reverse osmosis-purified water is safe. However, some of the popular brands of bottled water first use reverse osmosis (RO) and then add back salts and minerals for flavor—watch out for these products and avoid them. Most diets do not mention water.

## **Beverages:**

Avoid instant coffees and teas. Lemonade and fresh-brewed coffee and tea are all considered safe. Soda pop, including diet soda, is safe so long as it does not contain unsafe ingredients (e.g. red dye).

## **Prunes, strawberries, and cranberries:**

ThyCa often gets calls about these food items. Prunes and strawberries are low-iodine foods and safe on the LID. Cranberry juice is safe per the NIH database. We cannot find data on whole or dried cranberries and therefore suggest eating them in moderation.

## **Cruciferous vegetables:**

We do include these ingredients in our recipes. Nonetheless, we suggest eating them in moderation because, while low in iodine, they may have a slight impact on iodine absorption, which could affect your RAI.

## **Sulfured foods:**

We are often asked about this due to molasses. Sulfur itself is not an issue on the LID. Blackstrap molasses is not LID-safe because it is boiled down so much that the nutrients, including iodine, are concentrated. Blackstrap and regular molasses are both available sulfured and unsulfured. Sulfured molasses and unsulfured molasses are both LID-safe, so long as it is not *blackstrap* molasses.

## **Etc.:**

The iodine content of many foods is simply not known at this time. Governmental agencies around the world, including the USDA, maintain food-content databases—some of which measure iodine, others do not. As of this publication date, the Food and Agriculture Organization of the United Nations hosts a directory of the databases known to it at: <http://www.fao.org/infoods/infoods/tables-and-databases/en/> (also available in French and Spanish). The USDA’s database has iodine contents for some foods, but many simply have not been tested. We offer two principal suggestions when using these databases: (1) be sure to convert the raw numbers in the database to a standard serving size for the food in question, and (2) try to eat a variety of foods while on the LID, which helps to spread the risk related to variations in iodine content.

When in doubt, we recommend avoiding the food item. ThyCa is here to help: you can ask questions at [recipes@thyca.org](mailto:recipes@thyca.org).

# Low-Iodine Diet Quick Guide

## Pantry Items

So often we can be overwhelmed by what we *cannot* have on the LID. This section focuses on what you *can* have, helps you stock your pantry to get ready for the LID, and helps you learn how to read labels when shopping so that you buy LID-safe items.

### How to read salt labels to find LID-safe salt:

Salt without iodine is safe to use, so long as it is not sea salt. Here are some examples of what to look for, and what to avoid when shopping:

#### Safe salt options:

<b>Nutrition Facts</b>	
Serving Size 1/4 tsp (1.5g)	
Servings Per Container 491	
Amount Per Serving	
<b>Calories 0</b>	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 590mg	<b>25%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 0g	
*Percent Daily Values are based on a 2,000 calorie diet.	
<b>INGREDIENTS: SALT, CALCIUM SILICATE (AN ANTICAKING AGENT)</b>	

#### Salts to avoid:

<b>Nutrition Facts</b>	
Serving Size 1/4 tsp (1.5g)	
Servings Per Container 491	
Amount Per Serving	
<b>Calories 0</b>	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 590mg	<b>25%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 0g	
<b>Iodine</b>	<b>45%</b>
Not a significant source of calories from fat, saturated fat, <i>trans</i> fat, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	
<b>INGREDIENTS: SALT, CALCIUM SILICATE (AN ANTICAKING AGENT), DEXTROSE, POTASSIUM IODIDE</b>	

<b>Nutrition Facts</b>	
Serving Size 1/4 tsp (1.2g)	
Servings Per Container 1133	
Amount per serving	
<b>Calories 0</b>	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 0g	
*Percent Daily Values are based on a 2,000 calorie diet.	
<b>INGREDIENTS: SALT, YELLOW PRUSSATE OF SODA (ANTICAKING AGENT).</b>	

<b>Nutrition Facts</b>	
Serving Size 1/4 tsp (1.4g)	
Servings Per Container 357	
Amount per serving	
<b>Calories 0</b>	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 560mg	<b>23%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 0g	
*Percent Daily Values are based on a 2,000 calorie diet.	
<b>INGREDIENTS: SEA SALT, YELLOW PRUSSATE OF SODA (ANTICAKING AGENT).</b>	

# Low-Iodine Diet Quick Guide

## General Tips for Reading Food Labels:

This label is an example of a carton of diced tomatoes that are safe to use on the LID.

<b>Nutrition Facts</b>	
about 12 servings per container	
<b>Serving size</b>	<b>1/4 cup (61g)</b>
Amount Per Serving	
<b>Calories</b>	<b>20</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> < 1g	<b>2%</b>

**Ingredients: tomatoes**

Start by looking at the ingredients. You will see nothing other than tomatoes. There is no added salt. Next, you will note that there *is* sodium in this product. Sodium and salt are not the same exact thing, although salt does introduce a large amount of sodium into the diet since chemically it is “sodium chloride.” Looking at sodium content alone in the “Nutrition Facts” chart is not going to help you with the LID. Instead, look at the listed ingredients. If the ingredients contain salt or sea salt, pick a different product.

Here are two different ingredient lists for ketchup. One is LID-safe, the other is not:

*Suggested Ketchup:* Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Less than 2% of: Sugar, Onion Powder, Garlic Powder, Natural Flavors

*Ketchup to avoid:* Tomato concentrate, distilled vinegar, high fructose corn syrup, corn syrup, **salt**, spice, onion powder, natural flavoring

Finally, here are two labels for non-dairy coffee creamer products. One is LID-safe and one is not.

<b>Nutrition Facts</b>	
32 servings per container	
<b>Serving size</b>	<b>1 Tbsp (15mL)</b>
Amount per serving	
<b>Calories</b>	<b>15</b>
% Daily Value	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 1g	<b>5%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	

Not a significant source of trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

INGREDIENTS: ORGANIC COCONUTMILK (FILTERED WATER, ORGANIC COCONUT CREAM), POTASSIUM CITRATE, SODIUM CITRATE, GELLAN GUM.

This coconut milk-based creamer is LID-safe. It has no high-iodine ingredients and no salt of any kind.

<b>Nutrition Facts</b>	
32 servings per container	
<b>Serving size</b>	<b>1 Tbsp (15mL)</b>
Amount per serving	
<b>Calories</b>	<b>20</b>
% Daily Value	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> <1g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	

Not a significant source of trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

INGREDIENTS: OATMILK (FILTERED WATER, WHOLE OAT FLOUR), SUNFLOWER OIL, PEA PROTEIN, POTASSIUM CITRATE, SODIUM BICARBONATE, SEA SALT, NATURAL FLAVOR, GELLAN GUM

This oat milk-based creamer is not LID-safe. Oat milk itself is fine, but, like many non-dairy milk and creamer products, this one contains sea salt. This is why you have to read labels carefully!

# Low-Iodine Diet Quick Guide

## Going shopping:

You *may* be going hypothyroid for your scan and/or treatment with radioactive iodine. If so, you will give up your thyroid hormone medicine and you may feel miserably hypothyroid. (Hopefully you are avoiding this and using Thyrogen® to increase your TSH.) Nonetheless, it is best to shop for the shelf-stable items on this shopping list while you are still feeling well, or ask a friend to help. Since you might be prepping for RAI radioactive-iodine treatment post-surgery, you may want a friend to help carry groceries for you. With all items on this list, check the labels carefully so you avoid salt, all forms of dairy, sea-based products, and soy products that can be lurking in the ingredient list. We are listing foods here that are generally safe for the LID.

*Helpful tips:* Ingredient lists can change—always read the label to be extra sure!! Shopping in the Kosher section of your grocery store can be helpful while on this diet.

**Shop-ahead list**—buy your fruits, vegetables, meats and eggs (for the whites or buy a carton of liquid egg whites) when needed, but the list here are items you can purchase well in advance:

- Pasta: treat yourself to a variety of shapes and sizes. Be wary of noodles; they often contain eggs.
- Wheat flour: avoid self-rising flour; regular flour is generally safe
- Corn meal
- Tortillas, tortilla chips and/or tortilla crumbs with LID-safe ingredients
- Matzo and matzo crackers (salt-, egg-, and dairy-free)
- Canned coconut milk
- Salt-free, dairy-free margarine (sometimes this is difficult to find, but it is available)
- Solid vegetable shortening, regular and/or butter flavor; use as spreads or for baking/cooking
- Baking potatoes, boiling potatoes, sweet potatoes (the skins have iodine; the inside is LID-safe)
- Dried beans
- Puffed wheat cereal (ingredient: wheat) from the health food store or health food aisle
- Unsalted nuts (pecans, almonds, walnuts, peanuts, etc.)—look in the baking aisle
- Vanilla extract, baking powder, baking soda, other LID-safe baking essentials, etc.
- Non-iodized or Kosher salt (not sea salt)
- Hot wheat (not instant) farina cereal: look for brands that do not contain salt
- Oatmeal (not the flavored packets): old-fashioned oats, quick oats or steel-cut oats
- Salt-free natural peanut butter (or almond/cashew butter)
- Jellies and jams (no food coloring and no salt)
- Olive and canola/vegetable oil
- Fresh garlic and onions, or garlic/onion powder
- Apple cider vinegar
- Cocoa powder (salt-free, dairy-free)
- Salt-free, dairy-free dark chocolate chips or bars
- Plain unsalted popcorn
- Frozen veggies and fruit
- Dried fruit: cherries, blueberries, raisins, etc. (watch for food coloring and salt)
- White sugar
- Pure maple syrup/corn syrup/agave syrup (light and amber-colored—whichever you prefer)
- Honey (plain and whipped)
- Marshmallows (read ingredients—no salt, carrageenan, or fish gelatin): for some they work well as coffee creamer (melt one into your cup) and/or marshmallow “fluff”
- Coffee and tea (not instant varieties): brew your coffee, use tea bags for tea
- Soda (soda-pop) in various varieties—diet is OK; avoid red food dyes and salt
- Distilled water (if necessary)

# Low-Iodine Diet Quick Guide

## A Week's Worth of Easy Menus

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Sunday</b>	Egg white veggie scramble	Pasta with LID-safe pesto and frozen/canned no-salt peas	Roasted chicken, baked potato (no skin), side salad
<b>Monday</b>	Oatmeal with maple syrup, unsalted nuts, and dried fruit	Leftover roasted chicken with avocado on matzo with side salad	Pasta with white beans and LID-safe pesto topped with crushed walnuts
<b>Tuesday</b>	Farina/hot wheat cereal with sliced banana, salt-free nut butter, and honey	LID-safe peanut butter and sliced banana on matzo	Pork chop, baked sweet potato (try the microwave—easy), and string beans
<b>Wednesday</b>	LID-safe corn muffins with egg white scramble	Leftover pork chop and string beans on a big salad with avocado and LID-safe dressing	Baked chicken legs, basmati rice, and steamed carrots
<b>Thursday</b>	Potato, egg white, and ground beef scramble	Leftover chicken leg meat on a big salad with LID-safe dressing	Roast beef, dairy-free mashed potatoes, and mixed vegetables
<b>Friday</b>	Oatmeal topped with unsalted walnuts, LID-safe dark chocolate chips, and LID-safe jelly	Leftover roast beef on matzo or LID-safe bread, mashed avocado, lettuce and tomato “sandwich”	Black beans with basmati rice and salt-free diced tomatoes
<b>Saturday</b>	LID-safe pancakes with maple syrup	Pasta tossed with fresh vegetables, olive oil, and garlic	Small steak, baked potato (no skin), and summer squash

### Snacks:

- Fresh fruit: apples, grapes, bananas, melon, peaches, etc.—keep these on hand and ready to eat
- Salt-free applesauce
- Raisins and other dried fruits
- Refrigerator oats (refer to recipe in cookbook) enjoyed cold or warmed when eaten.
- LID-safe muffins (swap shortening for butter, egg white for egg, use non-iodized/non-sea salt, etc.)
- No-salt tortilla chips with avocado or homemade LID-safe guacamole
- Homemade LID-safe hummus
- Raw carrot and celery sticks
- Unsalted peanut butter (great with apple slices, carrot sticks, etc.)
- Unsalted matzo crackers (found in the Kosher section)
- Homemade popcorn (air pop or use oil and non-iodized/non-sea salt)
- Unsalted nuts: pecans, walnuts, almonds, etc., found in the baking aisle, or dry-roasted unsalted peanuts found in the snack food aisle
- Matzo or homemade bread/muffins with honey or LID-safe jelly/jam
- Frozen bananas blended with cocoa powder for an ice cream like treat
- Trail mix made from raisins, salt-free pretzels, unsalted nuts, and LID-safe dark chocolate chips
- Sodas, including colas, and lemon-lime clear soda pop, ginger ales, etc. (read labels, as caramel- or cherry-colored sodas may have Red Dye #3, erythrosine, or E127)
- Sorbet (check label to be sure no salt, dairy, carrageenan, or Red Dye #3/erythrosine/E127)

# Low-Iodine Diet Quick Guide

## Miscellaneous Topics

### Vitamins/Minerals and Supplements:

Please always check with your doctor about stopping any necessary supplements they have prescribed.

Many multi-vitamins contain iodine in their formulation. Please avoid these. Some supplements use artificial coloring such as Red Dye #3, erythrosine, or E127 in the EU/UK and also need to be avoided.

The most common mineral we hear about is calcium. Some calcium formulations are made from ground-up oyster shells, which are rich in iodine. This type of formulation should be avoided. Check with your doctor about whether or not it is safe to stop calcium supplementation during the LID. If you must continue with calcium, talk to your pharmacist about safe formulations (one option to ask about is calcium citrate).

Many people take a variety of supplements for different reasons. Please do your research to determine if what you might be using is iodine-rich. If so, please avoid during the LID.

### Other Ways Iodine Enters Our Bodies:

- *CT Contrast:* radiographic dye, or an intravenous radiocontrast agent, contains iodine. This helps to visualize structures and organs within the body. If you have had a recent CT scan, with contrast, it is important for you to call the radiography department to determine if the dye used contained iodine. If so, please contact your physician. Iodine from this type of contrast can take a very long time to leave our bodies, and therefore, may have an impact on the timing of your treatment. (If you are unsure if you had any such tests in the past several months, have your doctor review your files.)

If you have a CT scan coming up, and it is before your LID, please contact your physician to see if it is acceptable for you to avoid the contrast, or possibly reschedule the appointment.

- *Topical antiseptics:* Iodine is used as a topical antiseptic, such as that commonly swabbed on the skin before surgery (including thyroid surgery). If you are having surgery prior to your radioactive-iodine treatment, ask your surgeon to use an alternative cleanser. Avoid Betadine<sup>®</sup> soaps and shampoos and other products containing povidone-iodine, polyvidone iodine, or iodopovidone.
- *Skin care & toiletry items:* We put many things on our bodies, and in our mouths, for skin care and grooming. Items such as toothpaste, soap, deodorant, shampoo, conditioner, skin creams, etc. may be rich in iodine. Check toiletry labels for Red Dye #3 (erythrosine or E127). Also look for seaweed and other sea-derived ingredients in your toiletries. Look for words such as marine algae, Dead Sea minerals, fish roe enzymes and extracts, seawater, and pearl extracts.
- *Food dye:* Check everything for Red Dye #3 (erythrosine or E127). A good rule of thumb is that if you are unsure, and the item is artificially colored, avoid it. Remember that red dye is used in formulations to make other colors such as pink, orange, brown, purple, etc.
- *Drugs, including OTC medication:* Food dye is also used in pills and other medications such as cough syrups. Check with your doctor or pharmacist if you are unsure whether any of your current medications contain Red Dye #3, erythrosine, or E127. Always check with your physician before suspending or switching any medication while on the LID.

# Handy One-Page LID Summary

For the detailed **Free Low-Iodine Cookbook** with hundreds of delicious recipes, visit [www.thyca.org](http://www.thyca.org).

## Key Points

- This is a Low-Iodine Diet (“LID”), *not* a “No-Iodine Diet” or an “Iodine-Free Diet.” The American Thyroid Association suggests a goal of 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 and 1-3 days after the scan or treatment.
- Avoid foods and beverages that are high in iodine (>20 mcg/serving). Eat any foods and beverages low in iodine (< 5 mcg/serving). Limit the quantity of foods moderate in iodine (5-20 mcg/serving).

Foods to AVOID	Foods to ENJOY
<ul style="list-style-type: none"> <li>• Iodized salt, sea salt, <i>and any foods containing iodized salt or sea salt</i></li> <li>• Seafood and sea products (fish, shellfish, seaweed, seaweed tablets, calcium carbonate from oyster shells, carrageenan, agar-agar, alginate, arame, dulse, furikake, hiziki, kelp, kombu, nori, wakame, and other sea-based foods or ingredients)</li> <li>• Dairy products of any kind (milk, cheese, yogurt, butter, ice cream, lactose, whey, casein, etc.)</li> <li>• Egg yolks, whole eggs, or foods containing them</li> <li>• Bread and bakery products containing iodine/iodate dough conditioners or high-iodine ingredients such as dairy, eggs, salt</li> <li>• Red Dye #3 (erythrosine or E127 in the EU/UK)</li> <li>• Maraschino cherries (due to the red dye)</li> <li>• Fruit cocktail (due to the Maraschino cherries)</li> <li>• Chocolate that contains dairy</li> <li>• Blackstrap molasses (other types are OK)</li> <li>• Soybeans and soybean products such as tofu, TSP/TVP, soy milk, soy sauce, soy flour; <i>except</i> soy oil and soy lecithin, which are OK.</li> <li>• Rhubarb</li> <li>• Potato skins</li> <li>• Vitamins and food supplements that contain iodine               <ul style="list-style-type: none"> <li>➤ If you are taking medication or supplements containing iodine, check with your doctor.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Fruit, fresh, frozen, or jarred, salt-free and without red food dye; canned in limited quantities; fruit juices</li> <li>• Vegetables: ideally raw or frozen without salt, except soybeans</li> <li>• Beans: unsalted canned, or cooked from the dry state</li> <li>• Unsalted nuts and unsalted nut butters</li> <li>• Egg whites</li> <li>• Fresh meats (uncured; no added salt or brine solutions) up to 6 ounces a day</li> <li>• The insides of white and sweet potatoes (no skins)</li> <li>• Low-iodine homemade (and some commercial) baked goods</li> <li>• Grain and cereal products up to 4 servings per day, provided they have no high-iodine ingredients</li> <li>• LID-safe pasta (remember to avoid egg noodles)</li> <li>• Sugar, jelly, jam, honey, maple syrup, molasses (not blackstrap), agave nectar—avoid red food dyes</li> <li>• Black pepper, fresh or dried herbs and spices</li> <li>• Vinegars free of salt and red dye</li> <li>• Lemon, lime, and other citrus (for their juice &amp; zest)</li> <li>• All vegetable oils, including soy oil</li> <li>• Vegetable shortening (i.e., the white solid variety)</li> <li>• Sodas (except with Red Dye #3, erythrosine, or E127), cola, diet cola, non-instant coffee &amp; tea, beer, alcoholic beverages (except cooking wine), lemonade</li> <li>• Cocoa powder and some non-dairy dark chocolates</li> </ul>

**\*\*Remember to check the ingredient list on all packaged foods\*\***

Easy Snacks for Home, Work, or Travel		Easy Quick Meals	
<ul style="list-style-type: none"> <li>• Fresh fruit or fruit juice</li> <li>• Raisins and other dried fruits</li> <li>• Unsalted nuts and nut butters</li> <li>• Homemade low-iodine bread or muffins</li> <li>• No-salt tortilla chips</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh raw vegetables</li> <li>• Salt-free applesauce</li> <li>• Popcorn with non-iodized/non-sea salt</li> <li>• Unsalted matzo and other unsalted crackers</li> <li>• LID-safe soda pop or lemonade</li> </ul>	<ul style="list-style-type: none"> <li>• Freshly cooked oatmeal with toppings (cinnamon, honey, salt-free applesauce, maple syrup, unsalted nuts, fruit)</li> <li>• Fresh meat with vegetables, fresh fruit, and baked white or sweet potato (no skin)</li> </ul>	<ul style="list-style-type: none"> <li>• Salad topped with grilled chicken, beef or pork, oil &amp; vinegar dressing.</li> <li>• “PB&amp;J” with LID-safe peanut butter, jelly, and salt-free matzo or fresh baked LID-safe bread</li> <li>• Baked apples for dessert (can be microwaved)</li> </ul>

***Our thanks to ThyCa’s medical advisors and conference speakers for the information and input.***

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

## Abbreviations Used in Recipes & Measurements/Conversions

~	– approximately	lg	– large
°	– degrees	med	– medium
c	– cup	ml	– milliliter
C	– Celsius or centigrade	opt	– optional
ctn	– carton or container	oz	– ounce
doz	– dozen	p.	– page
env	– envelope	pkg	– package
ex	– extra	pt	– pint
F	– Fahrenheit	qt	– quart
gal	– gallon	reg	– regular
gm	– gram	sm	– small
kg	– kilogram	sub	– substitute
l	– liter/litre	Tbsp	– tablespoon (note uppercase T)
lb	– pound	tsp	– teaspoon (note lowercase t)

### Measurement Conversions

We recognize that our cookbook users are a global audience. Please use the conversions below to help convert from Metric to English units, and vice versa.

$\frac{1}{5}$ tsp	=	1 ml/gm			
$\frac{1}{4}$ tsp	=	1.25 ml/gm			
$\frac{1}{2}$ tsp	=	2.5 ml/gm			
1 tsp	=	5 ml/gm			
3 tsp	=	1 Tbsp = $\frac{1}{2}$ oz	=	15 ml or gm	
2 Tbsp	=	$\frac{1}{8}$ c = 1 oz	=	28 ml or gm	
3.4 Tbsp	=	$\frac{1}{5}$ c = ~1.6 oz	=	50 ml or gm	
4 Tbsp	=	$\frac{1}{4}$ c = 2 oz	=	59 ml or gm	
$5\frac{1}{3}$ Tbsp	=	$\frac{1}{3}$ c = ~3 oz	=	80 ml or gm	
		3.4 oz	=	100 ml or gm	
8 Tbsp	=	$\frac{1}{2}$ c = 4 oz	=	118 ml or gm	= $\frac{1}{4}$ lb
10 Tbsp	=	$\sim\frac{2}{3}$ c = 5 oz	=	148 ml or gm	
12 Tbsp	=	$\frac{3}{4}$ c = 6 oz	=	177 ml or gm	
16 Tbsp	=	1 c = 8 oz	=	237 ml or gm	= $\frac{1}{2}$ lb
1 pt	=	2 c = 16 oz	=	473 ml or gm	= 1 pt = 1 lb
		16.9 oz	=	500 ml or gm	= $\frac{1}{2}$ l
1 qt	=	4 c = 32 oz	=	946 ml or gm	= 2 pt = 2.0 lb
~1 qt	=	4.2 c = 33.8 oz	=	1000 ml/1 kg	= 1 l = 2.2 lb
4 qt	=	16 c = 128 oz	=	3800 ml/3.8 kg	= 3.8 l = 1 gal
32° F	=	0° C	=	freezing point	
68° F	=	20° C	=	room temperature	
212° F	=	100° C	=	boiling point	
300° F	=	149° C	& most recipe conversions advise using	150° C	
325° F	=	163° C	& most recipe conversions advise using	160° C	
350° F	=	177° C	& most recipe conversions advise using	180° C	
375° F	=	191° C	& most recipe conversions advise using	190° C	
400° F	=	204° C	& most recipe conversions advise using	200° C	
425° F	=	218° C	& most recipe conversions advise using	220° C	
450° F	=	232° C	& most recipe conversions advise using	230° C	

## Salads

### Salads

#### Apple Cashew Salad

- 2 heads red leaf lettuce
- 3 med red delicious apples
- 1 c chopped (unsalted) cashews
- opt raisins
- 1 c oil
- ½ c sugar
- ⅓ c red wine vinegar
- 1 Tbsp salt-free LID-safe mustard (or sub 2 tsp dry mustard with 1 Tbsp water)
- 1 Tbsp grated onion
- 2 tsp poppy seed

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. (If NOT on the Low-Iodine Diet, add shredded Swiss cheese to this recipe.) Serves 6-8.

*Contributed by Shannon R.*

#### Apple Waldorf-Style Salad

- lettuce of your choice
- ½ med celery stalk, sliced
- 1 lg apple, cored and chopped
- ¼ c raisins
- ⅓ c walnuts
- Blender Mayonnaise (from this cookbook)

Tear lettuce into individual salad bowl or plate. Sprinkle with celery, apple, raisins, and walnuts. Top with Blender Mayonnaise from this cookbook, or substitute with mashed avocado.

*Contributed by Sharon M.*

#### Black Bean Salad

- 3 c black beans, cooked & drained
- 2 c frozen corn, cooked & drained
- 2 sweet red or orange bell peppers, cut into pieces
- 2 med tomatoes, seeded & diced (opt)
- ½ c cilantro, chopped
- ½ c red onion, minced
- ½ c parsley, chopped
- 1 tsp chili peppers, crushed (opt)
- 3 cloves garlic, crushed
- ½ c lime juice

- ½ c canola oil
- 2 tsp cumin
- 1 tsp non-iodized/non-sea salt

Mix garlic, lime juice, oil, cumin and salt. Pour over first 8 ingredients and stir.

*Contributed by Trisha L. and Jill Ann R.*

#### Charlie’s Chicken Salad

- 3 or 4 5- to 6-oz boneless, skinless chicken breasts
- ¾ c chopped celery
- 1½ c seedless red grapes, halved
- ½ c unsalted, raw pine nuts
- ¾ c Blender Mayonnaise (from this cookbook)
- salt-free seasoning blend, to taste
- non-iodized/non-sea salt, to taste

Poach the chicken breasts in salted water using non-iodized/non-sea salt. Once chicken breasts have cooled, shred chicken into small pieces. Season chicken with a salt-free seasoning blend (whichever you prefer) and salt to taste. Coat chicken with Blender Mayonnaise. Combine with celery, grapes, and pine nuts. Refrigerate until cool for best results. Eat “as is,” on matzo crackers, or on LID-safe noodles. Makes 4-6 servings.

*Contributed by Jill W.*

#### Chicken Rice Salad

- 2 5-oz chicken breast filets, cooked and diced
- 1½ c cooked Basmati rice
- 2 med celery stalks, diced
- ½ c chopped pecans or walnuts
- ½ c dried cranberries
- 2 tsp balsamic vinegar
- enough French vinaigrette to coat completely (see recipe for French vinaigrette from this cookbook)

Toss all ingredients together and serve on a bed of lettuce with salt-free crackers. Serves 2.

*Contributed by Joanne M.*

## Salads

### Cole Slaw

- 1 med head cabbage, shredded
- 1 lg carrot, shredded
- ½ c vegetable oil
- ¼ c white vinegar
- ½ tsp pepper
- ½ tsp non-iodized/non-sea salt
- ½ tsp celery seed
- 2 Tbsp sugar

Mix last six ingredients to make the dressing and pour over the vegetables. Mix and refrigerate several hours before serving.

*Contributed by Dana P.*

### Coleslaw, Tangy

- ½ head cabbage, shredded
- 2 lg carrots, shredded
- ½ c green pepper, finely chopped
- 2 Tbsp onion, finely chopped
- ¼ c sugar
- 3 Tbsp vinegar
- 2 Tbsp vegetable oil
- 1 tsp celery seeds
- ½ tsp non-iodized/non sea salt

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

*Contributed by a friend of ThyCa*

### Corn Salad, Fresh

- 6 cobs fresh corn
- 2 cloves garlic, finely chopped
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 1 lb grape tomatoes, sliced in half
- 2 med green onions, finely sliced
- arugula or your favorite lettuce

Slice the corn kernels off the cobs. 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.

(Note: Cobs can be used to make stock.)

Makes 6 servings.

*Contributed by Lily W.*

### Corn Salad, Shoepeg

- 16 oz frozen white corn, thawed
- 1 whole roasted red pepper (see note)
- ½ c green pepper, diced
- 1 c onion, diced
- 2 med celery stalks, diced
- ½ c sugar
- ½ c vegetable oil
- ½ c white vinegar
- 1 tsp non-iodized/non sea salt
- ½ tsp 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 a pepper, place over flame (gas stove or outdoor grill). Char the skin, turning often, until the entire pepper is blistered and charred. Rinse under running water, scraping away the charred skin.

*Contributed by Karen F.*

### Egg Salad

- 12 lg hard-boiled eggs, whites only
- ¼ to ½ c Blender Mayonnaise (from this cookbook)
- 1 med celery stalk, minced
- 1 sm shallot, minced
- 2 Tbsp peeled, seeded cucumber, minced
- ½ tsp prepared salt-free mustard
- ¼ tsp turmeric
- ½ tsp dried dill weed (opt)
- non-iodized/non sea salt and pepper to taste

Hard-boil your eggs, peel, and remove yolks.

Using an egg slicer, slice the egg whites and place in a bowl. Mix in all other ingredients. Eat with matzo or LID-safe crackers.

*Contributed by a friend of ThyCa*

## Salads

**Dress your favorite salad with tangerine or Clementine juice.**

*Contributed by Lily W.*

**Add grilled chicken to a simple tossed salad for a quick meal.**

*Contributed by ThyCa*

### Egg Salad with Avocado

- 12 lg hard-boiled eggs, whites only
- 1 med avocado, peeled
- 2 to 3 med celery stalks, cut up
- fresh onion to taste
- non-iodized/non sea salt and pepper to taste

Place all ingredients in a food processor. Grind to the desired consistency. It will be green, but the avocado gives it such a creamy flavor you won't miss the yolks and mayo.

*Contributed by "A long-term survivor grateful for ThyCa"*

### Green Salad with Strawberry Dressing

- 1½ c sliced strawberries, divided
- 4 c mixed greens
- ¼ c sliced almonds, lightly toasted
- ¼ c olive oil
- 1½ Tbsp balsamic vinegar
- ½ Tbsp sugar
- non-iodized/non sea salt and pepper to taste

Mash enough berries to measure ⅛ 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 mixed greens and remaining strawberries. Salad dressing does not keep well—use right away.

*Contributed by Tracy T.*

### Greens with Vinaigrette

- 6 c romaine lettuce, torn
- 1 c radishes, sliced
- 1 med cucumber, chopped (opt)
- 1 med tomato, diced (opt)
- ⅓ c olive oil

- ¼ c honey
- 2 tsp white wine vinegar
- 1½ tsp lemon juice
- ½ tsp dry mustard
- 1 tsp poppy seeds
- 2 cloves garlic, minced
- 1 drop hot pepper sauce, salt-free
- 1 pinch sugar
- non-iodized/non sea salt and pepper to taste

In a large bowl, combine the romaine and radishes plus tomatoes and cucumbers if using. 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 & Jill Ann R.*

### Gulerodsalat (Carrot Salad)

- 2 lg carrots, grated
- 1 med apple, grated
- 1 sm handful of raisins
- ½ lg lemon, juiced

Stir all together well and serve. Can be made a day ahead and kept in the fridge.

*Contributed by Line*

### Onion Salad, Brazilian Style

- 2 lg white onions, sliced thin
- 1 to 2 med green onions, chopped
- 10 cherry tomatoes, quartered
- 1 med red bell pepper, diced
- 30 ml olive oil
- 15 ml red wine vinegar
- 3 gm non-iodized/non sea salt
- 2 gm coarse black pepper

Slice the onions into thin rings, and separate them. Place them in a large bowl and cover with ice cubes and cold water. Refrigerate like this for two hours. Drain the onions and rinse them under cold water. Add the prepared vegetables, dress with oil and vinegar. Add the salt and pepper, adjust to your liking. Let the dish stand for 30 minutes. Enjoy with prepared Basmati rice and your favorite grilled meat.

*Contributed by a friend of ThyCa*

## Salads

### Orzo Cranberry Salad

- 8 oz orzo pasta, cooked to package directions and drained
- ½ bag dried cranberries, soaked in warm water until soft
- 1 med onion, diced
- 1 med red bell pepper, diced
- ½ c pine (pignolia) nuts
- ½ c sugar
- ½ c vinegar
- ¼ c olive oil
- 1 dash pepper
- 1 tsp non-iodized/non sea salt

Mix all ingredients together and serve warm or at room temperature.

*Contributed by a friend of ThyCa*

### Pasta & Pea Salad

- ½ lb small tubular pasta (e.g., ditali or mini penne)
- 1 c frozen peas, thawed
- ½ c chicken broth, LID-safe (sub vegetable stock or water)
- 4 Tbsp red wine vinegar
- ½ tsp dry mustard
- 2 tsp fresh marjoram, minced (sub oregano)
- non-iodized/non sea 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. Tip: This can easily be made vegetarian by using vegetable stock or water instead of chicken broth.

*Contributed by Leah G.*

### Pasta Salad Primavera

- 6 oz pasta
- 1 pkg frozen pea pods, thawed
- 1 c garbanzo beans (cooked from dried, or canned without salt)
- ½ c frozen corn, thawed
- 1 clove garlic, minced

- 3 Tbsp onion, minced
- ¼ c vegetable oil
- ¼ c white vinegar
- 1 tsp sugar
- 1 tsp dried oregano
- 1 tsp non-iodized/non sea salt
- ¼ tsp black pepper

Cook, drain, and rinse pasta per package instructions. Combine pasta, pea pods, beans, and corn (or substitute any vegetable you may have on hand). 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: If you are using fresh vegetables, it is a good idea to blanch them first.

*Contributed by Karen F.*

### Pasta Salad with Lemon Dressing

- 1 lb pasta such as orzo
- 1 pt cherry tomatoes, halved or quartered if large
- ½ med cucumber, diced small
- ½ c pine nuts, toasted
- ¼ c extra virgin olive oil
- 3 Tbsp fresh basil, chopped finely
- 2 Tbsp fresh Italian parsley, chopped finely
- 2 med scallions, chopped finely (white and light green parts only)
- 2 Tbsp lemon zest, finely grated (about 3 med lemons)
- 3 Tbsp lemon juice, freshly squeezed (more if needed)
- non-iodized/non-sea salt, to taste
- freshly ground black pepper, to taste

Bring a large saucepan of salted water to a boil and cook pasta, about 8 minutes. Drain and rinse the pasta under cold water until cool. Drain pasta well and transfer to a large bowl. Add remaining ingredients and toss to combine.

Serve chilled or at room temperature.

*Contributed by C.S.*

**Try various vinegars to jazz things up: Balsamic, white balsamic, apple cider, red wine, plain white, etc.**

## Salads

### Pasta Salad, Tomato Basil

- 3 lg tomatoes, coarsely chopped
- 1/3 c red onion, chopped
- 1/4 c extra-virgin olive oil
- 2 Tbsp red wine vinegar
- 1 tsp minced garlic
- 1/2 tsp non-iodized/non sea salt
- 1/2 tsp black pepper
- 1/4 tsp oregano
- 12 oz rotini pasta
- 1 c fresh basil, julienned

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. Cook pasta as package directs. Drain and add to bowl with tomatoes; lightly toss. Let come to room temperature. Add basil; toss. Serve immediately or refrigerate.

*Contributed by Laura C.*

### Potato Salad, Bavarian Style

- 4 c potatoes, peeled & sliced
- 2 c chicken broth, homemade
- 1/2 tsp non-iodized/non-sea salt
- 1/4 c vegetable oil
- 1/3 c onion, copped
- 1/2 tsp sugar
- 2 Tbsp 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. Suggested variations: Try walnut or grapeseed oil for the vegetable oil, Vidalia or green onion for the yellow onion, and balsamic vinegar for the lemon juice.

*Contributed by a friend of ThyCa*

### Potato Salad, Spanish Style

- 1 lb new potatoes
- 4 Tbsp olive oil
- 1 Tbsp wine vinegar
- 2 cloves garlic, crushed

- 1 sm red pepper, chopped
- 1 Tbsp chives, chopped

Peel 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 Tbsp cider vinegar
- 2 Tbsp vegetable oil
- 1/4 tsp non-iodized/non sea salt
- 1/4 tsp sugar
- 1 c apple, raw, unpeeled, diced
- 1/4 c sweet onions, chopped
- 1/4 c raisins
- 2 c fresh spinach, torn
- 2 c 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*

### Spinach Salad

- 1/2 to 1 lb spinach, washed
- 1 can mandarin oranges, 11 oz
- 1/4 c olive oil
- 4 Tbsp sugar, divided
- 2 Tbsp white vinegar
- 1 pinch dried parsley
- non-iodized/non sea salt and pepper to taste
- 1/4 c slivered almonds

Combine oil, 2 Tablespoons sugar, vinegar, salt, pepper and parsley. 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.*

## Salads

### Spinach Salad, Warm

- 1 to 2 Tbsp oil
- ½ c sliced mushrooms (adjust to taste)
- 3 Tbsp fresh, chopped green onion (can sub any onion)
- ¼ c white vinegar
- 4 tsp sugar
- ¼ tsp non-iodized/non sea salt
- ¼ tsp pepper
- 10 oz washed, fresh spinach
- opt cooked chicken breast

Add oil to a 12- to 14-inch frying pan. When oil is warm, add mushrooms and onions. Sauté for 1-2 minutes (they 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).

Optional: Serve topped with sliced, cooked chicken breast.

*Contributed by Jennifer P.*

### Tabouli (Tabbouleh, Wheat Salad)

- 1½ c cracked wheat or bulgur wheat
- 1½ c boiling water
- 1 med cucumber, seeded
- 3 lg tomatoes
- 1 bunch parsley (you can use less)  
fresh or dried mint to taste
- ½ c vegetable oil
- ½ c lemon juice
- 1 tsp non-iodized/non sea salt

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. Combine last three ingredients to make dressing. Pour over wheat and veggie mixture. Chill. Enjoy plain or with LID-safe pita, bread, or tortillas. Note: cracked

or bulgur wheat is often found in the salad topping section or the hot cereal section of the grocery store.

*Contributed by Darlene H.*

### 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°F. Pour a package of unsalted 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.*

### Toasted Croutons

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

*Contributed by Tracy T.*

**To save time, buy pre-mixed and pre-washed bags or containers of salad greens. Pick up a container of cherry tomatoes while shopping. Bring them home, dump everything in a bowl, and you have a quick salad. Just add LID-safe dressing or use oil and vinegar.**

*Contributed by a friend of ThyCa*

## Dressings & Marinades

### Dressings & Marinades

#### Dressing, Asian Salad

- 1 Tbsp unsalted peanut butter
- 1 Tbsp toasted sesame seed oil (or garlic-flavored olive oil)  
hot chili oil, to taste
- 4 Tbsp rice vinegar, unseasoned  
non-iodized/non-sea salt, to taste

Mix peanut butter with the oils. Slowly add the rice vinegar and blend. Add salt to taste. Toss with shredded cabbage, carrot, etc., for Asian slaw or with romaine, tomato, onion, etc., for green salad.

*Contributed by Jo W.*

#### Dressing, Balsamic Vinaigrette

- 1 oz honey
- 1 oz Dijon mustard
- 6 oz balsamic vinegar
- 6 to 8 oz extra virgin olive oil
- ½ to 1 tsp non-iodized/non-sea salt  
freshly ground pepper

Put it in a leak-proof container and shake until it emulsifies. Use as salad dressing, meat marinade, on pasta salad and whatever else needs a flavor boost.

*Contributed by Jill B.*

#### Dressing, French Vinaigrette

- ¼ c white wine vinegar
- 1 tsp sugar
- ½ tsp non-iodized/non-sea salt
- ½ tsp dried basil
- ¼ tsp dry mustard
- ¼ tsp ground black pepper
- ⅓ c olive oil

In small bowl, whisk together all ingredients except olive oil. Whisking vigorously, add oil in a slow, steady stream until well blended.

*Contributed by Monique C.*

#### Dressing, Italian Mix

- 1 Tbsp onion powder
- 1 Tbsp sugar
- 2 Tbsp dried oregano
- ¼ tsp dried thyme

- 1 tsp dried basil
- 1 Tbsp dried parsley flakes
- 1 tsp non-iodized/non-sea salt  
dash garlic powder

Combine all dry ingredients and keep on hand. To make fresh salad dressing, mix 2 Tbsp of dry mix with:

- ¼ c vinegar
- ⅔ c olive oil
- 2 Tbsp water

Mix well.

Variation: Use just the dry ingredients as a dry rub for chicken or the meat of your choice. Grill or cook as desired.

*Contributed by Amy L.*

#### Dressing, Nutty

- ½ c chopped unsalted walnuts or pecans
- ½ c extra virgin olive oil
- ¼ c balsamic vinegar
- ¼ c fresh orange juice
- ½ tsp non-iodized/non-sea 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.*

#### Dressing, Poppy Seed

- 1 c sugar
- ½ c vinegar
- 2 tsp salt
- 1 tsp dry mustard
- 2 c salad oil
- 1 sm grated onion
- 1 tsp poppy seed

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

*Contributed by a friend of ThyCa*

## Dressings & Marinades

### Dressing, Sweet & Sour

- 1/3 c canola oil
- 1/3 c vinegar
- 1/3 c sugar
- salt-free prepared seasoning blend, to taste
- non-iodized/non-sea salt, to taste
- pepper, to taste

Combine ingredients in a shaker or jar. Blend well. Store in refrigerator.

*Contributed by Pat S.*

### Dressing, Sweet French

- 1 c salt-free ketchup
- 1 c sugar
- 1 c vinegar
- 1 tsp non-iodized/non-sea salt
- 3 tsp finely chopped onion
- 1/4 tsp pepper
- 1/2 c olive oil

Combine all ingredients.

*Contributed by Amy L.*

### Marinade, Chicken Kabob

- 3 cloves crushed garlic
- 1/2 c packed brown sugar
- 3 Tbsp creamy salt-free mustard (preferably Dijon)
- 1/4 c cider vinegar
- 1 lg lime, juiced
- 1/2 lg lemon, juiced
- 6 Tbsp olive oil
- 1 tsp non-iodized/non-sea salt
- pepper to taste

Combine all ingredients, mix well. Reserve small amount of marinade for basting. Use to marinate chicken strips or cubes and make kabobs with assorted vegetables. Grill and baste with remaining marinade.

Editor's note: Salt-free mustard is available, but Dijon without salt is very hard to find. We suggest using LID-safe mustard in this recipe, even if it is not Dijon.

*Contributed by Julie C.B.*

### Marinade, Lime Cilantro

- 4 lg limes, juiced
- 1 sm red bell pepper
- 1 lg bunch cilantro, or to taste
- 6 to 7 cloves garlic
- 1 Tbsp olive oil
- fresh black pepper to taste

Blend all ingredients in a blender until smooth. Use to marinate chicken or pork (shrimp when you are not on the LID). Marinate up to 1 hour. Alternatively, you may freeze raw meat in the marinade, defrost and grill. Add non-iodized/non-sea salt to taste when grilling the meat.

*Contributed by Suzanne B.*

**These dressings and marinades contain acid from citrus or vinegar. They also contain non-iodized/non-sea salt. This combination helps to break down and tenderize meats. Buy cheaper cuts of meat and let it marinate for up to 48 hours, then cook/grill as desired. You can also marinate chicken breasts or meat ahead and freeze in a zipper-top plastic bag in an appropriate serving size for you and/or your family. Defrost and use as needed.**

*Contributed by ThyCa*

## Spices & Condiments

### Spices & Condiments

#### Asian Sauce

- 2 c water
- 3 Tbsp non-iodized/non-sea salt
- 3 Tbsp honey
- 3 Tbsp sesame oil (dark or light)
- 1 tsp granulated garlic or garlic powder
- ½ tsp black pepper
- ¼ tsp white pepper
- ¼ tsp salt-free Asian five spice mix
- ¼ tsp 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. 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 before using. Use as a substitute for soy sauce.

*Contributed by W. Eugene Ellison, Chef*

#### Bar-B-Que Sauce, Spicy

- 6 lg whole tomatoes, peeled and chopped with the juice
- 1 med onion, finely chopped
- 7 sm cayenne peppers, finely chopped
- 2 Tbsp fresh cilantro, finely chopped
- 1 Tbsp fresh basil, finely chopped
- 2 tsp non-iodized/non-sea salt
- 2 Tbsp sugar
- 2 Tbsp garlic powder
- ½ to 1 Tbsp red pepper flakes

Put tomatoes in saucepan. Add onion and peppers. Sweat the vegetables so they release their liquid. Add rest of ingredients and bring to a simmer over medium heat, then let simmer on low for about 10 minutes. Use as a sauce for meat or as salsa.

Editor's Note: The amount of salt was modified from 2 Tablespoons to 2 teaspoons from the original recipe. Feel free to adjust salt level to your liking.

Tip: See the Chili recipe in the Soups & Stews section on how to peel a tomato.

*Contributed by Anne K.*

#### Blackening Mixture

- 4 Tbsp paprika
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tsp cayenne pepper
- 1 tsp white pepper, ground
- 1 tsp black pepper, ground
- 1 tsp dried thyme
- 1 tsp dried oregano
- 2 tsp non-iodized/non-sea salt (opt)

Store in an airtight container. This can be multiplied easily. 3 different pepper types may seem redundant, but they each add a distinctive characteristic. It can be used as a dry rub. This is suitable on poultry, beef, and pork. 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.

*Contributed by Jill B.*

#### Blender Mayonnaise

- ¼ c egg substitute or egg white (pasteurized, and with NO yolks and NO salt)
- 1 tsp non-iodized/non-sea salt
- 1 tsp sugar
- ½ tsp prepared mustard with no salt added
- ½ tsp paprika
- 3 Tbsp cider vinegar
- 1 c 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 turn off the blender and stir with a spoon, as it will be quite thick. Spoon mixture into an airtight container. Chill in the refrigerator before use. Makes about 1½ cups of mayonnaise.

*Contributed by Russ*

## Spices & Condiments

### Chili Powder

- 1 tsp paprika
- 2 tsp ground cumin
- 1 tsp cayenne pepper
- 1 tsp ground oregano
- 2 tsp garlic powder

Combine all ingredients. Mix well. Store in a cool, dry place. Use in any recipe calling for chili powder. Makes just over 2 Tbsp.

*Contributed by Sue L.*

### Fruit Glaze for Meats

- 8 c frozen raspberries, strawberries, or a combination
- 12 oz frozen apple juice concentrate (sub cranberry-apple)
- 4 Tbsp cornstarch
- 4 Tbsp water
- $\frac{2}{3}$  c honey
- 2 Tbsp dry mustard
- 2 Tbsp vinegar (red wine or apple cider)

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

Note: This recipe has been modified from earlier editions to remove whole cranberries.

*Contributed by Leah G.*

### Jonathan's Dry Rub

- 2 Tbsp non-iodized/non-sea salt
- 2 Tbsp sugar
- 4 Tbsp brown sugar
- 2 Tbsp ground cumin
- 2 Tbsp LID-safe chili powder
- 2 Tbsp dry mustard
- 1 Tbsp ground black pepper
- 1 tsp cayenne pepper

- 3 Tbsp sweet paprika
- 1 Tbsp garlic powder
- 1 tsp onion powder

Just mix them together and rub on the food before cooking.

*Contributed by Sheila B.*

### Ketchup, Homemade

- 2 6-oz cans no-salt-added tomato paste
- $\frac{2}{3}$  c water
- 4 Tbsp vinegar
- $\frac{1}{2}$  tsp dry mustard
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{2}$  tsp non-iodized/non-sea salt
- generous pinch ground cloves
- generous pinch allspice
- $\frac{1}{4}$  tsp cayenne pepper
- $\frac{2}{3}$  c 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.

*Contributed by Kathy S.*

**Nowadays there's really no need to make your own ketchup or mustard. Low-sodium diets and consumer preferences have resulted in many brands of no-salt-added condiments. If you prefer them salted, take them home and add non-iodized/non-sea salt to your liking! Try to keep things simple and easy during the stressful time you are going through.**

### Mustard, Homemade

- 1 c cold water
- $\frac{3}{4}$  c yellow dry mustard
- $\frac{3}{4}$  tsp non-iodized/non-sea salt
- $\frac{1}{2}$  tsp ground turmeric
- 1 tsp garlic puree (sub  $\frac{1}{8}$  tsp garlic powder)
- $\frac{1}{8}$  tsp paprika
- $\frac{1}{2}$  c white distilled vinegar

## Spices & Condiments

In a well ventilated kitchen, place all ingredients except for the vinegar into a non-reactive saucepan. Whisk until smooth. Cook the mixture over medium-low to low heat, stirring often. It should bubble down to a thick paste after about 35 minutes. Whisk in the vinegar and continue to cook until it is the consistency you want it to be, roughly 10 minutes. After cooling to room temperature, place in an airtight container and refrigerate. Keeps well for about two months. The flavor will be very strong at first, but it will mellow in a week's time. You may want to make this ahead.

*Contributed by a friend of ThyCa*

### Peppered Steak Rub

- 2 Tbsp olive or canola oil
- ½ tsp paprika
- ½ tsp pepper
- ¼ tsp non-iodized/non-sea salt
- ¼ tsp garlic powder
- ¼ tsp LID-safe lemon-pepper seasoning
- ⅛ tsp dried oregano
- ⅛ tsp crushed red pepper flakes
- ⅛ tsp ground cumin
- ⅛ tsp cayenne pepper

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

*Contributed Tracey L.*

### Red Chile Sauce

- 8 med dried California or New Mexico chiles (mild)
- 4 med dried chipotle chiles
- 3 c boiling water
- 4 med Vidalia onions, chopped into quarters  
water for boiling onions
- 8 cloves garlic
- 2 Tbsp olive oil
- 1 Tbsp cumin
- 6 lg Roma tomatoes, pureed
- 1 c LID-safe vegetable or chicken stock
- 2 tsp sugar
- 1 tsp non-iodized/non-sea salt

Soak dried chiles in 3 cups of boiling water for 30 minutes with a plate on top to keep the chiles

submerged. Drain and retain 2 cups of chile water for use later. Roughly chop chiles. Boil onions in a medium saucepan for 25 minutes. Drain and discard water. In a food processor, puree chiles, onions, and garlic. In a medium saucepan, heat olive oil with cumin. Add chile mixture and simmer for 10 minutes. Add tomatoes and stock and bring to a boil. Add chile water to create desired consistency. Add sugar and salt as desired to adjust flavors to your liking.

*Contributed by Lily W.*

### Taco Seasoning Mix

- 4 tsp cumin
- 1 tsp oregano
- 1 tsp non-iodized/non-sea salt
- 2 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cayenne pepper (more or less depending on your spice tolerance)
- 2 tsp cornstarch

Mix and store in a cool, dry place and use when you make tacos and other dishes calling for taco seasoning.

*Contributed by Jamie M.*

## Soups & Stews

## Soups & Stews

### Chili

- 1 lb freshly ground hamburger meat or stew meat diced very small
- 1 lg onion, diced
- 1 Tbsp garlic powder (or 2 Tbsp fresh garlic)
- ½ Tbsp no-salt-added chili powder (use recipe from this cookbook)
- ½ tsp paprika
- ½ tsp cayenne pepper or to taste
- 2 c salt-free canned black beans (or LID-safe black beans cooked from dried)
- 2 c fresh tomatoes, or sub no-salt-added canned  
non-iodized/non-sea salt and pepper to taste

Brown beef 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, drop in ice water, and slip the skin off. Cut tomato in quarters and scoop out as many seeds as possible, reserving liquid. Dice.

*Contributed by Karen F.*

### Chili with Corn

- 1 c dried white kidney beans or garbanzo beans (or use 2 cups canned no-salt-added beans)
- 4 c water (if cooking beans; for canned beans use ½ cup water)
- 1 c frozen corn
- 1 med onion, chopped
- 1 clove garlic, pressed
- 1 tsp non-iodized/non-sea salt
- 1 Tbsp vegetable oil
- 1½ c tomato sauce, homemade or no-salt-added
- 1½ Tbsp no-salt-added chili powder (use recipe from this cookbook)
- 1 tsp cumin

Soak dried beans in water overnight. Cook for 1½ hours. Sauté onion and garlic in oil; add seasonings, tomato sauce, and corn. Simmer 15 minutes. Add tomato mixture to cooked or canned beans and stir. If using canned beans,

rinse them first and add back in a half cup fresh water. Simmer. Serve over basmati rice.

*Contributed by a friend of ThyCa*

### Chilled Peach Soup

- 4 lg fresh peaches
- ¼ c fresh orange, clementine, or tangerine juice
- 2 Tbsp lemon juice
- ½ tsp grated ginger
- ¼ tsp non-iodized/non-sea salt
- 2 c cold water

Score peaches with a knife. In a pot of boiling water, blanch peaches for 1 minute. Drop peaches into ice water. Peel, remove pit, and cube peaches. Put all ingredients into blender. Blend until smooth. Add cold 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.

*Contributed by Lily W.*

**ThyCa is here to help!**  
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**recipes@thyca.org or call**  
**us at +1-877-588-7904.**

**We will answer questions**  
**about the LID!**



## Soups & Stews

### Gumbo, Basic

- 6 c LID-safe vegetable stock
- 1 lg carrot, left whole or halved
- 12 oz black-eyed peas, frozen
- 2 lg bay leaves
- 2 to 3 Tbsp vegetable oil
- 1 lg onion, chopped
- 3 med celery stalks, chopped with green tops
- 1 lg green or red bell pepper, seeded and chopped
- ½ tsp oregano or more to taste
- ¾ tsp dried basil or more to taste
- ¼ tsp allspice or more to taste
- ⅛ tsp cayenne pepper, or more to taste
- non-iodized/non-sea salt and black pepper to taste
- 2 lg tomatoes, chopped
- 10 oz frozen corn kernels
- 12 oz frozen okra

Bring stock to a boil and add the black-eyed peas, bay leaf and carrot. Simmer about 30 minutes. Remove the carrot and bay leaf. In a separate pan, heat up the oil. Sauté the onion. 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. 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.

*Contributed by a friend of ThyCa*

### Soup, Black Bean

- 2 c black beans, dried, uncooked
- 8 c water
- 2 lg bay leaves, whole
- ¼ c olive oil
- 2 med green peppers, finely chopped
- 1 med onion, chopped
- 4 cloves garlic
- 1 Tbsp garlic powder
- 1 Tbsp cumin
- 1 Tbsp oregano
- 1 tsp mustard powder

- 1 tsp dill weed
- 1 tsp non-iodized/non-sea salt
- 2 Tbsp lemon juice

Measure black beans, water, and bay leaves into soup pot. Bring to a boil; then reduce 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 ¼ 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*

### Soup, Brazilian Black Bean

- 2 c black beans, dried
- 4 c water or LID-safe stock
- 2 tsp non-iodized/non-sea salt
- 2 Tbsp olive oil
- 1 c celery, chopped
- 1 c onion, chopped
- 1 c carrots, chopped
- 6 cloves garlic, chopped
- 3 Tbsp cumin
- 3 Tbsp coriander seeds, crushed
- 1 pinch cayenne, or to taste
- 2 med oranges, peeled, sectioned and deseeded
- ½ c fresh orange juice
- 1 Tbsp sherry (not cooking sherry)
- ¼ c lemon juice
- 1 Tbsp black pepper
- 1 Tbsp red pepper flakes

Wash beans and soak in water for four hours. Drain them and add the water or stock and salt. Bring to a boil and simmer with cover on for 1½-2 hours. In a separate pan, sauté vegetables and garlic in olive oil. Add cumin and coriander until vegetables are soft. Add some water if needed to help soften them. Add the sautéed vegetables to the beans. Add the oranges, orange and lemon juice, sherry, black and red pepper. Stir and cook another 15 minutes. Let stand a few minutes before serving. Serve with Basmati rice.

*Contributed by Anonymous*

## Soups & Stews

**Consider setting aside a cupboard in your kitchen and a shelf in your refrigerator for your LID foods.**

*Contributed by Dianne P.*

**Use permanent markers to label LID-safe food items so your other household members know these are just for you!**

*Contributed by a friend of ThyCa*

### Soup, Butternut Squash

- 2 lg butternut squash
- 2 Tbsp olive oil
- 1 med onion, chopped
- 1 med celery stalk, chopped
- 1 lg carrot, chopped
- 2 cloves garlic, chopped
- 4 c LID-safe chicken or vegetable stock water as needed non-iodized/non-sea salt and pepper to taste

Preheat oven to 375°F. Cut squash in half lengthwise, scoop out seeds. Place squash face down on a baking pan and pour approximately ½ cup water into pan. Place in oven and bake until tender, about 45 minutes. When cool enough to handle, scoop squash out of skins, discard skins and set squash aside.

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. Add chicken stock and reserved squash. Bring to boil, then reduce heat to low. Simmer until everything is tender. Blend with an immersion blender in the pot until smooth, or transfer soup in batches to a stand 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*

### Soup, Cauliflower

- 2 med carrots, sliced
- 1 med apple, peeled and sliced
- 1 lg head of cauliflower, cut into chunks
- 2 med celery stalks, sliced
- 1 med onion, diced
- 1 clove garlic, minced
- 6 to 8 c water or no-salt-added chicken or vegetable broth
- 2 Tbsp olive oil
- 2 15-oz cans no-salt-added white beans, drained and rinsed (or cook 8 oz from dry state)

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.*

### Soup, Chicken Noodle

- 1 med leek (sub with onion if desired)
- ¾ lb skinless chicken breast halves, cut into 1-inch pieces
- 1 med carrot, thinly sliced
- 2 c chicken broth, homemade or unsalted
- 1½ c water
- 1 c egg yolk-free noodles
- 2 c broccoli florets
- 2 cloves garlic, minced
- ⅛ tsp red pepper flakes
- ¼ tsp dried thyme pepper and non-iodized/non-sea 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 of ThyCa*

## Soups & Stews

### Soup, Chicken Tortilla

- 6 Tbsp olive oil
- 8 lg corn tortillas, coarsely chopped (containing only corn, lime, and water)
- 6 cloves garlic, minced
- ½ c fresh cilantro, chopped
- 1 med onion, chopped
- 5 med tomatoes, diced
- 2 Tbsp ground cumin
- 1 Tbsp salt-free chili powder (use recipe from this cookbook)
- 3 lg bay leaves
- 6 c chicken stock (use recipe from this cookbook, reserve the chicken)
- 1 tsp non-iodized/non-sea salt
- ½ tsp ground cayenne pepper
- shredded chicken (from making stock)

In a large stock pot heat oil. Add tortillas, garlic, cilantro and onion. Sauté for 2-3 minutes. 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. Freezes well. Serve with a dollop of LID-safe guacamole.

*Contributed by Heather M.*

### Soup, Curried Carrot

- 1 Tbsp olive oil
- 1 c chopped onion
- 1 tsp salt-free curry powder
- 3 c LID-safe chicken or vegetable broth
- 2 lb carrots, chopped
- 2 Tbsp fresh lemon juice
- non-iodized/non-sea 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 more salt and pepper to taste.

*Contributed by Tracy T.*

### Soup, Hot & Sour

- 2 c water
- 2 tsp no-salt-added chicken bouillon
- 3 Tbsp rice wine vinegar
- 1 tsp ground white pepper
- 1 tsp sesame oil
- 1 c shredded cabbage (or pre-shredded slaw mix)
- 1 c chopped carrots
- ½ c sliced mushrooms
- ½ c corn, fresh or salt-free frozen
- 1 lg egg white, lightly beaten
- 3 Tbsp cornstarch
- 2 Tbsp water
- ½ tsp non-iodized/non-sea salt (opt)

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 Tbsp 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.*

### Soup, Lentil

- 16 oz. dried lentils
- 2 med celery stalks with leafy tops
- 2 med carrots
- 1 med onion
- 1 med peeled potato (opt)
- 2 lg bay leaves
- 2 tsp non-iodized/non-sea salt (or to taste)
- ½ tsp pepper (or to taste)
- 8 to 10 c water
- 2 tsp white or balsamic vinegar (more if desired)

Wash and pick through lentils. 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 water. Bring to boil, simmer about 1 hour or more until lentils and vegetables are

## Soups & Stews

tender to your liking. Add additional water during cooking as necessary, and more salt and pepper if desired. When vegetables are tender, remove celery tops and bay leaves, add vinegar. Stir and enjoy.

*Contributed by Ellen*

### Soup, Split Pea & Carrot

- 2 c dried yellow split peas
- 12 to 14 c water
- ¾ c chopped onion
- 2 c sliced carrots
- 1 c diced celery
- ¼ c minced fresh parsley
- 1 to 2 Tbsp fresh dill, chopped, or ½ to 1 Tbsp dried dill
- 1 to 2 tsp celery seed
- 2 to 4 tsp non-iodized/non-sea salt
- 1 tsp pepper
- 3 med potatoes, peeled and diced

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

*Contributed by Dian B.*

### Soup, Sweet Potato, Romany Style

- 3 to 4 Tbsp olive oil
- 2 c chopped onion
- 2 to 3 cloves chopped garlic
- 2 c 1-inch cubed peeled sweet potatoes (may sub sweet pumpkin—do not use acorn squash)
- ½ c chopped celery
- 1 c fresh, chopped tomatoes
- ¾ c chopped sweet green and/or red peppers
- 1½ c dried chickpeas (soaked)
- 1 c cut green beans
- 3 c water or LID-safe stock
- 2 tsp paprika
- 1 tsp turmeric

- 1 tsp dried basil (1 Tbsp fresh)
- 1 tsp non-iodized/non-sea salt (or less, to taste)
- 1 dash cinnamon
- 1 dash cayenne pepper
- 1 med bay leaf

Add all ingredients to pot. Cook just about 20 minutes or until veggies are as you like them. (When off the diet, add a Tbsp of tamari or soy sauce at the end. During the diet, you can sub the Asian Sauce from this cookbook. You may want to increase the cinnamon and cayenne for flavor.)

*Contributed by Dale F.*

### Soup, Vegetable (Roasted Vegetable)

- 6 lg beefsteak tomatoes, halved and cored
- 2 med leeks, white and light green parts cut in ½-inch pieces
- 2 med carrots, sliced
- 4 cloves garlic, peeled
- 2 Tbsp olive oil
- non-iodized/non-sea salt and pepper, to taste
- 3 c no-salt-added chicken or vegetable broth (or homemade)
- ¼ c fresh basil, chopped (or sub 2 Tbsp dried)

Toss all ingredients, except broth and basil, in a roasting pan. Drizzle with olive oil. Bake in a single layer at 425°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.*

**Feel free to substitute beef or pork in the soup and stew recipes that call for lamb or veal. These proteins are easily swapped out, allowing you to cater to your personal preferences.**

## Soups & Stews

### Soup, Vegetable & Lamb

- ½ lb lamb, cubed
- 2 to 3 c cooked garbanzo beans (or canned, salt-free, drained and rinsed)
- 1 c brown lentils, washed and picked over
- ½ to 1 c basmati rice, washed
- 1 to 2 lg onions, chopped (save some for garnish)
- 2 med carrots, sliced
- 3 cloves garlic, minced
- 2 tsp turmeric
- 2 tsp cumin
- 1 tsp cinnamon
- 1 pinch cayenne, or to taste
- ½ tsp non-iodized/non-sea salt
- 2 16-oz cans salt-free tomatoes, drained
- 2 to 3 Tbsp salt-free tomato paste
- 1 lg bunch fresh cilantro, chopped; save some stems for garnish
- ½ lg bunch flat-leaf (Italian) parsley, chopped
- 4 to 6 c LID-safe vegetable or chicken stock (may substitute half dry white wine and water)
- 2 to 4 Tbsp olive oil

Sauté the onions in olive oil over medium flame until soft. Add the carrots and garlic. Stir well and add more oil if needed. Add the lamb and brown it some. 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 and diced cilantro stem, if desired.

This reheats well. You may add additional vegetables if you desire (e.g., summer squash, red bell pepper, etc.) Reduce spices if this is too spicy. For vegetarian, omit the lamb and use vegetable stock or wine/water.

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 a corkscrew when hypo.

*Contributed by Evie H. from VA*

### Soup, Vegetable Minestrone

- 3 Tbsp olive oil
- 3 cloves garlic, chopped
- 2 med onions, chopped
- 2 c chopped celery
- 5 med carrots, sliced
- 4 c water
- 4 c no-salt-added tomato sauce
- 1 c white beans (cooked yourself or no-salt-added canned, drained and rinsed)
- 1 15-oz can unsalted green beans (or fresh or frozen beans, cooked)
- 2 c spinach (fresh or 1 frozen pkg)
- 3 med zucchini, quartered and sliced
- 1 tsp dried oregano
- 2 tsp dried basil
- non-iodized/non-sea salt and pepper to taste
- ½ c small dried pasta (or more as desired)

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), zucchini, and spices. Simmer 30-40 minutes. Cook pasta separately with non-iodized/non-sea salt in the water if desired, and drain. Add to soup. Freeze into smaller portions for easy reheating.

*Contributed by Julie C.B.*

### Stew, Beef

- 4 to 5 lb boneless chuck roast cut into ¾-inch cubes
- 2 med onions, chopped
- 4 cloves garlic, minced
- 2 Tbsp olive oil
- 1½ c water

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- 2 tsp non-iodized/non-sea salt (divided)
- ½ tsp pepper
- 3 med red potatoes, peeled, quartered and cut into ¼-inch slices
- 1 15-oz can unsalted beef broth or 2 cups homemade
- 1 to 1½ tsp dried oregano
- 1 c frozen peas
- 1 Tbsp cornstarch
- 2 Tbsp lemon juice

In a Dutch oven, brown beef, onions and garlic in oil. Stir in water, 1 teaspoon salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 1¾ to 2 hours or until meat is tender. Add red potatoes, beef broth, 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.

*Contributed by Lois J.*

### Stew, Cabbage

- 1 med cabbage head, coarsely chopped
- 4 lg carrots, sliced
- 3 med potatoes, cubed
- 1 med onion, chopped
- 5 cloves garlic, chopped
- ½ c white wine
- ½ c water
- ½ tsp thyme
- ½ tsp sage
- ½ tsp white pepper or LID-safe lemon pepper
- non-iodized/non-sea salt and pepper 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.*

### Stew, Cabbage & Bean

- 3 Tbsp olive oil
- 1 med onion, diced
- 4 c chopped or shredded green cabbage
- 2 to 3 med Roma tomatoes diced, with juices
- 1½ c chicken broth, divided
- 1 lg bay leaf
- 1 tsp salt
- ½ tsp black pepper
- 2 tsp cider or red wine vinegar
- 1½ c cooked LID-safe 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 (drain and rinse if using canned no-salt added beans). Heat through and add more broth if needed. Serve very hot.

*Contributed by a friend of ThyCa*

### Stew, Veal

- 1 lb veal stew meat
- 2 Tbsp oil
- 2 Tbsp flour
- 2 Tbsp paprika
- non-iodized/non-sea salt and pepper, to taste
- ¾ c red wine
- 6 oz homemade or unsalted chicken broth (or sub with water)
- 2 c chopped tomatoes, seeded and peeled, or use no-salt-added canned tomatoes
- 1 med onion, diced
- 2 cloves garlic, minced
- 1 pt mushrooms—sliced
- 5 Tbsp olive oil, divided
- ¼ c flour
- 12 oz egg yolk-free noodles, cooked separately

Use a pan you can put in the oven covered, like a shallow stew pot or Dutch oven. In oil, sauté veal until brown. Add two tablespoons flour, paprika, salt, and pepper. Let cook 5 minutes,

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stirring occasionally. Take out the meat and deglaze the pan with red wine, scraping up any brown bits from the bottom of the pan. Add broth, tomatoes, onions, and garlic. Bring to a boil. Put the meat back in, cover and cook in a 350°F oven for 75 minutes. While it is cooking, sauté the mushrooms in olive oil. Remove stew from oven. Take out meat and solids and pour liquid to another bowl. In the now empty pot, heat 4 tablespoons olive oil, add ¼ cup flour, make roux. Add reserved liquid slowly, stirring to make the gravy. Add the mushrooms, put back meat and onions, stir. Serve on noodles. For times that you are not on the LID, substitute butter for oil.

*Contributed by Barb B.*

### Stew, Vegetable

4 Tbsp olive oil  
1½ lg Portobello mushrooms chopped thickly  
1 med onion, chopped  
2 cloves garlic, minced  
1 Tbsp chopped fresh parsley (or 1½ tsp dried)  
1 tsp fresh sage, minced (or ½ tsp dried)  
1 tsp fresh thyme leaves (or ½ tsp dried)  
½ tsp non-iodized/non-sea salt  
½ tsp pepper  
1 med celery stalk, chopped  
2 c water  
1 med zucchini, chopped  
1 med potato, peeled and chopped  
1 med carrot, sliced  
2 Tbsp flour  
½ c frozen peas  
cayenne pepper & cumin to taste

Heat olive oil. Add mushrooms, onion, garlic, herbs, spices, and celery. Sauté 10 minutes. Add 2 cups of water, potatoes, zucchini and carrot; bring to a boil. Reduce heat and simmer 1½ hours. Take 4 tablespoons of broth from the pot and place in a small bowl. Add 2 tablespoons of flour and mix well to form a slurry. Add back into pot and stir well. Add peas and cook 10 more minutes. Dust with cayenne and cumin once in bowls.

*Contributed by a friend of ThyCa*

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### Stock, Chicken

- 2 Tbsp olive oil
- 1 med onion, chopped
- 4 lb chicken, any pieces
- 2 qt boiling water
- 2 tsp non-iodized/non-sea salt
- 2 lg 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 remove 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. Debone chicken and save meat for other recipes. Discard skin and bones.

*Contributed by a friend of ThyCa*

### Stock, Tomato Vegetable

- 5 qt water
- 2 med onions
- 4 cloves garlic
- 4 med carrots, roughly chopped
- 2 lg tomatoes, coarsely chopped
- 8 oz mushrooms
- 6 med corn cobs (kernels sliced off & used for other recipes)
- 2 lg rosemary sprigs
- 1 lg bay leaf
- ½ tsp dried thyme
- non-iodized/non-sea salt to taste

Add all items to a stockpot. Bring to a boil; then simmer for an hour. Strain stock through a fine sieve. Make ahead and freeze in smaller portions.

*Contributed by Lily W.*

### Stock, Vegetable

- 1 Tbsp olive oil
- 1 lg onion, chopped into 1-inch cubes
- 2 med celery ribs (including leaves) cut into 1-inch pieces
- 2 lg carrots, cut into 1-inch chunks
- 1 lg bunch of green onions, chopped
- 8 cloves garlic, minced
- 8 lg fresh parsley sprigs
- 6 lg fresh thyme sprigs
- 2 lg bay leaves
- 1 tsp non-iodized/non-sea salt
- 2 qt water

Heat oil in a soup pot. Add vegetables and herbs. Cook over high heat for 5 to 10 minutes, stirring frequently. Add salt and water and bring to a boil. Lower heat and simmer, uncovered, for 30 minutes. Strain. Discard vegetables. For variations: add mushrooms, asparagus ends, corn cobs, fennel, bell pepper, pea pods, chard, celery root, basil, marjoram, and/or peeled potatoes.

*Contributed by Patricia W.*

# Soups & Stews

## Pasta, Rice, & Grains

### Pasta, Rice, & Grains

#### Confetti Rice Bake

- 1½ c white rice (e.g., basmati)
- 2 tsp non-iodized/non-sea salt
- ½ tsp white pepper
- 2 c water
- 2 c chicken broth (homemade LID-safe or no-salt)
- 1½ c mixed vegetables (\*without lima beans)
- 2 Tbsp unsalted dairy-free margarine (sub olive oil)

Preheat oven to 400°F. Spray or grease a 9 x 13-inch or similar-sized casserole dish with a lid. In saucepan, heat the water and broth. Add salt and pepper. Add rice and stir. Add veggies and stir. Pour into casserole and cover. Bake 15 minutes at 400°F then reduce temperature to 350°F 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. For brown rice, add approximately ⅔ cup additional water and cook the rice and broth for about 10 minutes before putting into casserole and into the oven. Sub chicken broth for water for a stronger chicken flavor. Top with chicken breast, if desired, for a more complete meal.

\*Refer to Quick Guide in LID Cookbook for discussion on lima beans.

*Contributed by Sherry S.*

#### Fried Rice

- 1 Tbsp olive oil
- 1 Tbsp chopped onion
- 1 Tbsp chopped celery
- 1 Tbsp thinly-sliced carrot
- 1 c cooked basmati rice
- 2 to 3 oz cooked meat (chopped chicken, thinly sliced beef, fresh ground pork, etc.)
- 2 Tbsp frozen peas
- 1 lg egg white
- non-iodized/non-sea salt, to taste

Heat oil over medium heat in 8-inch non-stick skillet. Add onion, celery, and carrot and sauté 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 rice mixture and add salt to taste.

Makes 1 serving—multiply recipe for more servings.

*Contributed by Deb S.*

#### Giordano Spaghetti

- ½ lb whole-wheat spaghetti
- 10 med mushrooms, sliced
- 1 sm red onion, sliced
- 1 tsp fresh garlic, minced
- 1 bag spinach, washed
- 3 Tbsp olive oil

Cook spaghetti according to package directions being sure to salt the water with non-iodized/non-sea salt. Drain and toss with 1 Tablespoon olive oil. Heat remaining oil in sauté pan. When hot, add onion, mushrooms, garlic and spinach. Cook about 5-10 minutes. Toss with spaghetti.

*Contributed by Diane G.*

#### Harvest Rice Stuffing

- ½ c basmati rice
- 1 packet concentrated no-sodium beef broth bouillon
- 1 c water (or one cup of unsalted liquid beef broth then eliminate the bouillon)
- olive oil, enough to coat the pans
- 3 to 4 cloves garlic, chopped
- 1 sm onion, chopped
- 2 med stalks celery, chopped
- 1 sm carrot, chopped
- ⅓ c button mushrooms, chopped
- 1 sm tart apple, chopped
- 1 tsp non-iodized/non-sea salt, or to taste
- black pepper, to taste
- 1 tsp ground sage
- ½ tsp no-salt poultry seasoning
- 1 to 2 Tbsp no-salt Italian seasoning; adjust to taste
- 1 pinch cinnamon

## Pasta, Rice, & Grains

- ¼ c dried cranberries
- ¼ c raisins
- ¼ c chopped toasted unsalted pecans

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 bouillon to 1 cup of hot water; stir to dissolve and set aside (skip this step if using liquid broth). Once rice is golden, mix the bouillon or 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, no-salt poultry seasoning, no-salt 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. 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° F for approximately 45 minutes or until the squash is tender and the beef is cooked through. (Par-bake your squash first for approximately 20-25 minutes, so they get really tender.)

•Use as a stuffing for a whole turkey or baked chicken, stuffed baked chicken breasts, pork chops or pork loin, or pork roast.

*Contributed by Cathy B.*

### **Lemon Pasta with Gremolata**

Gremolata:

- 3 lg lemons, zested and zest minced
- 1 c fresh parsley, minced
- 2 cloves garlic, minced
- 1 Tbsp olive oil

- 1 tsp non-iodized/non-sea salt

Mix the ingredients well. Store in the refrigerator. Save the juice from the lemons for the pasta.

Pasta:

- ½ lb pasta, shape of your choice, cooked in salted and lemon-infused water (use non-iodized/non-sea salt)
- ¼ c olive oil
- 1 Tbsp minced rosemary
- black pepper, to taste
- juice of one lemon
- 2 Tbsp 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. (Use the lemons left over from making the Gremolata.) 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 portion and top the serving with the Gremolata. Serve as it is or with lemon chicken and steamed vegetables.

*Contributed by Daria J.*

### **Pesto for Pasta, etc.**

- 10 gm fresh basil (a few handfuls)
- 10 gm pine nuts, roasted (sub with walnuts)
- 1 to 2 cloves garlic
- 2 extra virgin olive oil

Add all ingredients to blender or food processor and mix until smooth. Divide into three small plastic containers. Place one in the fridge and freeze the other two for use later. Use on plain pasta with or without roasted vegetables. Use for a topping on focaccia, or as a filling in cheese-free lasagna. Keeps refrigerated for up to 4 days, frozen for several months.

*Contributed by Line*

## Pasta, Rice, & Grains

### Spaghetti & Meatballs

#### Spaghetti Sauce:

- 4 26-oz boxes/cartons strained tomatoes, no-salt added (sub no-salt-added tomato sauce)
- 10 cloves garlic, chopped
- 1 lg onion, chopped
- 1 Tbsp dry oregano leaves
- 1 Tbsp dried basil
- 1 tsp black pepper
- 1½ tsp non-iodized/non-sea salt
- 4 Tbsp white sugar (opt)
- ⅛ c olive oil

#### Meatballs:

- 2 lb freshly ground beef
- ⅓ c egg whites
- 2 cloves garlic, minced
- 1 med onion, chopped
- ½ c LID-safe breadcrumbs (sub crushed matzo)
- 1 tsp non-iodized/non-sea salt
- ½ tsp black pepper
- olive oil for frying

Mix all meatball ingredients together. Roll meat into small balls and fry in olive oil. Pat dry before you add them to the sauce. Makes approximately 20-24 meatballs.

Add the meatballs and all the ingredients for the spaghetti sauce into a Dutch oven or crock pot/slow cooker and cook 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. Enjoy over your favorite LID-safe pasta.

Top with grated cheese substitute if desired

*Contributed by Karen C.*

### Spaghetti with Tomato Mushroom Sauce

- ½ c red onion, chopped
- 1 clove garlic, minced
- 3 Tbsp olive oil
- 1 c sliced mushrooms
- ¼ c fresh parsley leaves, chopped
- 2 med Roma tomatoes, chopped
- 1 15-oz can no-salt-added tomato sauce
- ½ c water
- 1 tsp sugar (opt)

- 1½ tsp non-iodized/non-sea salt
- ½ tsp pepper
- 1½ tsp dried oregano, crushed

Cook onion and garlic in oil until tender, but not brown. Add mushrooms and cook approximately 5 minutes until they are tender. Stir in the other ingredients one at a time while the pan is on medium to low heat. Simmer uncovered for 30 minutes. Serve over spaghetti.

*Contributed by Bill and Karen M.*

### Spanish Style Orzo

- 3 Tbsp olive oil
- 1 c water
- 1½ c uncooked orzo
- 1 c unsalted chicken broth
- 1 med onion chopped
- 1 15-oz can unsalted diced tomatoes, or 4-5 fresh tomatoes
- ½ med green pepper chopped
- 2 tsp salt-free chili powder, more or less to taste
- ½ med jalapeño pepper, diced
- 1 tsp non-iodized/non-sea salt, more or less to taste
- 2 tsp minced garlic

In a large heavy skillet, sauté 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 salt-free chili powder and salt. Cover and simmer about 20 minutes.

*Contributed by Barb K.*

### Tomato Sauce, Fresh

- 5 med tomatoes
- ¼ c olive oil
- 4 cloves garlic, finely minced
- ⅓ c fresh basil, chopped and divided
- 1 tsp non-iodized/non-sea salt or to taste
- black pepper to taste
- 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 a grapefruit and squeeze out the juice and seeds into a strainer placed over bowl. Coarsely chop the tomatoes. In a large skillet, combine the

## Pasta, Rice, & Grains

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, salt and pepper. Stir well. Continue to simmer briskly until it is a thick sauce; add some of the strained tomato juice if it seems needed. 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*

**Most pasta is safe on the LID. Be wary of egg noodles (due to the egg yolks). Look for egg noodles containing no yolks. Otherwise most regular pasta is just fine! Switch things up by varying the shapes you select.**

### Very Easy Macaroni with Meat Sauce

- 1 15-oz cans unsalted stewed tomatoes
- 2 15-oz cans unsalted tomato sauce
- 1 Tbsp garlic powder
- 1 Tbsp dried basil
- 1 Tbsp dried oregano
- 8 oz elbow macaroni, uncooked
- ½ lb freshly ground lean beef
- non-iodized/non-sea salt to taste

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. Drain the macaroni and add to the sauce and meat mixture. Stir to combine, and then serve. Salt to taste. The sauce freezes well.

*Contributed by Linda R.*

## Beef

## Beef

### Beef & Pepper Medley

- 1¼ Tbsp garlic powder
- 1¼ Tbsp black pepper
- 2½ lb beef roast
- 1 lg green pepper, julienned
- 1 lg sweet red pepper, julienned
- 1 lg sweet onion, thinly sliced
- ¼ c olive oil
- ⅓ c red wine vinegar
- 1¾ tsp dry mustard
- 1¼ tsp minced garlic cloves
- ¼ tsp crushed red pepper
- ¼ tsp non-iodized/non-sea salt

Preheat oven to 500°F. Combine garlic powder and black pepper; rub over all sides of roast. Place on rack in a shallow roasting pan. Place roast in oven and reduce heat to 350°F. Bake for 1½ to 2 hours or until meat reaches desired doneness. Remove from oven and cool for 30-40 minutes or until meat is cool enough to handle. Cut into 3-inch x ¼-inch x ¼-inch strips. Place in a large salad bowl; add peppers and onions. Combine dressing ingredients in a jar with a tight-fitting lid; shake well. Pour over salad and toss to coat. Cover and refrigerate overnight. Serve cold.

*Contributed by a friend of ThyCa*

### Beef Curry

- 2 lb stew meat, cubed (or sub chicken)
- 3 med potatoes, quartered
- 1 lg onion, minced
- 1 tsp garlic, minced
- 1 Tbsp oil
- 2 Tbsp garam masala (Indian spice)
- 2 Tbsp curry powder
- 1 c water
- non-iodized/non-sea salt to taste

Fry onion and garlic in oil for one minute. Add meat and potatoes; fry until meat is browned, mixing well. Add garam masala; stir well and fry for 2 minutes. Add curry and keep stirring until mixture starts sticking to bottom of pan; then add water. Add salt to taste, cover, and cook until meat is done and mixture thickens slightly. *Contributed by a friend of ThyCa*

### Chili Mac

- 1 lb freshly ground beef or turkey (sub 2 cups white beans—in addition to the 1 cup listed below—for vegetarian version)
- ½ c chopped onion
- ½ c chopped bell pepper
- 2 cloves garlic, minced
- 2 c cooked pasta or basmati rice
- ½ c water
- 1 Tbsp chili powder (without salt)
- 1 tsp cumin
- ¼ tsp pepper
- 1 15-oz can diced no-salt-added tomato (or fresh diced tomato)
- 1 c LID-safe white beans, cooked
- 1 c canned unsalted corn (or frozen or fresh corn)
- 1 8-oz can unsalted tomato sauce (or LID-safe homemade)
- 1 6-oz can unsalted tomato paste

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

*Contributed by Julie C.B.*

### Easy Pot Roast

- 3 to 4 lb top round roast beef
- water to cover ¾ of the way
- 2 med carrots, cut in chunks
- 2 med celery stalks, cut in chunks
- 1 lg onion, cut in half
- 2 Tbsp oil
- non-iodized/non-sea 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 ¾ of the way with water. Add other ingredients to the pot. Cook 4 hours on low heat or until meat is tender.

*Contributed by Karen P.*

## Beef

### Fajitas—Beef or Chicken

- 1 clove minced garlic
- 1½ tsp non-iodized/non-sea salt
- 1½ tsp ground cumin
- ½ tsp chili powder (without salt)
- ½ tsp crushed red pepper
- 2 Tbsp vegetable oil
- 2 Tbsp lemon juice
- 3 Tbsp vegetable oil
- ½ c onion
- ½ c green onion
- 1 c sliced green & red pepper (some of each type of pepper)
- 1½ lb beef or chicken, sliced into strips

Combine first 7 ingredients. Pour over meat and marinate for 2 or more hours in the refrigerator. Sauté vegetables in 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. Serve in LID-safe corn tortillas. Also serve with tomatoes and LID-safe guacamole.

**Note:** If you are also cooking for people *not* on the low-iodine diet, you can serve with flour tortillas, sour cream, cheese, etc.

*Contributed by Julie C.B.*

### Fried Steak or Chicken Fingers

- 1 lb cube steak, cut into strips OR 1 lb chicken breast, cut into tenders
- 1 c flour
- non-iodized/non-sea salt & pepper to taste
- 1 to 2 Tbsp salt-free all-purpose seasoning
- 2 lg egg whites, mixed until foamy
- oil for cooking

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

*Contributed by Julie C.B.*

### Ground Beef Stroganoff

- 1 med onion, finely chopped
- 1 c mushrooms
- 2 Tbsp olive oil
- 1 lb freshly ground beef

- ½ c no-salt ketchup
- ¾ c water
- 2 Tbsp flour
- non-iodized/non-sea salt & pepper, to taste
- 1 12-oz package pasta or yolk-free noodles

Sauté finely chopped onion and mushrooms with 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 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. Serve over cooked pasta/noodles.

*Contributed by Margaret D.*

### Hamburger En Papillote

- 1 lg freshly ground hamburger patty
- 1 med potato, sliced
- 1 sm carrot, sliced
- 1 small onion, sliced
- non-iodized/non-sea 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°F for 1 hour. Serves 1.

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

### Joanna's Meatloaf

- 1½ lb freshly ground round hamburger meat
- 1 sm yellow onion, chopped
- ⅔ c water
- 3 slices homemade (or other approved) bread, cut into small cubes
- 3 Tbsp egg whites
- ½ Tbsp canola oil
- ½ Tbsp distilled white vinegar
- 1½ tsp non-iodized/non-sea salt
- ½ tsp black pepper
- ½ tsp garlic powder
- ½ tsp sage
- ½ tsp dry mustard
- ½ tsp paprika
- ¼ tsp sugar

## Beef

~¼ c no-salt-added tomato sauce for topping (or use homemade)

Preheat oven to 350°F. Mix all ingredients together (except tomato sauce) in a large bowl. Dump into ungreased large loaf pan (around 1½ quarts) and shape with spoon. Make groove down center of loaf and pour tomato sauce over top. Bake for one hour (add 15 minutes for crispy top). Remove from pan immediately (to avoid standing in juices.) You can store individually wrapped slices in freezer to pull out when desired.

*Contributed by Joanna G.*

### LID Goulash

1 lb freshly ground beef/turkey  
½ c water  
½ c unsalted ketchup  
2 Tbsp brown sugar  
1 Tbsp vinegar  
¼ tsp dry mustard  
¼ tsp LID-safe chili powder  
¼ tsp non-iodized/non-sea salt  
¼ tsp cumin  
dash paprika  
dash cinnamon  
1½ c 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.*

### Lime Steak Rotini

2 lb eye of round steak, cut into strips  
oil for sautéing  
1 med onion, sliced into strips  
1 med green bell pepper, sliced into strips  
1 med red bell pepper, sliced into strips  
1 8 oz box rotini pasta, cooked  
1 Tbsp olive oil  
1 med lime, squeezed

Seasoning for steak strips:

½ tsp non-iodized/non-sea salt  
½ tsp black pepper

¼ tsp onion powder  
¼ tsp 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 with olive oil. Serve beef and vegetables on pasta. Squeeze lime juice on top.

*Contributed by Nadine D.*

### Mini Meatloaves

½ c unsalted ketchup  
1½ Tbsp dry mustard  
1 lb freshly ground beef or turkey  
1 sm chopped onion  
¼ c oatmeal  
½ tsp non-iodized/non-sea salt  
½ tsp dried oregano  
⅛ tsp black pepper  
1 lg egg white  
1 tsp brown sugar (opt)

Preheat oven to 400°F. Combine ketchup and mustard. Reserve 3 Tablespoons. Combine remaining mixture with all other ingredients except the sugar. Divide into 4 equal portions. Shape into free-form loaves, place on greased cookie sheet. Spread reserved ketchup mixture over loaves (opt: add a tsp of brown sugar first) and bake for about 25 minutes. These freeze well!

*Contributed by Julie C.B.*

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

1 lb freshly ground beef  
½ to 1 c pecans and/or walnuts, finely chopped or ground  
½ to 1 med onion, chopped  
½ c chopped mushrooms  
½ tsp non-iodized/non-sea salt, or to taste  
1 tsp garlic powder, or to taste  
½ tsp black pepper, or to taste

Combine and mix all ingredients well.

## Beef

**MEATLOAF**—Put in oiled loaf pan. Cook at 350°F for 1 hour, uncovered

**MEATBALLS**—Shape and bake covered at 350°F for 1 hour (or fry them in oil).

**CABBAGE ROLLS**—Steam fresh cabbage leaves 3-4 minutes, just until pliable. Place 1 large meatball (with or without optional ingredients) in each leaf and roll to enclose meatball in the leaf. Place in baking dish with ½ cup water and cover. Cook at 350°F for 1 hour.

**Optional Ingredients for cabbage rolls:**

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

*Contributed by Barrett H.*

### Scottish Beer Pot Roast (Slow Cooker)

8 to 10 oz lamb or beef, cut into 1-inch or smaller cubes  
1 lg leek or onion, halved lengthwise and sliced  
1 lg potato, peeled and cut into ½-inch pieces  
2 med carrots, cut into ½-inch slices  
4 to 6 c water  
12 oz dark beer  
⅔ to 1 c barley or rice (e.g., basmati)  
½ tsp black pepper  
2 Tbsp fresh parsley, minced

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.*

### Sloppy Joes

1 lb freshly ground beef or turkey  
1 sm chopped onion  
1 sm chopped bell pepper  
1 clove garlic, minced  
½ c water  
½ c unsalted ketchup  
2 Tbsp brown sugar  
2 Tbsp salt-free tomato paste  
1 Tbsp vinegar  
¼ tsp dry mustard

¼ tsp chili powder

¼ tsp pepper

Combine first three ingredients in large skillet. Cook until meat is browned, stirring to crumble, drain. Add remaining ingredients to skillet and mix. Simmer 15 minutes. Serve on rice (e.g., basmati) or on LID-safe buns.

*Contributed by Julie C.B.*

### Stuffed Sweet Green Peppers

4 lg green peppers, stem and seeds removed  
1 lb freshly ground hamburger  
1 lg chopped onion  
2 lg tomatoes, chopped  
salt-free lemon pepper, to taste  
salt free all-purpose seasoning, to taste  
minced garlic, to taste  
olive oil, to taste  
basil, to taste  
non-iodized/non-sea salt, to taste  
1 c basmati rice, uncooked

Parboil peppers for 5 minutes, drain well, and cut in half. Brown meat and onions, drain well and add tomatoes, lemon pepper, seasoning, minced garlic, olive oil, basil, and salt to taste. Simmer for 10 minutes. Cook 1 cup rice for 15 minutes, drain if still wet (it is OK if the rice is still a bit undercooked, it will cook completely while the peppers bake). 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°F for 45 minutes to 1 hour.

*Contributed by Gina R.*

### Tacos

1 lb freshly ground beef or other meat preference  
2½ Tbsp Taco Seasoning from this cookbook  
⅔ c water

Use the Taco Seasoning Mix recipe found in the Spices & Condiments section of this cookbook. Brown and drain beef. Add seasoning mix and water. Reduce heat and simmer 2 to 3 minutes. Enjoy! Serve with LID-safe tortillas.

*Contributed by Jamie M.*

## Beef

### Tomatoes, Beef, & Asparagus

- 1 lb asparagus, cut diagonally
- ½ c water
- 1 lb lean boneless steak, cut into thin strips
- ½ tsp non-iodized/non-sea salt
- ¼ tsp black pepper
- 6 lg scallions, thinly sliced
- 1 clove garlic, crushed
- 24 sm 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.*

### Venezuelan Beef

- 2 lb round steak
- 5 Tbsp olive oil
- 1 med onion, minced
- 1 clove garlic, crushed
- 2 lg bay leaves, crumbled
- 1 to ½ tsp non-iodized/non-sea salt
- ½ tsp black pepper

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

*Contributed by Jeanne R.*

## Poultry

## Poultry

### Basic Whole Roasted Chicken

- 1 4- to 5-lb whole chicken, with the neck and giblets removed from the cavity
- 1 Tbsp olive oil
- non-iodized/non-sea salt
- Freshly ground black pepper
- 1 med lemon, thinly sliced (opt)
- Fresh herbs, such as parsley, rosemary, or thyme (opt)

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 oven-safe frying pan, cast-iron skillet or roasting pan. 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.

Tips: Line your pan for easy clean-up. If you want the chicken sitting above the draining fat, place it on a wire rack in the roasting pan.

*Contributed by a friend of ThyCa*

### Black Bean & Chicken Tostadas

- 2 to 3 med unsalted rice cakes
- 1 c salt-free black beans, rinsed & drained
- 3 oz cooked chicken (sub steak, or pork) diced or shredded
- ¼ c diced fresh tomatoes, divided
- ¼ c diced green pepper, divided
- 2 to 3 Tbsp frozen corn
- ¼ c diced onion, divided
- ground cumin
- garlic powder
- black pepper

To make refried 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 med heat until bubbling, 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 refried black beans on each rice cake. Top with meat and then salsa, and enjoy!

Editor's note: Serving this on unsalted tortillas or unsalted corn chips is another LID-safe option.

*Contributed by Jennifer B.*

### Bolivian Chicken

- 1½ lb skinless, boneless chicken breasts, cut into ½-inch strips
- non-iodized/non-sea salt & pepper, to taste
- 2 Tbsp olive or vegetable oil
- 2 lg onions, chopped
- 2 med sweet peppers, any colors, cut into ¼-inch strips
- 2 cloves garlic, minced or chopped
- 3 c homemade or unsalted chicken broth
- ¾ c no-salt-added peanut butter
- 1 10-oz package petite frozen peas, thawed
- ¼ c LID-safe bread crumbs (sub matzo crumbs)
- Opt: Cayenne or jalapeño pepper, finely minced

## Poultry

Season chicken with salt and pepper. In a large frying pan, heat oil over medium heat. Add chicken strips and sauté, stirring for about three minutes, until chicken turns opaque. Remove chicken and set aside.

Add onions, bell peppers, and garlic to pan. Sauté 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.*

### “Breaded” Chicken Cutlets

- 2 5- to 6-oz boneless, skinless chicken breasts
- 1½ c flour
- non-iodized/non-sea salt & pepper to taste
- 5 lg egg whites
- 1½ c unsalted matzo meal
- 1 Tbsp Italian herb seasoning (salt-free)
- 3 Tbsp olive oil (more as needed)

Flatten chicken breasts to about ¼-inch thickness, and cut into 1½-inch strips.

Set up three bowls as follows:

Bowl 1: Flour mixed with salt and pepper to taste.

Bowl 2: Egg whites.

Bowl 3: 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. On medium-high heat, fry the cutlets (covered) for approximately 3 minutes on each side. The breading will become crisp and golden. Add oil as needed and fry the chicken in two batches. Serve warm or cold with fresh lemon juice.

*Contributed by Tracy H.*

### Chicken Breast Chasseur

- 3 Tbsp vegetable oil
- 6 4- to 5-oz chicken breast halves without skin
- 2 med shallots, finely chopped
- ½ lb mushrooms, quartered
- 1 clove garlic, crushed
- 2 lg tomatoes, peeled, seeded, and chopped
- ½ tsp tarragon
- ½ tsp non-iodized/non-sea salt
- ¼ tsp black pepper
- ½ c dry white wine (not cooking wine)
- ½ c LID-safe beef broth (homemade or unsalted)
- 1 Tbsp cornstarch
- 2 Tbsp 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.

**Tip:** See the Chili recipe in the Soups & Stews section on how to peel a tomato.

*Contributed by Leah G.*

### Chicken Curry

- 1 whole chicken, cooked, deboned and meat shredded (sub shredded beef if you desire)
- 2 c salt-free or LID-safe homemade chicken stock
- 2 Tbsp vegetable oil
- 2 lg onions, chopped
- 2 tsp flour
- 1 tsp sugar
- 1 tsp non-iodized/non-sea salt
- 1 Tbsp salt-free curry powder (more to taste)

## Poultry

Heat oil in deep skillet. Add onions and cook until golden. Stir in flour, sugar, salt, and curry powder. Add stock. Cook until thick and let simmer for about 5 minutes on very low heat, stirring occasionally. Add chopped cooked meat. Taste; add more curry or salt to taste. Serve over pasta or rice. This recipe is easily doubled and freezes well.

*Contributed by Susan L.*

### Chicken for Tacos or Taco Salad (Slow Cooker)

- 3 lg boneless, skinless chicken breasts
- 2 c Low-Iodine Salsa Fresca (use recipe from this cookbook)

In a slow cooker, spread about a half cup of salsa. Place chicken on top and pour rest of salsa over. Cook on low 6 hours or high 4 hours. Cool and shred chicken. Place back in salsa and stir. Freeze some for later use.

*Contributed by Carole P.*

### Chicken Giuseppe

- 1 med onion
- 3 Tbsp chopped garlic
- 3 Tbsp olive oil
- 1 tsp non-iodized/non-sea salt
- 3 whole boneless, skinless chicken breasts, pounded thin
- 1 6-oz can salt-free tomato paste
- 1 8-oz package sliced mushrooms
- 1 c red wine

Finely chop onion and sauté at low temperature in olive oil until translucent. Raise temperature to medium. Add garlic and mushrooms. Sauté until onions are caramelized and garlic-mushroom mixture is lightly brown.

Remove from skillet. Add chicken breasts, pounded thin, and cook 5 minutes on medium until they begin to turn white on the top. Turn and cook until brown.

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

*Contributed by Judy L.*

### Chicken Nuggets

- 2 4- to 5-oz boneless skinless chicken breasts
- 2 c matzo meal
- 1 tsp non-iodized/non-sea salt
- 2 tsp coriander
- 2 tsp paprika
- 2 tsp black pepper
- 3 lg 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 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. Note: To make more kid-friendly, omit paprika and cut coriander in half.

*Contributed by Derrick D.*

### Chicken Pesto

- 2 4- to 5-oz boneless skinless chicken breasts
- olive oil
- balsamic vinegar
- 8 oz whole wheat pasta
- 1 c fresh basil
- 1/3 c olive oil
- 1/4 c pine nuts or slivered almonds (unsalted)
- 1 clove fresh garlic

Put chicken in a zippered plastic 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 chicken and pasta are done, add basil mixture to pasta, slice chicken, and serve. Makes 2 to 3 servings.

*Contributed by Michele H.*

# Poultry

## Chicken Stir-Fry

- 3 oz chicken breast, cubed
- canola oil for cooking
- ¾ c zucchini, chopped
- ¾ c mushrooms, sliced
- 1 lg carrot sliced into thin disks
- ½ c honey
- 1 sm clementine or half an orange
- ½ c chopped unsalted cashews
- cracked red pepper, to taste

Cook chicken in skillet in a small amount of oil until fully cooked. Add in zucchini, mushroom and carrots and cook until vegetables begin to soften. In a separate bowl, combine honey and squeeze the juice of one whole clementine or about half an orange into the honey. Mix thoroughly. Stir the chopped unsalted cashews into the sauce. Add in cracked red pepper to taste. Pour the sauce into pan with the chicken and veggies and simmer for several minutes. Serve over basmati rice.

*Contributed by Melissa M.*

## Chicken with Apricot Sauce

- 2 4- to 5-oz chicken breast filets
- olive oil for cooking
- ½ med onion, diced
- ½ c apricot preserves (LID-safe)
- ⅛ tsp 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 softened. Add preserves and ginger and pour warm sauce over chicken. Serve accompanied with basmati rice.

*Contributed by Joanne M.*

## Chicken with Orzo

- 8 oz orzo pasta cooked as directed on package
- 4 5- to 6-oz chicken breasts, boneless, skinless, thinly sliced
- 1 15-oz can salt-free diced canned tomatoes or 2 fresh lg tomatoes, diced
- 1 med white onion, diced
- 1 to 2 cloves garlic, minced

- non-iodized/non-sea salt to taste
- white pepper to taste
- 3 to 4 Tbsp olive or vegetable Oil
- ¼ c very dry sherry (opt, not cooking sherry)
- ¼ tsp 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 30 minutes until tender and cooked. Add cooked orzo to skillet and devour!

*Contributed by Susan C.*

## Chicken with Sweet Peppers and Garlic

- 4 4- to 5-oz chicken breast halves
- non-iodized/non-sea salt & black pepper to taste
- 1 med sweet pepper
- 3 Tbsp extra virgin olive oil
- 2 cloves garlic, chopped
- 2 Tbsp balsamic vinegar
- 1 Tbsp 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*

## Creole Skillet Dinner

- 4 c chicken broth, LID-safe (homemade or no-salt-added)
- 2½ c rice, uncooked
- 1 c red onion, chopped
- 3 cloves minced garlic, divided
- 1¼ tsp chili powder
- 1 tsp non-iodized/non-sea salt
- ½ tsp turmeric
- ¼ tsp black pepper

## Poultry

- 1 lg bay leaf
- 1 med sweet red pepper, julienne
- 1 med green pepper, julienne
- 2 lg green onions, sliced
- 1 tsp fresh parsley, chopped
- ½ tsp dried basil
- ½ tsp dried thyme
- ¼ tsp hot pepper sauce (salt-free, or sub cayenne pepper to taste)
- 2 Tbsp oil
- 1 c fresh mushrooms, sliced
- 1 med tomato, chopped
- 1 c frozen peas
- 1 lb boneless, skinless chicken breasts, thinly sliced
- 2 Tbsp lemon juice
- ⅓ c sliced almonds, toasted

In a large saucepan, bring broth, rice, onion, 1 tsp garlic, chili powder, salt, turmeric, pepper, and bay leaf to boil. Reduce heat; cover, and simmer 20 minutes or until rice is tender.

Discard bay leaf. In skillet over med-high heat, sauté next 7 ingredients and remaining garlic in oil for 2 minutes. Add mushrooms; cook until peppers are crisp-tender. Add tomato and peas; heat through. Add rice; keep warm. Over med-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*

### Easy Orange Chicken

- 2 lg boneless skinless chicken breasts, halved, or 4 breast filets, or 4-6 thighs
- oil for cooking
- 1 med onion, chopped
- 1 c fresh orange juice
- 1 Tbsp cornstarch
- 1 tsp dried thyme, opt
- non-iodized/non-sea salt and 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°F until tender, about 40 minutes. Serve with pasta or rice plus a vegetable such as green beans or no-salt peas.

*Contributed by a friend of ThyCa*

### Garlic Chicken with Balsamic Vinegar

- 1 lb skinless chicken breasts, thinly sliced
- non-iodized/non-sea salt and black pepper, to taste
- 4 cloves garlic, chopped
- ¼ c extra virgin olive oil
- 2 Tbsp balsamic vinegar
- 3 Tbsp fresh parsley
- ¼ c water (more or less depending on how much you want to use)

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*

### Garlic Lime Chicken

- 3 to 4 lg fresh limes, juiced
- 4 lg boneless chicken breasts
- 6 cloves garlic, chopped
- 1 tsp olive oil

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

*Contributed by Bethann L.*

### George's Turkey Bolognese

- 1 to 1½ lb lean freshly ground turkey
- 1 Tbsp onion powder
- 2 Tbsp dried oregano
- ¼ tsp thyme
- 2 tsp dried basil
- 1 Tbsp dried parsley
- 1 tsp garlic powder
- ¼ tsp 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

## Poultry

thoroughly cooked.

Sauce ingredients:

- 1 lg can salt-free crushed tomatoes
- 1 6-oz can salt-free tomato paste
- olive oil
- 2 cloves garlic, chopped
- 1 sm 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, rotini, or penne pasta.

*Contributed by June C.*

### Greek Grilled Chicken

- 1 lb skinless and boneless chicken breast halves
- 1 lb skinless chicken thighs
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 lg lemon, sliced
- 1 clove garlic, minced
- 1 tsp 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 and marinate, refrigerated, 4 hours or overnight. Grill or broil chicken, 6 to 10 minutes per side, until browned and cooked through.

*Contributed by a friend of ThyCa*

### Grilled Lemon Chicken with Basil Sauce

- $\frac{2}{3}$  c extra-virgin olive oil, divided
- 3 Tbsp fresh lemon juice
- $1\frac{1}{2}$  tsp fennel seeds, coarsely crushed
- $1\frac{1}{2}$  tsp non-iodized/non-sea salt
- 1 tsp freshly ground black pepper
- 6 lg boneless skinless chicken breasts
- 1 c lightly packed fresh basil leaves
- $\frac{1}{4}$  c fresh lemon juice
- 1 lg clove garlic
- 1 tsp grated lemon zest

Whisk  $\frac{1}{3}$  cup oil, 3 Tablespoons lemon juice, fennel seeds,  $\frac{3}{4}$  tsp salt, and  $\frac{1}{2}$  tsp 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 basil, garlic, lemon zest,  $\frac{1}{4}$  cup lemon juice,  $\frac{3}{4}$  tsp salt, and  $\frac{1}{2}$  tsp pepper in a blender until smooth. Gradually blend in the remaining  $\frac{1}{3}$  cup oil. Season the basil sauce, to taste, with more salt and pepper, if desired.

Prepare the barbecue for med-high heat or preheat a grill pan over med-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.*

### Herbes de Provence Chicken

- 4 4- 5- oz boneless skinless chicken breasts
- olive oil
- Herbes de Provence spice blend (salt-free)

Put the chicken in a zippered resealable bag or plastic container. Add enough oil to coat the chicken and sprinkle just enough spice to cover. 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.*

### Honey Mustard Chicken

- 3 Tbsp honey
- 3 Tbsp salt-free mustard
- 1 Tbsp corn oil
- $1\frac{1}{2}$  tsp curry powder (salt free)
- $\frac{1}{4}$  tsp black pepper
- $\frac{1}{2}$  tsp non-iodized/non-sea salt
- 4 lg 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.

*Contributed by Shelley L.*

## Poultry

### Italian Chicken

- 6 oz fresh sliced mushrooms
- 1 med onion, sliced
- 1 clove garlic, chopped
- 1 tsp oil
- 1 tsp dry basil
- 1 c chicken stock (unsalted or LID-safe homemade)
- 1 lg tomato, skinned and cubed
- 1 med head broccoli, cut into pieces, including stem
- 1 lb 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 until done, serve over egg-free fettuccini noodles.

Tip: See the Chili recipe in the Soups & Stews section on how to skin a tomato.

*Contributed by Julie C.B.*

### Lemon Baked Chicken

- 1 lg whole roaster chicken
- 2 Tbsp olive oil
- 2 lg lemons, juiced
- ½ tsp finely grated lemon zest
- 1 clove garlic, minced
- ½ tsp minced thyme
- ½ tsp minced rosemary
- 2 tsp non-iodized/non-sea salt
- 1 tsp pepper
- 2 tsp paprika
- 1 c water

Preheat oven to 325°F. Place roaster chicken in large casserole dish. Rub outside and inside of chicken with seasonings. Mix olive oil and lemon juice and drizzle over chicken. Pour water into casserole dish. Bake for ~2 hours (or until chicken reaches an internal temperature of 175°F). Baste chicken 3-4 times with juices in pan during the last hour. Remove from oven and let stand for at least 10 minutes before carving.

*Contributed by Jackie & another friend of ThyCa*

### Lemon Honey Chicken & Rice

- 14½ oz chicken broth—LID-safe homemade or unsalted
- 3 Tbsp lemon juice
- 1 Tbsp honey
- vegetable oil spray
- 4 lg boneless and skinless chicken breast halves
- 1 c onions, minced
- 1 c rice, uncooked
- chopped parsley, opt

Blend chicken broth, lemon juice, and honey; set aside. Spray a 10-inch skillet with nonstick cooking spray. Over med-high heat, brown chicken on both sides; remove from skillet. In same skillet, cook and stir onions in ⅓ 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 and garnish with parsley before serving.

*Contributed by Leah G.*

### Moroccan-Style Stewed Chicken (Slow Cooker)

- 4 c unsalted or homemade LID-safe chicken broth
- 3 cloves garlic, minced
- 2 Tbsp honey
- 2 tsp cumin
- ½ tsp cinnamon
- 1 14-oz can no-salt diced tomatoes
- 1 lg bell pepper, cut into 2" long strips
- 1 lg sweet onion, chopped
- ½ c raisins
- 4 lg 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.*

## Poultry

**Slow-cooker recipes can easily be converted for the stove top by simmering on very low heat, or use the oven by baking at 200°F for “low” and 300°F for “high.”**

### Orange-Ginger Chicken

- 4 lg chicken breasts
- 2 lg cut-up oranges with juice and peel
- 1 tsp fresh ginger (or sub with dry)
- 1 clove garlic, chopped
- ¼ c olive oil
- ¼ tsp thyme
- ¼ tsp salt-free poultry seasoning

Mix together in a gallon zippered plastic bag. Keep in the refrigerator and mash the contents in bag frequently during the day. Grill the chicken or cook in a pan on the stovetop.

*Contributed by Elisa G.*

### Pasta with Chicken & Peppers

- 5 Tbsp olive oil
- 1 lg boneless and skinless chicken breast, sliced
- 1 med onion, chopped
- 1 med red bell pepper, julienne style
- 1 med green bell pepper, julienne style
- 1 clove garlic, minced
- ½ tsp ground red pepper
- 2 lg tomatoes, chopped
- ¾ lb pasta tubes (e.g., penne)

Heat 2 Tablespoons olive oil over med heat in large skillet. Cook and stir chicken until tender. Remove and set aside. Add 2 Tablespoons olive oil to skillet. Cook and stir onion and 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 is simmering, cook pasta according to directions. Drain and toss with remaining tablespoon of olive oil. Serve chicken mixture over pasta.

*Contributed by a friend of ThyCa*

### Pecan-Crusted Chicken

- 2 lg boneless, skinless chicken breasts
- 1 lg egg white
- ½ tsp ginger
- ¼ tsp sage
- non-iodized/non-sea salt, garlic, and pepper to taste
- 1 c finely chopped pecans

Lightly beat egg whites and spices together. Dip chicken breasts into egg whites and then coat with pecans. Place chicken on a foil-lined cookie sheet sprayed with vegetable oil. Cook in a 350°F oven for one hour. Enjoy with your favorite pasta and/or veggies. Tip: Try a variety of spices instead of the ginger and sage.

*Contributed by Nancy K.*

### Portobello Mushrooms & Chicken

- 3 to 4 cloves garlic, minced
- 2 Tbsp olive oil
- 2 to 3 6-oz packages Portobello mushrooms, sliced
- ¼ tsp non-iodized/non-sea salt
- 4 med boneless skinless chicken breasts, thinly sliced
- 1 lg tomato, diced

Sauté garlic in olive oil. Add mushrooms, salt, and water if necessary. 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*

### Rosemary Turkey

- 2 lg turkey legs (or sub chicken)
- 2 Tbsp extra virgin olive oil
- 3 Tbsp balsamic vinegar
- 2 Tbsp dried rosemary or fresh to taste
- 1 Tbsp 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 1½ hours at 350°F. Serve with steamed veggies.

*Contributed by Terri Y.*

## Poultry

### Sesame Chicken Nuggets

- 1 lb skinless chicken breasts
- non-iodized/non-sea salt & pepper to taste
- ½ c sesame seeds
- 1 lg lemon
- 3 Tbsp vegetable oil
- 2 Tbsp 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*

### Slow-Cooker Latin Chicken

- 3 to 4 lg boneless, skinless chicken breasts
- ¼ c loosely packed cilantro leaves
- 2 lg sweet potatoes, peeled and cubed
- 1 lg red bell pepper cut into strips
- 1 15-oz can no-salt-added beans (black or other), rinsed and drained
- ½ c unsalted or homemade LID-safe chicken broth
- 1 c salt-free hot salsa
- 2 tsp cumin
- ½ tsp 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*

### Sweet Apple Chicken

- ¼ c brown sugar
- ¼ c apple cider vinegar
- ¼ c honey
- 2 lg apples
- 2 5- to 6- boneless, skinless chicken breasts
- oz
- ½ tsp cinnamon (opt)

Peel two apples and dice into small chunks. Sprinkle with cinnamon if desired. Mix all ingredients, except chicken, in a sealable bowl or large zippered bag. Add chicken breast and marinate overnight. With a large piece of aluminum foil, make into a bowl shape, place chicken on foil, and cover with a separate piece of aluminum foil. Bake at 375°F until chicken is fully cooked, about 30-40 minutes.

*Contributed by Matt G., New Hampshire*

#### **An important tip about cooking dried kidney beans safely**

Did you know that cooking kidney beans from the dry state requires certain safety protocols? Red kidney beans and, to a lesser extent, white kidney beans (also called cannellini beans) contain a protein that can act as a toxin. To safely remove that protein, the dried beans must first be soaked for at least 5 hours, then drained, and then boiled in clean water for at least 30 minutes. For more information, see: <https://www.fda.gov/media/83271/download>.

According to the FDA, using a slow cooker (or crock pot) does *not* provide enough heat to safely remove this protein. This is especially true if your slow cooker is old. Newer models do come to higher temperatures for food safety reasons.

## Poultry

### Turkey Burgers

- 3 lb freshly ground turkey
- ¼ c seasoned LID-safe bread crumbs (sub matzo meal)
- ¼ c finely diced onion
- 2 lg egg whites, lightly beaten
- ¼ c chopped fresh parsley
- 1 clove garlic, peeled and minced
- 1 tsp non-iodized/non-sea salt
- ¼ tsp 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 med skillet over med heat, turning once, to an internal temperature of 180°F (82.2°C).

### Unstuffed Cabbage with Turkey

- ½ lg head cabbage thinly sliced
- ¾ lb freshly ground white meat turkey (or sub chicken)
- ½ c LID-safe bread crumbs or matzo meal
- 1 Tbsp Middle Eastern salt-free spice mix (cinnamon, nutmeg, fennel, pepper, coriander, turmeric, ginger)
- 2 cloves garlic, sliced
- ½ med onion, thinly sliced
- 1 Tbsp olive oil
- 1 14-oz can no-salt stewed tomatoes in juice
- 2 Tbsp apple cider vinegar
- ½ tsp sugar
- ½ tsp non-iodized/non-sea salt
- 1 c 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.

*Contributed by Joan S.*

## Lamb & Pork

## Lamb & Pork

### Apple-Smothered Pork Chops

- 6 med pork chops, thick-cut  
non-iodized/non-sea salt, pepper, and  
sage to taste  
canola oil
- 2 Tbsp flour
- 1 c hot water
- 1 Tbsp vinegar
- 1 c raisins
- 3 med tart apples, cored and sliced
- 3 Tbsp 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°F for about an hour.

*Contributed by Dian B.*

### Asian Pork

- ¼ c chopped onion
- 1 clove garlic, chopped
- 1 Tbsp chopped candied or fresh  
ginger
- 1 to 2 Tbsp olive oil
- 2 4- to 5-oz boneless pork chops, cut into  
thin slices
- 1 c snow peas or sugar snap peas  
fresh orange juice (enough to  
make a sauce and steam)
- 1 Tbsp natural LID-safe 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. Simmer until cooked through. Serve over whole wheat pasta or basmati rice if desired.

*Contributed by Sheryl J.*

### BBQ Pork

- 1 lb pork tenderloin, sliced into  
medallions
- 1 sm onion, chopped
- 1 clove garlic, chopped

- 1 15-oz can no-salt-added tomato sauce (or  
LID-safe homemade)
- 1 Tbsp white vinegar
- ¼ tsp non-iodized/non-sea salt
- ¼ tsp black pepper

Heat a nonstick skillet over med high heat. Add pork slices in a single layer and brown, about 2 minutes or so per side. Remove from heat. Add onion and garlic, sauté until 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.*

### “Breaded” Pork Chops

- 2 Tbsp yellow cornmeal
- 2 Tbsp whole wheat flour
- 1 tsp non-iodized/non-sea salt
- 1 tsp ground sage
- ½ tsp onion powder
- ½ tsp sugar
- ½ tsp paprika
- 4 med pork chops, ½- to ¾-inch thick, rinsed

Preheat oven to 425°F. Prepare pork coating by mixing all ingredients except the chops, and place in large plastic bag. Rinse pork chops and while still wet, place one chop into bag with coating mix and shake to coat. Place on prepared baking sheet. Repeat with remaining chops. Bake for ~30-35 minutes, until browned and cooked through.

*Contributed by Lisa H.*

### Breakfast Sausage

- 1 lb freshly ground pork, unseasoned
- 1 tsp non-iodized/non-sea salt
- ⅛ tsp ground pepper
- ¼ tsp salt-free poultry seasoning
- ¼ tsp thyme
- ¼ tsp salt-free lemon herb seasoning

Mix all ingredients. Cook a small amount of meat and taste for seasonings, correct if needed. Make small patties and fry until well browned on both sides and cooked through. Remove to

## Lamb & Pork

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.*

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

- 7 oz boneless pork chops, center-cut, butterflied
- non-iodized/non-sea salt and pepper to taste
- 2 Tbsp olive oil
- 4 oz mushrooms, sliced
- 1 med shallot, thinly sliced (sub sm onion)
- fresh sage, to taste
- 3 sm sweet potatoes
- ¼ c orange 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 med 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 sweet potatoes, peel and dice them into cubes. Boil in water for about 15 minutes. Drain and mash them with the orange juice.

*Contributed by Cheryl R.*

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

- 2 to 4 lg pork chops
- 2 Tbsp vegetable oil
- 3 to 4 cloves garlic, crushed
- ¾ c LID-safe jam (any of above)
- ¼ c cider vinegar
- 1 inch piece ginger root, chopped
- ½ tsp rosemary
- ¼ c orange juice (or water) if necessary (see below)

Place chops in a casserole dish with a cover. Combine remainder of ingredients (except juice) in a blender or food processor; blend as smooth as possible. Add juice (or water) if mix is not

pourable. Pour over chops in casserole. Cover and bake in a 375°F oven for approximately one hour, or until chops are cooked. Serve with cooked squash and Brussels sprouts, or your vegetable of choice. Hint: Marinate the chops in the fruit mixture for a few hours before baking. Tip: To make more kid-friendly, omit the ginger and reduce the amount of garlic used.

*Contributed by Claudette M.*

### Fall Festive Pork Chops

- 3 to 4 med pork chops (with or without bone)
- non-iodized/non-sea salt and pepper, to taste
- 2 lg sweet potatoes, peeled and sliced
- 2 med onions, peeled and sliced
- 2 med apples, peeled and cut into wedges
- 1 tsp black pepper
- 1 pinch non-iodized/non-sea salt
- 3 Tbsp brown sugar
- 1 tsp cinnamon

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

*Contributed by Jackie K.*

### Grilled Butterflied Leg of Lamb

- 5 lb leg of lamb, boneless and butterflied
- 4 Tbsp olive oil
- 3 cloves garlic, chopped
- 1 Tbsp rosemary, crumbled
- 1 tsp thyme, crumbled
- 1 tsp non-iodized/non-sea salt
- 1 tsp 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, or more to your desired level of doneness. To test, cut a small slit into thickest part of lamb; it should be slightly pink inside. If done in oven, grill 4

## Lamb & Pork

inches from the broiler for 15 minutes on each side, or more as desired. To serve, slice diagonally across the grain.

*Contributed by a friend of ThyCa*

### Maple Fennel Country Sausage Patties

- 1 tsp non-iodized/non-sea salt
- ½ tsp coarse black pepper
- 1 tsp fennel seeds
- 6 to 8 lg fresh sage leaves, chopped
- 1 lb freshly ground pork
- 2 Tbsp maple syrup
- 1 Tbsp 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 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. Form meat into patties, 2 to 3 inches round. Cook patties in 1 Tablespoon oil in a nonstick skillet over med-high heat for 4 or 5 minutes on each side. Drain sausage patties on towel-lined plate, and then serve.

*Contributed by Amanda C.*

### Pork Carnitas (Serve with Homemade Soft Flour Tortillas & Salsa Fresca)

- 1 lb boneless pork chops
- 2 Tbsp no-salt or homemade chili powder
- ⅛ tsp garlic powder
- ⅛ tsp cumin
- ⅛ tsp cloves
- ⅛ tsp cayenne pepper
- ½ tsp non-iodized/non-sea salt
- 1 Tbsp vinegar
- 1 Tbsp orange juice

Pound chops to ¼ 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.

To assemble: Spoon 2-3 tablespoons of pork carnitas into refried or reheated homemade tortilla (from this cookbook) or LID-safe tortilla and garnish with salsa fresca (from this cookbook) and lettuce or fresh cilantro. Serve

with fresh corn and/or applesauce.

*Contributed by Rae K.*

### Pork Chops in Orange Sauce

- 6 4- to 5-oz pork chops (\*sub chicken)
- non-iodized/non-sea salt
- flour
- 1 Tbsp canola oil
- 1 c orange juice
- 1 tsp sugar
- 1 tsp flour

Season pork chops with 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 a mixture of: ½ cup orange juice, sugar, and flour. Cook, stirring constantly until thick and smooth. Pour over chops.

Delicious with basmati rice. Tip: Increase ingredients to make even more "gravy." \*Or chicken breasts or tenderloins of similar size.

*Contributed by Dian B.*

### Pork Roast over Potatoes (Slow Cooker)

- 2 tsp fennel seeds
- 1 tsp dried oregano
- 1 tsp paprika
- 1½ tsp garlic, chopped
- ½ tsp salt
- ½ tsp pepper
- 2 lb pork loin roast
- 2 to 3 sm potatoes, peeled and cubed
- 1 c unsalted or homemade LID-safe chicken broth

Combine first 6 ingredients. Rub into pork. Brown under broiler (briefly: 6-9 minutes each side). Put potatoes in crock pot (or slow cooker). Place pork on top of potatoes. Pour broth over all. Cover and cook on low for 8-10 hours.

*Contributed by Julie C.B.*

### Sautéed Apples for Pork

- 3 med apples (such as McIntosh, Golden Delicious, Granny Smith, etc.), cored and cut into chunks

## Lamb & Pork

- 2 Tbsp olive oil
- 1 tsp fresh thyme (or ½ tsp dried thyme)
- 1 tsp grated lemon zest
- non-iodized/non-sea salt and pepper,  
to taste

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

*Contributed by Tracy T.*

### Slow-Cooker Pork Roast

- 1 sm pork roast
- 1 bulb fennel, sliced
- 1 med sweet onion sliced
- 1 med sweet potato, peeled and cubed
- 1 sm bag of small snack-size carrots (don't  
need to be cut)
- 2 c either unsalted or homemade LID-safe  
beef broth or chicken broth

Place all in slow cooker and cook low for 8-10 hours. The meat will break down and it is more like a stew.

*Contributed by Carole P.*

# Substitute Dairy

## Substitute Dairy

### Avocado Ideas & Tips

Don't feel deprived while on the LID. Enhance your meals with avocado instead of **butter, sour cream, or cheese**:

- Mashed avocado instead of sour cream or butter on your baked potato
- Sliced or mashed avocado on sandwiches instead of cheese, butter (or mayonnaise)
- Mashed avocado on toast or bagels instead of cream cheese or butter
- Chopped avocado in a salad or omelet instead of cheese

*Contributed by Jo W.*

### Basic Nut Milk Recipe

*You can make your own nut milk from pretty much any nut you want to use. There are many helpful resources on the internet. Here's a good basic recipe to get you started.*

- 1 c raw, unsalted nuts w/o skins
- 2 c water, plus more for soaking
- sweetener of choice (e.g., honey, sugar, maple syrup, agave, etc. (opt))
- non-iodized/non-sea salt, to taste

Equipment:

- Bowls
- Strainer or colander
- 2-cup or larger measuring cup
- Blender or food processor
- Fine-mesh nut bag, cheesecloth, clean tea towel, or clean pair of pantyhose for straining

First, place the nuts in a medium bowl and cover with about 1 inch of water. Cover bowl with a cloth and let sit overnight at room temperature or for up to 2 days in the refrigerator. Longer soak time will produce creamier milk.

When done soaking, drain the nuts through a fine-mesh strainer or colander, then rinse them thoroughly under cool running water.

Next, place the nuts in blender (or food processor) and add the 2 cups of water. Pulse the blender a few times to break up the nuts, then blend continuously on high speed for 3 minutes. The nuts should be broken down into a

very fine meal, and the water should be white and opaque. (If using a food processor, process for 4 minutes total, pausing to scrape down the sides halfway through.)

Next, line the fine-mesh strainer or colander with your straining cloth of choice and set over the measuring cup (or bowl). Wet and wring out the cloth first (tip—this way it does not absorb a lot of your nut milk). Pour nut mixture through strainer. Gather cloth around nut meal and twist close. With clean hands, squeeze and press to extract as much nut milk as possible. You should get about 2 cups.

Finally, taste the nut milk, and add sweetener and/or salt to taste if desired.

Store nut milk in a sealed container in the refrigerator for up to 4 days. If it separates, just shake to recombine.

**Tip:** Use walnuts since they do not need to be soaked first and there is no need to remove the papery skin.

**Variation:** Using walnuts and maple syrup you can add some extra maple syrup and some crushed ice and blend (pretend you are drinking a maple-walnut milkshake)!

*Contributed by a friend of ThyCa. Adapted from The Kitchn, <https://www.thekitchn.com/homemade-cashew-milk-243347>*

*Tip and Variation Contributed by Mickie B.*

### Grated “Cheese” Replacement

- 1 c walnuts, ground
- ½ c unsalted matzo meal
- ⅓ c olive oil
- 1 clove garlic, smashed
- ¾ tsp non-iodized/non-sea salt
- ½ tsp finely ground pepper

Grind walnuts until sandy. Do not overgrind or it will turn into a paste. Mix ground walnuts with matzo meal (or substitute LID-safe bread crumbs). Put the olive oil into a frying pan. Toast the clove of garlic to season the oil, and remove. Add the nuts/meal mixture and toast in the oil until fragrant and golden. Add salt and pepper. Cool. Place in the refrigerator and use in place of grated cheese on pasta dishes.

*Contributed by Daria J.*

# Substitute Dairy

## Margarine

- 1 c LID-safe shortening
- ½ tsp non-iodized/non-sea salt
- ½ tsp artificial butter flavor (add an extra ⅛ tsp for a stronger taste)
- 3 drops yellow food coloring (opt)
- ⅛ tsp 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 takes 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.

Note: Soy oil is LID-safe, but if you have a soy allergy and want to avoid using shortening with soy, please see Appendix A for a tip on a soy-free shortening.

(c) 2004 by Melissa J. Taylor

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

## Oat Milk

*You can make your own oat milk too. It is not only easy but less expensive to make than nut milk. Here's a good starter.*

- 1 c old-fashioned rolled oats (*not* steel-cut or instant)
- 4 c water
- 1 pinch non-iodized/non-sea salt sweetener of choice (e.g., honey, sugar, maple syrup, agave, etc. (opt))

Equipment:

- High-speed blender
- Large mixing bowl or pitcher
- Clean tea towel or T-shirt (nut bag not recommended for this purpose)

Add all ingredients except sweetener to blender. Blend for about 30 seconds to a minute or until the mixture seems well combined. It doesn't have to be 100% pulverized—in fact, over-blending can make the oat milk slimy in texture.

Err on the side of caution. Test for flavor, and if not sweet enough add sweetener of choice. When the flavor is right, strain the mixture through a very thin towel or clean T-shirt into a large mixing bowl or pitcher. Wet and wring out the cloth first to avoid it absorbing a lot of your oat milk. You may want to double-strain through a very fine towel to remove any oat remnants.

Transfer to a sealed container and refrigerate. Will keep in the refrigerator up to 5 days, sometimes more. Shake well and enjoy cold. **Do not heat** or it will thicken and become gelatinous in texture.

*Contributed by a friend of ThyCa. Adapted from The Minimalist Baker, <https://minimalistbaker.com/make-oat-milk/>*

## Vegan “Parmesan Cheese”

- ¾ c raw cashews or hulled hemp seeds
- ¼ c nutritional yeast
- ½ tsp non-iodized/non-sea salt
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp mustard powder

If using cashews: Combine all items in a food processor and pulse until the texture resembles a fine meal (or grated parmesan cheese).

If using hemp seeds: Combine all items in a lidded container and shake until mixed. Regardless of which method you use, store in the refrigerator to keep fresh. A batch should last for several weeks (if it is around that long).

*Contributed by a friend of ThyCa. Inspired by The Minimalist Baker, <https://minimalistbaker.com/how-to-make-vegan-parmesan-cheese/>*

**Melt an LID-safe  
marshmallow (or use  
marshmallow cream or fluff)  
in your coffee to lighten and  
sweeten it up.**

# Vegetables

## Vegetables

### Candied Sweet Potatoes

- 1 lg sweet potato, peeled, diced, and cooked
- 2 Tbsp olive or other oil
- 3 Tbsp brown sugar

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

Tips on cooking your sweet potato: Microwave until you can pierce it easily with a fork, then peel and dice. Alternatively, you could bake the sweet potato at 400°F for about an hour, then peel and dice.

*Contributed by Dana P.*

### Chewy Potato Fries

- 2 lg russet potatoes, peeled non-iodized/non-sea salt
- 1 Tbsp oil
- (opt) any spices or seasonings you like

Preheat oven to 400°F. Peel and slice potatoes into approximately ¼-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 until brown and crispy/chewy. These are best when eaten the same day.

*Contributed by Julie C.B.*

### Crunchy Zucchini & Tomatoes

- 3 sm zucchini, cut diagonally
- 1 Tbsp oil
- 2 Tbsp onion, finely chopped
- ½ clove garlic, minced
- 1 c cherry tomatoes, halved non-iodized/non-sea salt and pepper
- 1 Tbsp sesame seeds
- 2 Tbsp parsley, finely chopped

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

*Contributed by a friend of ThyCa*

### Eggplant Curry

- 2 lg eggplants, peeled and cut into ½-inch cubes
- 1 Tbsp non-iodized/non-sea salt
- olive oil for cooking
- 3 med Vidalia or Spanish sweet onions, thinly sliced
- 6 cloves garlic, minced
- 1 Tbsp ground coriander
- ½ to 1 tsp cayenne pepper
- ½ tsp turmeric
- 8 jalapeño peppers, seeded and minced (less if desired)
- ½ c dried, unsweetened, shredded coconut meat
- 1 lg whole lemon, juiced and zested
- 1 lg bay leaf
- 1 tsp sesame seeds
- 1 c water
- 1 tsp sugar
- 1 tsp mustard seeds

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 jalapeño. 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. Serve hot. Serve alone or over egg-free noodles/pasta. Also good at any temperature as a spread on matzo.

*Contributed by Julia S.*

# Vegetables

## Falafel Sandwiches

- 2 c cooked garbanzo beans (or LID-safe canned beans, drained & rinsed)
- 1 c freshly cooked lentils
- ½ c flour
- ½ c packed fresh cilantro leaves
- ½ c packed fresh parsley leaves
- 3 cloves garlic
- 2 tsp ground cumin
- ¼ tsp cayenne pepper
- 3 Tbsp canola oil
- ¾ tsp non-iodized/non-sea salt canola oil, for frying
- LID-safe pita bread (recipe from this cookbook)

### Garnishes:

- English cucumber, tomato, and romaine lettuce, roughly chopped
- 1 sm red onion, thinly sliced
- LID-safe hummus and/or tahini sauce

In a food processor, combine garbanzo beans, lentils, flour, herbs, garlic, cumin, cayenne, and non-iodized/non-sea salt. Pulse together until almost smooth. Mixture should be firm and stiff; add a little extra flour if necessary. Over medium-high heat, heat enough oil to cover pan to about a half inch of depth, until about 375°F. Use small 1-inch ice cream scooper to form into balls and drop into the oil. Flip falafels to cook on the other side. If using a deep-fryer, 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 and/or tahini (recipes from this cookbook); add falafel, cucumber, tomato, lettuce and onions. Makes ~30 1-inch balls.

*Contributed by Lily W.*

## 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/non-sea salt if you wish, or just have them with unsalted ketchup.

*Contributed by Linda R.*

## Fried Eggplant

- 1 sm/med eggplant
- flour
- non-iodized/non-sea salt and pepper, to taste
- olive oil 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 and pepper as you remove from skillet. Keep slices warm as you continue to cook remaining eggplant in the same way.

*Contributed by Jo Anne H.*

## Hash Browns

- raw potatoes, peeled
- oil for frying
- non-iodized/non-sea salt
- pepper
- onion powder
- garlic powder

Peel the potatoes, then shred them using a grater. 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.

*Contributed by Suzanne B.*

**Vegetarians and vegans might enjoy making homemade seitan. This meat substitute—made from wheat gluten—is a great source of protein.**

*Contributed by Tracy P.*

# Vegetables

## June's Potato Latkes

- 5 lg russet potatoes, peeled and grated
- 1 med yellow onion, grated
- ½ c liquid egg whites
- non-iodized/non-sea salt and pepper, to taste
- matzo meal (unsalted matzo crushed very fine)

Peel potatoes. Cut them up in quarters and grate in food processor. Add a medium onion to food processor. Drain excess liquid. Put in a large mixing bowl. In a separate dish, add egg whites, matzo meal, and salt and pepper. The mixture should be sticky. Add the potato and onion mixture and mix well. Form patties. Use an electric skillet to cook the latkes evenly. Heat oil until hot. Cook until brown and crispy. Serve with salt-free applesauce.

*Contributed by June C.*

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

- soft pretzel dough, using Kim S.'s recipe from this cookbook
- small amount olive or corn oil
- 1 clove fresh garlic
- fresh vegetables, sliced and chopped, such as:
  - ½ sm onion
  - 2 med mushrooms
  - ⅓ zucchini
  - spinach
  - sliced tomatoes
- seasonings: basil, oregano, rosemary, garlic powder, etc.

While the dough is rising, sauté all vegetables except the tomatoes in oil over low heat. (Don't add tomatoes right away; they'll get too soft.) When vegetables are almost done, add tomatoes and stir everything around a few more times. Then, use half the dough 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 other toppings. Bake at 450°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 cheese-less pizza.

*Contributed by Kari S.*

## Lemony Roasted Vegetables

- 1 lb potatoes, peeled and cut in 2-inch cubes
- 3 stalks celery, sliced ½ inch thick
- 4 sm carrots, cut in 2-inch pieces
- 1 lg onion, cut into wedges
- ¼ c lemon juice
- 1 Tbsp oil
- 1 tsp rosemary, crushed
- ¼ tsp non-iodized/non-sea salt
- ¼ tsp black pepper

Place peeled 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°F for 30 minutes or until potatoes and onions are tender, stirring once.

*Contributed by Joan F. Recipe by Denise T.*

## Ligurian Potatoes, Green Beans, & Pasta

- 2 c fresh basil leaves, packed
- ½ c extra virgin olive oil
- 3 med garlic cloves, minced
- juice of ½ lemon (opt)
- ⅓ c unsalted pine nuts or walnuts (opt)
- non-iodized/non-sea salt and freshly ground black pepper, to taste
- 1 lb whole wheat pasta of your choice
- 2 med potatoes, peeled
- ½ c LID-safe green beans (fresh if possible)

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

Peel the potatoes and cut into cubes. Boil until soft and drain. Boil the pasta and drain.

Steam the green beans (can be microwaved).

Mix everything together and enjoy!

*Contributed by Jacki E.*

# Vegetables

## Pan-Fried Carrots & Cauliflower

- 2 c sliced carrots
- 2 c chopped cauliflower
- 3 Tbsp olive oil
- 1 tsp dill

Fry carrots in oil for 5-8 minutes. Add cauliflower and dill. Cook to desired tenderness.

*Contributed by Cindy M.*

## Polenta

- 5 qt water
- 1 tsp non-iodized/non-sea salt
- 1 c quick cooking salt-free polenta
- 2 Tbsp olive oil
- canola oil for greasing the pan

Boil the water and salt. Whisk in polenta. Simmer for 5 minutes. Remove from heat and whisk in olive oil. Grease 9 inch cake pan with canola oil. Place polenta mixture 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.*

## Really Easy Sweet Potato

- 1 med/lg sweet potato
- 1 Tbsp 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 a larger potato. Carefully remove skin. Using a fork, lightly mash sweet potato. Add sugar for sweetness and continue to mash to desired consistency.

*Contributed by Lauren P.*

## Roasted Asparagus

- 1 bunch asparagus
- 4 Tbsp 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°F for 10-12 minutes. Toss with fresh herbs.

*Contributed by Robin G.-A.*

## Roasted Bell Peppers

- 3 lg sweet bell peppers, red or yellow
- 2 cloves garlic
- 2 Tbsp olive oil (or grapeseed oil)
- 1 Tbsp balsamic vinegar
- 1 tsp honey
- 1 pinch non-iodized/non-sea salt

*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. Serve as an appetizer or a dressing on salad.

*Contributed by a friend of ThyCa*

## Roasted Carrots with Fennel

Peel and cut carrots into wedges. Drizzle with oil and season with non-iodized/non-sea salt, pepper and fennel seeds. Bake at 400°F until cooked to your liking. Stir part way through.

*Contributed by Tracy T.*

## Roasted Sweet Potatoes

- 3 lb sweet potatoes, peeled and cubed
- ¼ c olive oil
- 1 Tbsp dried parsley
- 1¼ tsp onion powder
- ¾ tsp dried basil
- ½ tsp dried oregano
- 2 cloves garlic, finely chopped
- 8 oz white mushrooms, sliced
- 2 Tbsp olive oil

Preheat oven to 350°F. Coat large baking pan with cooking spray. Place cut potatoes into cold water for a couple of minutes. Place ¼ cup oil

## Vegetables

and spices in gallon zippered plastic 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.*

### Roasted Winter Vegetables

- 1 med whole fennel cut into 6 wedges
- 2 med turnips, peeled and quartered
- 2 med carrots, cut in 1-inch pieces
- 2 med parsnips, cut in 1-inch pieces
- 2 med potatoes, peeled and quartered
- 2 med onions, peeled and quartered
- 4 cloves garlic, peeled
- olive oil
- non-iodized/non-sea 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°F, turning the vegetables every 15 minutes.

*Contributed by Leah G.*

### Roasted Yellow Squash

- 1 med yellow squash
- 2 to 3 Tbsp olive oil
- non-iodized/non-sea salt
- fresh dill

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

*Contributed by Robin G.-A.*

### Rosemary Garlic Roasted Potatoes

- 4 to 6 med potatoes, peeled and chopped into 1-inch cubes
- 3 cloves garlic, chopped finely
- ¼ c olive oil
- 1 Tbsp dried rosemary
- non-iodized/non-sea salt and pepper, to taste

Preheat oven to 400°F. Peel and chop potatoes and garlic. Add all ingredients to a large zippered bag and toss to coat evenly. Spread potatoes in a single layer on a large cookie sheet. Bake for about 30 minutes, or until lightly browned and tender. Stir once or twice while baking so they cook evenly. Use the leftovers to make a “hash” with grilled chicken, sautéed bell peppers, onions, and mushrooms.

*Contributed by Amanda F.*

### Stewed Tomatoes

- 6 lg tomatoes
- 1 tsp onion, minced
- ½ c celery, chopped
- 3 cloves garlic
- ¾ tsp non-iodized/non-sea salt
- ¼ tsp paprika
- 2 tsp sugar
- ⅛ tsp basil

Peel tomatoes and cut into large chunks.

Combine all ingredients in a heavy pan and cook over low heat, about 20 minutes.

NOTE: Tomatoes may be thickened with ½ cup LID-safe fresh bread crumbs (made with bread from this cookbook); may sub matzo meal.

**Tip:** See the Chili recipe in the Soups & Stews section on how to peel a tomato.

*Contributed by a friend of ThyCa*

### Stuffed Mushroom Caps

- 2 c fresh mushrooms, stems removed and stems finely chopped
- ½ c finely chopped unsalted nuts
- ½ c finely chopped apples
- ⅛ c finely chopped onion
- ½ tsp garlic powder
- olive or 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 since oils from the nuts will keep the inside of the mushroom moist). Place stuffing inside cap

# Vegetables

and set cap, stuffing side up, on tray. Place under broiler for about 5 minutes.

*Contributed by Barrett H.*

## Vegetarian Sauce for Pasta or Rice

- 2 tsp olive oil
- 1 lg onion (finely chopped)
- 2 cloves garlic (minced or chopped)
- 400 gm coarsely grated carrot
- 400 gm coarsely grated peeled sweet potato
- 400 gm zucchini, chopped
- 1 lg red capsicum (sweet pepper), finely chopped
- 825 gm no-salt-added crushed tomatoes
- 1 Tbsp salt-free tomato paste
- 2 tsp non-iodized/non-sea salt
- 1-3 tsp dried basil
- 2 Tbsp freshly chopped parsley
- pepper to taste
- 400 grams cooked lentils (cooked separately)

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 sub salt-free 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 (or rice).

*Contributed by Jodi F.*

## Veggie Burgers

- 3 Tbsp vegetable oil
- $\frac{3}{4}$  c zucchini chopped to kernel size (sub corn kernels)
- 6 med mushrooms, chopped
- 1 sm yellow onion, chopped (sub 2 scallions)
- $\frac{1}{2}$  med red bell pepper, chopped
- 1 clove garlic, chopped
- 1 tsp cumin
- 1 dash cayenne pepper
- $\frac{1}{2}$  c spinach, chopped
- 1 med carrot, peeled and grated
- 1 sm potato, peeled and grated
- 1 lg egg white

non-iodized/non-sea salt and pepper, to taste

- $\frac{1}{2}$  c bread crumbs from fresh low-iodine bread (sub matzo meal)

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 pepper. 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. Tips: If grilling, use foil, as they are fragile. These freeze well. Serve on LID-safe bread, spread some blender mayonnaise (from this cookbook) on it, and garnish with avocado and tomato.

*Contributed by Kathleen L.*

## Zucchini Fajitas

- 1 med sweet onion, sliced
- 1 med red pepper, sliced
- 1 med yellow squash, sliced into 2-inch strips
- 1 med zucchini, sliced into 2-inch strips
- $\frac{1}{2}$  tsp salt-free chili powder
- 2 Tbsp chopped cilantro leaves
- $\frac{1}{4}$  tsp non-iodized/non-sea salt
- $\frac{1}{4}$  tsp cumin
- Tortillas, corn or wheat (LID-safe)
- fresh lime juice

Slice onion and pepper into 2- to 3-inch strips. Slice squash and zucchini into 2-inch strips. Over medium-high heat, sauté 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 until onions are caramelized. Reduce heat to medium. Add the squash, zucchini, and pepper, and sauté until soft. Add salt, chili powder, and cumin, and sauté another 30 seconds. Remove the pan from the heat and immediately garnish with cilantro. Splash with fresh lime juice and serve in tortillas.

# Vegetables

*Contributed by Jo W.*

## Dips, Spreads, & Appetizers

### Black Bean & Corn Salsa

- 1 15-oz can no-salt-added black beans (rinsed and drained)
- 1 c frozen corn kernels (thawed)
- ½ c chopped red bell pepper
- ½ c chopped fresh cilantro
- 3 Tbsp lime juice
- 8 sm green onions, chopped (use the green and white parts)
- 2 Tbsp balsamic vinegar
- ½ tsp non-iodized/non-sea salt
- ½ tsp ground cumin
- 1 or 2 jalapeño peppers chopped or crushed red pepper (opt)

Mix all ingredients together and chill. Serve with your favorite salt-free tortilla chips.

*Contributed by Suzanne B.*

### Black Bean Dip

- 2 15-oz cans no-salt-added black beans (rinsed and drained) or use prepared, dried beans
- 1 lg bunch cilantro (stem ends removed and rinsed)
- 2 to 4 cloves garlic
- 3 to 5 lg limes, juiced
- zest of one lime (only the green part of the skin—no white)
- fresh ground black pepper, to taste
- non-iodized/non-sea salt, to taste

First zest one of the limes. Reserve about half of the lime juice so you can adjust consistency. Put all ingredients into the food processor (except half the lime juice) and blend until smooth. You will want the consistency to be spreadable, but not too loose. Add more lime juice to achieve your desired consistency. Taste and add salt if needed. Use as a dip with salt-free tortilla chips or use it in place of refried beans in any of your favorite dishes.

*Contributed by Suzanne B*

### Guacamole Dip with Tortilla Chips

- corn tortillas (containing only corn, lime and water)
- corn oil for frying
- 4 lg ripe avocados
- 2 med Roma tomatoes
- ½ med yellow or white onion
- non-iodized/non-sea salt
- pepper
- ground red pepper
- cilantro
- lemon juice

**Chips:**

Cut salt-free 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 jalapeños if you like it hot!

*Contributed by Liz M.*

### Haroseth (Fruit & Nut Spread)

- 4 lg tart apples, peeled and cored
- 1 Tbsp fresh lemon juice
- 1 lb pitted dried dates
- 1½ c walnut pieces
- 1½ c blanched whole almonds
- 4 Tbsp honey
- ⅛ tsp cinnamon

Grate the apples with a grater or shred in a food processor. Place in a bowl, stir in the lemon juice, and set aside. Next, put the dates and nuts in a food processor and pulse until coarsely chopped. Stir the date mixture into the apples with honey and cinnamon. 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.

## Dips, Spreads, & Appetizers

*Contributed by Harriet E. M. K.*

### Hummus with Clementines

These measurements are approximate.

In a food processor:

- ½ to 1 lb dried chickpeas (garbanzo beans), soaked and boiled as per package directions
- 2 to 3 sm clementine oranges, peeled
- roasted garlic\*
- non-iodized/non-sea salt and pepper, to 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 foil to make a pouch, and bake at 350°F for an hour)

*Contributed by “A long-term survivor grateful for ThyCa”*

### Lily’s Hummus

- 1 clove roasted garlic, peeled
- 8 oz cooked & cooled garbanzo beans (sub no-salt canned, rinsed and drained)
- 1 Tbsp tahini (no-salt, or use recipe from this cookbook)
- ¼ c water
- 3 Tbsp olive oil
- 2 Tbsp lemon juice
- ¼ tsp cumin
- 1 dash cayenne pepper (opt)
- ¼ c toasted unsalted pine nuts
- non-iodized/non-sea salt, to taste

Blend in food processor.

*Contributed by Lily W.*

### Pineapple Salsa

- 2 c diced pineapple
- ½ c diced tomatoes
- ¼ c finely chopped red or sweet onion
- 1 lg jalapeño, finely chopped
- 1 lg lime, juiced and zested
- 1 Tbsp olive oil
- non-iodized/non-sea salt, to taste

Mix all ingredients in a bowl and chill. If possible, make the day before and allow flavors to build. Serve with paper-thin salt-free tortilla chips. Warm chips and sprinkle with a little salt.

*Contributed by Lily W.*

### Pumpkin Butter

- 1 15-oz can 100% pure pumpkin (not pumpkin pie mix)
- ⅔ c brown sugar (packed)
- ¼ c honey
- 1 Tbsp lemon juice
- ¼ tsp ground cinnamon
- ⅛ tsp ground cloves

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

Keeps up to 2 months in airtight container in refrigerator. Serving suggestions: Spoon onto oatmeal or matzo crackers.

*Contributed by Bridget C.*

### Rafael’s Pico de Gallo

- 3 med onions, diced
- 3 med tomatoes, diced
- 1 med green bell pepper, diced
- 3 med jalapeño peppers (seeds and ribs removed), diced
- ½ bunch cilantro leaves, chopped
- 1 tsp garlic, minced
- 2 tsp non-iodized/non-sea salt
- 1 tsp cumin
- 2 to 3 lg limes, juiced

Mix everything together & serve. It’s even better if the flavors are allowed time to marinate. Serve with your favorite no-salt tortilla chips.

*Contributed by Suzanne B.*

### Roasted Garlic

- 1 lg whole bulb garlic
- olive oil
- non-iodized/non-sea salt

Remove 1 or 2 layers of the papery garlic bulb coverings. Preheat oven or toaster oven to 350°F. Bake for 45-50 minutes until tender. Can be used for many dishes including soup, hummus or spread on LID-safe bread.

*Contributed by Lily W.*

## Dips, Spreads, & Appetizers

### Salsa Fresca

- 3 Tbsp finely diced onion
- 1 lb Roma tomatoes diced small
- 1 med green or jalapeño chili, finely diced
- 2 Tbsp fresh cilantro, chopped (sub dried cilantro)
- $\frac{3}{4}$  tsp sugar
- $\frac{3}{4}$  tsp non-iodized/non-sea salt
- 1 Tbsp fresh lime juice

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

*Contributed by Rae K.*

### Tahini (Sesame Seed Paste)

- 2 Tbsp roasted sesame seeds
- $\frac{1}{2}$  tsp sesame oil
- $\frac{1}{4}$  tsp non-iodized/non-sea salt
- $\frac{1}{4}$  c tepid water

Blend sesame seeds in a blender and grind until smooth. Add sesame oil, and salt, and then slowly add  $\frac{1}{4}$  cup of water while blending. Blend until completely smooth. Use in Hummus recipes or in a falafel sandwich.

### Three Peanut Butters

#### Plain Peanut Butter:

Dump one jar unsalted natural peanut butter into your food processor, oil and all. Add  $\frac{3}{4}$  teaspoon non-iodized/non-sea salt (more or less to taste or depending on your dietary needs). Add 2 Tablespoons white sugar (more or less to taste, or depending on your dietary needs). Or try using agave syrup if you like; use less, because it's sweeter than sugar. Or, substitute artificial sweetener here if you need to. Blend with the food processor. It will blend so that the oil does not 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 store it in 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 store it in the fridge.

#### Chocolate Peanut Butter:

Follow the same directions as the plain 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 and store in the fridge.

*Contributed by Daria J.*

### Wisconsin Refrigerator Pickles

- 8 c peeled, thinly sliced cucumber
- 1 Tbsp non-iodized/non-sea salt
- 1 c chopped or sliced onion
- 1 c chopped or sliced red or green pepper
- 1 c vinegar
- $1\frac{3}{4}$  c sugar
- 1 tsp mustard seed
- 1 tsp celery seed
- 1 tsp dill seed

Add salt to cucumbers, stir well and let it sit an hour or more. Drain well. Combine the cucumbers with the rest of the ingredients, mix well and store in the refrigerator. No need to cook. Keeps well.

Variation: substitute  $\frac{1}{4}$  cup plain vinegar with balsamic or garlic vinegar.

*Contributed by Jo W.*

# Breakfast

## Breakfast

### Apple Morning Oats

- 1½ c boiling water
- ½ c apple cider or juice
- 1 med apple, peeled and cubed
- ¾ c steel cut oats
- honey or cinnamon sugar, to taste
- raisins

Boil apples in water and cider/juice until they start to soften. Add oats. Simmer. (For measurements and directions, you can follow your oatmeal box instructions.) Top with honey or cinnamon sugar, and raisins.

*Contributed by BethAnn L.*

### Baked Oatmeal

- 4 lg egg whites
- ½ c oil
- 1 c sugar
- 3 c oatmeal (rolled oats)
- 1 c LID-safe milk substitute (e.g., homemade nut milk) or sub water
- 2 tsp baking powder
- 1 pinch non-iodized/non-sea salt

Mix together. Pour into 2-quart baking dish (do not spray the dish). Bake uncovered for 30 minutes at 350°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.*

### Banana Chocolate Peanut Butter Smoothie

- 1½ c LID-safe nut or oat milk
- ½ c crushed ice cubes
- 2 Tbsp LID-safe peanut butter
- 1 Tbsp cocoa (more if you prefer dark chocolate)
- ½ lg very ripe banana, peeled and frozen
- ¼ tsp vanilla extract
- 1 pinch non-iodized/non-sea salt
- 1 pinch turmeric (for the anti-oxidant benefits, opt)

Put all ingredients in a blender and blend until smooth. Tip: Keep peeled and chunked-up

frozen bananas on hand for making this and the “ice cream” recipe.

*Contributed by Daria J.*

### Banana Oatmeal Breakfast Cookies

- ½ c banana, mashed
- ½ c unsalted chunky LID-safe peanut butter
- ½ c honey
- 1 tsp vanilla
- 1 c rolled oats (can also add some oat bran, and/or ground flaxseed, just use less oatmeal)
- ½ c flour
- ¼ tsp baking soda
- ¼ tsp non-iodized/non-sea salt
- 1 to 2 tsp ground cinnamon
- ½ to 1 c raisins
- 1 to 2 lg egg whites, beaten (opt)

Preheat oven to 350°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, salt, and baking soda. Stir the oat mixture into the banana mixture until combined. Stir in raisins. Using a ¼-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 2¾-inch round, about ½-inch thick. Once baked, each cookie will be about 3½ to 4 inches in diameter. Bake, one sheet at a time, for 14-16 minutes or until browned. Transfer to wire racks to cool completely. Makes about 12 breakfast cookies.

Variations: split cookie dough into 3 batches: Batch 1: Spread a thin, flat layer of dough and spread with LID-safe jelly; cover with more dough, pinching the ends together. Batch 2: Add the raisins plus dried cranberries, and some chopped unsalted walnuts. Batch 3: Add 1 to 2 Tbsp cocoa. some LID-safe dark chocolate chips, and some grated orange, if desired.

*Contributed by Jean Z.*

## Breakfast

### Banana-Nut Griddle Cakes

- 2 lg egg whites
- 2 Tbsp sugar
- 1 tsp vanilla
- 1 c flour
- 2 tsp baking powder
- $\frac{3}{4}$  tsp non-iodized/non-sea salt
- 1 tsp cinnamon
- 1 tsp vegetable oil
- $\frac{3}{4}$  c water
- $\frac{1}{2}$  lg banana, mashed
- $\sim\frac{1}{4}$  c crushed nuts (e.g., walnuts)

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

Recipe makes about 8 pancakes.

*Contributed by Judy S.*

### Blueberry Pancakes

- 3 lg egg whites, beaten
- 2 Tbsp sugar
- 1 tsp vanilla
- 3 tsp baking powder
- 1 tsp non-iodized/non-sea salt
- 2 Tbsp canola oil
- $1\frac{1}{4}$  c flour
- $\frac{3}{4}$  c 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 cook.

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

*Contributed by Sharon M.*

### Cinnamon Waffles

- 1 c all-purpose flour
- 2 Tbsp sugar
- 2 tsp baking powder
- $\frac{1}{2}$  tsp non-iodized/non-sea salt
- $\frac{1}{4}$  c egg whites
- 2 Tbsp coconut oil, melted (sub corn oil)
- $1\frac{1}{2}$  tsp cinnamon
- $\frac{1}{2}$  c water or apple cider
- vegetable oil or no-stick spray

maple syrup as an accompaniment

In a small bowl whisk together flour, sugar, baking powder, cinnamon, and salt. (You can also add a couple shakes of ground allspice or nutmeg, a dash of ground cloves, a little vanilla extract, or a couple drops of imitation butter flavor.) In a bowl, whisk together egg whites, coconut oil, and water (or cider). (Raisins or chopped fruit can be added if desired.) Add flour mixture, and stir batter until just combined. Heat a waffle iron until 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.

*Contributed by Jon S.*

### Easy LID Matzah Brei

- $1\frac{1}{2}$  c egg whites
- $\frac{1}{4}$  c non-dairy milk
- $\frac{1}{4}$  c water
- $\frac{1}{4}$  tsp non-iodized/non-sea salt
- 4 sheets plain, unsalted matzah
- $\frac{1}{2}$  tsp onion powder
- $\frac{1}{2}$  tsp garlic powder
- oil or butter substitute for frying
- unsweetened, LID-safe non-dairy yogurt or sour cream substitute (opt)

Whisk egg whites, non-dairy milk, water, salt, onion powder, and garlic powder together in a large bowl. Put frying pan on stove on medium heat. Break matzah into small pieces and drop into egg mixture; let soak while pan heats. Once pan has heated up, add oil or butter substitute, then add egg-and-matzah mixture to the pan; fry until done on both sides. If you like, serve with unsweetened non-dairy yogurt in place of traditional sour cream. Matzah brei is a traditional Passover dish usually made for breakfast or brunch.

*Contributed by a friend of ThyCa*

# Breakfast

## Easy Potato & Egg Breakfast

- 1 tsp canola oil
- 1 lg baking potato, baked ahead, peeled and sliced
- onion, chopped
- green pepper, chopped
- non-iodized/non-sea salt and pepper, to taste
- 3 lg egg whites

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

*Contributed by Pat S.*

## European-Style Pancakes/Crêpes

- 100 ml Lid-safe almond or coconut milk
- 100 gm plain white flour
- 1 lg egg white
- 1 Tbsp white sugar
- Vegetable oil for cooking

Mix the dry ingredients in a bowl. Gradually add the egg and the nut milk, stirring to make sure no lumps form. The batter will be quite thin. Brush the oil onto a non-stick pan and heat it to medium. Add 50 ml of the batter to the pan and cook until the sides start to become light brown. Then flip and heat on other side about  $\frac{2}{3}$  as long time as the first side. Remove from pan and continue with the next portion of the batter. These keep in the fridge for at least 3 days.

*Contributed by Line*

## Fruit & Oatmeal

- 1 med apple, peeled, cored, and chopped
- unsalted walnuts; finely chopped
- $\frac{1}{4}$  c regular oatmeal
- cinnamon, to taste
- raisins and/or dates, to taste
- $\frac{1}{2}$  c water
- brown sugar, to taste

Combine, in a medium microwave-safe bowl, apple, walnuts, and oatmeal and mix together. Add raisins/and or dates. Pour water over the mixture. Cover bowl and microwave ~2 minutes on high (length of time may vary based on your

microwave). Let stand covered at least 2 minutes. Add brown sugar to taste.

*Contributed by Kathy C.*

## Fruit Shake

- 1 lg banana
- 1 c orange juice
- 1 c water
- $\frac{1}{2}$  tray ice cubes

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

## Fruit Smoothie

- $\frac{1}{2}$  c orange juice
- 1 Tbsp powdered egg whites (found in bakery aisle or with health foods)
- $\frac{1}{2}$  lg banana
- 1 sm handful frozen strawberries and/or blueberries, to taste

Blend in blender until smooth. Yields about 2 tall glasses. Enjoy with a bowl of oatmeal.

*Contributed by Darlene H.*

## German 5-Minute Müsli

- 2 c rolled oats
- $\frac{1}{2}$  c wheat germ
- $\frac{1}{2}$  c sliced almonds, raw
- $\frac{1}{2}$  c raw sunflower seeds (sub pumpkin seeds), unsalted
- $\frac{1}{8}$  tsp non-iodized/non-sea fine salt (not Kosher, it's too coarse)
- $\frac{1}{3}$  c raisins
- $\frac{2}{3}$  c chopped dates

Mix raisins and dates together and add salt; mix to distribute the salt. Then toss all ingredients together in a bowl. Mix. Store in a cool dry place or in the fridge. Enjoy with LID-safe milk or fruit juice. Add LID-safe chocolate chips and just nibble on it as a snack.

*Contributed by Anonymous*

# Breakfast

## Grandma B's Easy Granola

- 4 c old fashioned rolled oats
- $\frac{3}{8}$  c brown sugar (packed)
- $\frac{1}{8}$  c whole flaxseeds
- 2 to 3 tsp ground cinnamon
- $\frac{1}{4}$  c canola oil
- $\frac{1}{4}$  c honey
- 1 to 2 c 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 lined cookie sheet (use a silicone baking mat, or parchment paper) and bake in oven at 260°F for 1 hour 15 minutes. Stir every 15 minutes. Once done, transfer to bowl to cool and add raisins.

*Contributed by Bridget C.*

## Griddle Cakes

- 2 lg egg whites
- 2 Tbsp sugar
- 1 tsp vanilla
- 1 c flour
- 2 tsp baking powder
- 1 tsp non-iodized/non-sea salt
- 1 tsp cinnamon
- 1 tsp vegetable oil
- $\frac{1}{2}$  c water (more as desired for batter thickness)

Beat egg whites with sugar. Add vanilla and stir in rest of ingredients, adding water until the batter is the consistency of thick cream. You can make yours a bit thicker so they are more filling. Spoon batter onto hot griddle greased with a bit of vegetable oil. Makes about 8 griddle cakes. Excellent hot with jam or real maple syrup. Freeze leftovers and pop in toaster.

*Contributed by Susan L.*

## Mom's Donuts

- 2 env yeast (~4 $\frac{1}{2}$  tsp)
- 1 c warm water (~110°F), divided
- $\frac{1}{3}$  c sugar
- 3 to 4 c flour
- 1 tsp non-iodized/non-sea salt
- $\frac{1}{3}$  c LID-safe shortening

- 3 lg egg whites
- oil for frying

Mix 2 packets of yeast and  $\frac{1}{2}$  c warm water together and set aside for 5 minutes. Then add  $\frac{1}{2}$  c warm water and  $\frac{1}{3}$  c sugar. Set aside.

Sift 3-4 c of flour with 1 tsp of salt. Add  $\frac{1}{3}$  c 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 of refrigerator. Shape donuts or donut holes. Let rise 30-40 minutes. Fry in oil 2 minutes, turning only once, on medium-high heat (~350°F oil).

*Contributed by Kimber S. (Recipe by Gaye B.)*

## Olé Omelet!

- $\frac{1}{2}$  c egg whites
- 1 Tbsp chopped green onions
- 1 Tbsp chopped tomato
- 1 Tbsp chopped cilantro
- $\frac{1}{4}$  med avocado, very thinly sliced lengthwise
- non-iodized/non-sea salt and pepper to taste

Pour egg whites into a heated non-stick small frying pan. Let set, flip. Fan the avocado slices across  $\frac{1}{2}$  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, you may microwave the dish for 30 seconds to meld the flavors and make the avocado creamier. This way you will not miss the cheese. If desired, serve with a no-salt corn tortilla heated in microwave for 30-45 seconds, rolled and placed on side of serving plate. Garnish with cilantro and/or a slice of lime.

*Contributed by Mo O'C.*

# Breakfast

## Overnight Oats

Per serving:

- ½ c plain, old-fashioned oats (not steel-cut or instant)
- 1 Tbsp chia seeds (opt)  
Pinch non-iodized/non-sea salt
- ¼ c non-dairy, LID-safe yogurt (opt)
- ½ Tbsp honey (sub sweetener of choice)
- ½ c non-dairy, LID-safe milk (or water; if not using yogurt, you may want to add a little extra)  
Your toppings. Anything LID-safe goes: nuts, bananas, peanut butter, raisins or dried cranberries/cherries, whatever you like!

Put the oats, chia seeds (if using), salt, yogurt (if using), honey, and non-dairy milk or water in the container of your choice and stir with a spoon until thoroughly combined. Cover the container, place in fridge, and let sit overnight. In the morning, add your toppings of choice and enjoy! A batch will stay good in the fridge for several days.

As the name suggests, you make this recipe the night before you want it and leave it in the refrigerator overnight to “set.” You can either make it in one big batch or in individual portions in little bowls or cups. Portions are extra convenient in the morning because you can just grab one, add your toppings, and eat or take on the go. It’s meant to be eaten cold.

Note: At the time of this publication, the NIH did not have iodine data on chia seeds. If removing from the recipe, reduce your LID-safe milk or water by ¼ cup.

*Contributed by a friend of ThyCa. Adapted from Feel Good Foodie, <https://feelgoodfoodie.net/recipe/overnight-oats/>*

## Potato & Egg White Frittata with Onions & Asparagus

- 2 med potatoes, peeled and thinly sliced
- 1 pt liquid egg whites
- ¼ c vegetable oil
- 1 lg white onion, diced
- ½ pkg frozen asparagus  
non-iodized/non-sea salt and 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 lid to let both sides of frittata cook. Flip over once if necessary. Salt and pepper to taste.

*Contributed by Susan C.*

## Sherri’s Homemade Granola

- 4 c old fashioned rolled oats
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ½ c honey
- ¾ c cooking oil
- 1 pinch non-iodized/non-sea salt  
raisins  
almonds, toasted

Heat oven to 300°F. Line a baking sheet with parchment paper. In a large bowl, combine oats, cinnamon, nutmeg, and salt; set aside. In a small microwave-safe 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. Try adding toasted coconut. There are many combinations of dried fruits and such that can be added, like dried apples, and others.

*Contributed by Sherri L.*

## Breads & Muffins, etc.

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### Quick Breads & Muffins

#### Apple Muffins

- 1/3 c corn oil
- 1/2 c granulated sugar
- 1/4 c packed brown sugar
- 3 lg egg whites
- ~1 c chunky LID-safe applesauce
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 2 c flour
- 3 tsp baking powder
- 1 tsp non-iodized/non-sea 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 large muffin cups or 12 regular muffin cups.

Bake at 400°F for 20-25 minutes.

*Contributed by Laura J.*

#### Banana Bread

- 2 to 3 med well-ripened bananas, peeled and mashed
- 3/4 c sugar
- 1 c LID-safe applesauce
- 2 egg whites
- 1/2 c canola oil
- 2 c flour
- 1 tsp baking soda

Mix bananas, applesauce and egg whites. Gradually add sugar and then oil. Lastly add flour (consider using half whole wheat and half bread flour) and baking soda. Pour into a greased loaf pan. Bake at 350°F for about 35-45 minutes or until toothpick inserted comes out clean.

Variation: Add 1/2 cup nuts, as desired.

*Contributed by Dana P.*

#### Banana Coconut Bread

- 3 c unbleached or whole-wheat pastry flour, or combination
- 1 c unsweetened (salt-free) shredded coconut
- 4 tsp baking powder

- 1 tsp baking soda
- 2 Tbsp sunflower or other light oil
- 2 Tbsp maple syrup or alternative liquid/syrupy sweetener
- 4 med very ripe bananas, peeled and mashed well

Preheat oven to 350°F. Lightly oil and flour a loaf pan. Combine the flour, coconut, baking powder, and baking 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.*

#### Cathy's Blueberry Muffins

- 2 lg egg whites
- 1 c water
- 1/4 c vegetable oil
- 2 c flour
- 1/4 c sugar
- 3 tsp baking powder
- 1/2 tsp non-iodized/non-sea salt
- 1 c fresh blueberries (or 3/4 c frozen)

Heat oven to 400°F. Beat egg whites until foamy. 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. Bake 18 minutes or until a toothpick comes out clean. Makes 12 muffins.

*Contributed by Cathy T.*

#### Chocolate Zucchini Bread

- 2 1/2 c all-purpose flour
- 1/2 c unsweetened cocoa
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp baking powder
- 2 c sugar
- 4 egg whites

## Breads & Muffins, etc.

- 1/3 c canola oil
- 2 Tbsp water
- 1 Tbsp pure vanilla extract
- 2 1/2 c zucchini, shredded

Preheat oven to 350°F. Grease two 4 x 8-inch loaf pans with LID-safe shortening. Sift first 5 dry ingredients together in a bowl. Combine next 5 ingredients in another bowl. Beat sugar and wet ingredients with an electric mixer until well blended. Stir in zucchini. Add dry ingredients and stir just until moistened. Divide batter equally between 2 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; grease the muffin tin rather than using paper liners, since the muffins tend to stick to paper.

*Contributed by Deena D.*

### Cinnamon Raisin Bread

- 1/2 c raisins
- 1 tsp vanilla extract
- 1 c boiling water
- 1/4 c brown sugar
- 1 Tbsp cinnamon
- 2 c flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp non-iodized/non-sea salt
- 1/4 c shortening
- 1 c sugar
- 1/2 c potato water (see text box) or sub plain water or LID-safe nut or oat milk

Glaze ingredients:

- 1/2 c powdered sugar
- 3 Tbsp water
- 1/2 tsp vanilla extract

Preheat your oven to 350°F. Grease and flour a loaf pan. While the oven is heating, pour the vanilla extract and boiling water over the raisins and let them stand for 10 minutes. Pour off the liquid and set aside in a strainer so they continue to drip dry while you mix your other ingredients. Mix together brown sugar and cinnamon, set aside. Mix together remaining dry

ingredients. In a mixer or using a large bowl and spoon, beat together sugar and shortening. Next, combine dry ingredients with shortening mixture and add potato water (or water or LID-safe milk). Use a heaping tablespoonful of your cinnamon-sugar and coat raisins. Fold raisins into batter. Spread half the batter into prepared loaf pan. Sprinkle half of remaining brown sugar mixture on batter. Spoon rest of batter into pan and sprinkle remaining brown sugar mixture on top. Bake for one hour, or until a cake tester comes out clean. Cool for 15 minutes and then remove to cool completely. Mix water, powdered sugar, and vanilla together to form a glaze. Pour over bread, slice and enjoy!

*Contributed by Anonymous*

**To make potato water:  
Peel and boil a small white potato in 2 cups of water. When the potato is soft, mash it in the cooking water. Pour the “milky” water through a strainer and use to make breads in place of milk. Keep refrigerated for up to three days.**

*Contributed by Daria J.*

### Corn Muffins

- 1 1/4 c flour
- 3/4 c corn meal
- 1/4 c sugar
- 2 tsp baking powder
- 1/2 tsp non-iodized/non-sea salt
- 1 c water
- 1/4 c vegetable oil
- 2 lg egg whites

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

*Contributed by Cathy T.*

## Breads & Muffins, etc.

### Dairy-Free Cornbread

- 1 c cornmeal
- 1 c all-purpose flour
- ¼ c sugar
- 5 tsp baking powder
- ½ tsp non-iodized/non-sea salt
- 1½ c water
- ⅓ c safflower oil
- 1 Tbsp safflower oil for cooking

Preheat oven to 425°F. Add 1 Tbsp of oil to an 8-inch cast iron skillet and heat in oven while combining and mixing well in a bowl all remaining ingredients. Pour the cornmeal mixture into hot skillet (or use an unheated 8-inch cake pan). Bake for 20-25 minutes. Perfect with chili or white beans. The cast iron skillet will make the cornbread a little crustier.

*Contributed by Patricia W.*

### Mel's Zucchini Carrot Muffins

- 2 c grated zucchini
- 2 c grated carrot
- ½ c LID-safe applesauce
- ½ c walnuts (unsalted)
- ½ c raisins
- ¾ c canola oil
- 4 lg egg whites, beaten until foamy
- 1 tsp vanilla extract
- 2 c unbleached flour
- 1¼ c sugar
- 2 tsp baking soda
- ½ tsp non-iodized/non-sea salt
- 2 tsp grated orange peel
- 1 Tbsp ground cinnamon
- ½ tsp cardamom

Preheat oven to 375°F. Mix together the zucchini, carrots, applesauce, walnuts, and raisins. Add the canola oil, egg whites, and vanilla. Set aside. In a second bowl, mix the remaining ingredients. Fold dry ingredients into wet and blend gently with a wooden spoon. Fill 24 greased or paper-lined muffin cups ⅔ full (or use one Bundt pan). Bake 20-22 minutes or until a sharp knife comes out clean when inserted into the mixture. You may need longer baking time if using the Bundt pan.

*Contributed by Melissa R.*

### Orange Oat Muffins

- ¼ c oat bran
- ½ c quick-cooking oats
- ⅓ c orange juice concentrate
- ½ c water

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

- 1 egg white (see note)
- 2 Tbsp canola or other oil

Separately mix:

- ¾ c whole-wheat pastry flour
- ¼ c sugar (or use ⅛ c of sweetener of your choice)
- ½ tsp baking powder
- ½ tsp baking soda
- 1 tsp cinnamon
- 2 Tbsp grated orange peel (opt)

Add dry ingredients to oat/juice/egg mixture and stir only until just combined. Divide batter equally into 6 greased muffin cups. Bake at 375°F for 25 minutes. Cool in pans; then remove to wire rack. Freeze for longer storage. These are great slightly warmed in a microwave. Note: 1 Tbsp ground flax seed soaked in 2 Tbsp boiling water may be substituted for the egg white.

*Contributed by Jane G.*

### Pumpkin Bread

- 6.5 oz egg whites, lightly beaten\*
- 1 c canola oil
- 2 c sugar
- 1 15-oz can 100% pure pumpkin (not pumpkin pie filling)
- 3½ c flour
- 1 tsp baking powder
- 2 tsp baking soda
- 2 tsp non-iodized/non-sea salt
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp allspice
- ⅔ c water
- 1 c add-ins of choice (opt)

Add-in suggestions: chopped unsalted walnuts, LID-safe chocolate chips, raisins, dates, or a combination totaling 1 cup.

## Breads & Muffins, etc.

\*Note: For a vegan version, you can substitute canned coconut milk (6.5 fl. oz. or a little more than 200 ml) in place of the egg whites, or use an egg replacement product (follow instructions on the box to substitute for the equivalent of 4 whole eggs).

Preheat oven to 350°F. Grease three 2-lb loaf pans. Combine egg whites (or coconut milk or the egg replacement), oil, sugar, and pumpkin in a bowl or mixer. In a separate bowl, mix dry ingredients. Add dry mixture to pumpkin mixture and blend in water. Pour into prepared loaf pans and bake for 1 hour or until done.

*Contributed by a friend of ThyCa*

### Strawberry Nut Muffins

- 2 c flour
- 3 lg egg whites
- ½ c sugar
- ¼ c brown sugar
- ⅓ c vegetable oil
- 2 c fresh strawberries (pureed)
- 3 tsp baking powder
- 1 tsp cinnamon
- 1 tsp non-iodized/non-sea salt
- 1 pinch ground ginger (opt)
- ¼ c walnuts (finely chopped)

Throw everything together in a bowl. Mix. Pour batter into a greased or paper-lined muffin tins. Bake for 20 minutes at 400°F.

*Contributed by Dana F.*

### Whole Wheat Banana Muffins

- 1 c mashed banana (2-3 med)
- ⅔ c brown sugar
- ⅓ c corn oil
- 2 lg egg whites
- ¾ c all-purpose flour
- ¾ c whole wheat flour
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp non-iodized/non-sea salt
- ½ c chopped unsalted nuts (opt)
- Topping:
- ¼ c white sugar
- ½ tsp 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 halfway. Combine sugar and cinnamon for topping; sprinkle on top of batter before baking. Bake at 350°F for 20 minutes. Makes 6 muffins.

*Contributed by Alison B.*

#### Bagel tip:

**Check your local bagel shop to see if bagels are cooked on the premises. Ask if they use non-iodized/non-sea salt and if they are free of iodine-based dough conditioners. If so, they are LID-safe!**

*Contributed by a friend of ThyCa*

### Zucchini Bread

- 6 lg egg whites
- 2 c sugar
- 1 Tbsp vanilla extract
- 1 c vegetable oil
- 2 c (packed) grated zucchini
- 2 c flour
- 1 Tbsp cinnamon
- 2 tsp baking soda
- ¼ tsp baking powder
- 1 tsp non-iodized/non-sea salt
- 1 c chopped unsalted walnuts (opt)

Preheat oven to 350°F. 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, then stir zucchini into the mixture. Sift together the dry ingredients and add to mixture. Stir in unsalted optional walnuts. Oil and flour 2 loaf pans; LID-safe non-stick baking spray that's made with flour works great, too! Pour equal amounts into each loaf pan. Bake at 350°F for 50-60 minutes.

*Contributed by Laura R.*

# Breads & Muffins, etc.

## Yeast Breads & Rolls

### Basic White Bread (Bread Machine)

- 2½ tsp yeast
- 2 c bread flour
- 1 tsp non-iodized/non-sea salt
- 1 tsp sugar
- 1 tsp olive oil
- 1 c warm water

Add ingredients in machine in order listed.

Follow bread machine instructions.

*Contributed by Karen F.*

### Cinnamon Rolls

- 1 recipe LID-safe bread dough from this cookbook
- 1 ½ Tbsp cinnamon
- 1 c sugar
- ¼ c 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 Tbsp 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 (~400°F) until a toothpick comes out clean.

*Contributed by Natalie W.*

### Easy 40-Minute Hamburger/Sandwich Buns

- 1 Tbsp active dry yeast
- ½ c plus 1 Tbsp warm water (105 to 110°F)
- 2 Tbsp sugar
- 2 Tbsp vegetable oil
- 2 Tbsp egg whites
- ½ tsp non-iodized/non-sea salt
- 1½ c all-purpose flour (or sub whole wheat flour, or use a blend of the two)

Preheat oven to 425°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 or get foamy on top 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 half an hour in a warm place, and then bake for 8-10 minutes at 425°F. For a denser bun, reduce the rise time and use a bit more oil. Ingredient substitutions can 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.*

### Focaccia Bread (Bread Machine)

- 2½ tsp yeast
- 3 c flour
- 1 tsp non-iodized/non-sea salt
- 1 Tbsp olive oil
- 1 tsp rosemary, crushed
- 1 tsp coarsely ground black pepper
- 1 tsp minced garlic
- 1¼ c warm water

Add ingredients to bread machine in the order listed and bake. Remove bread while still warm, spray with olive oil, and sprinkle with salt.

A way to improve the bread that takes more time and energy: Remove dough after first rising. Pound it with your fingertips to create a thin, uneven surface about one inch deep. Let rise, place on a baking pan dusted with cornmeal, and press with fingertips again to make indentations. Drizzle with olive oil and add rosemary, salt, etc. Bake bread in a hot oven (475°F) for about 15 minutes.

*Contributed by Karen F.*

## Breads & Muffins, etc.

### French Bread

- 1 pkg active dry yeast
- 1/3 c warm water, 105-115°F
- 3 c all-purpose flour, reserve 2 tsp
- 1 tsp non-iodized/non-sea salt
- 2/3 c 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 the reserved 2 tsp of flour inside a 1-gallon zippered plastic bag. 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 1-1½ 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 half-inch 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. Remove plastic wrap.

Preheat oven to 400°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*

### But wait—I don't have a bread machine! 😞

We realize not everyone has a bread machine. Consider borrowing one from a friend or asking a friend to bake for you. Alternatively, you can easily convert any bread-machine recipe to a regular oven-based recipe by following these steps:

1. The ingredient list is the same.
2. "Proof" the yeast: put it in the water (or other liquid) used in the recipe, but, first, heat the water/liquid to 110-120°F.
3. Feed the yeast by adding a touch of the sugar used in the recipe. If the recipe does not call for sugar, adding ½ teaspoon will not change the final product.
4. Mix all your ingredients together well. Knead the dough some, then place it in an oiled bowl and cover it. Leave it in a warm place to rise. It should roughly double in bulk. This usually takes about 1 hour.
5. Punch the dough down and shape it into a loaf, or use a loaf pan. Set it aside for the second rise. It will again roughly double in size; so factor that in when you put the dough into the pan or onto the baking sheet.
6. After it has risen, bake in a 375-400°F oven until it reaches an internal temperature of 190°F. Another way to test for doneness is to flip the bread upside-down (that might mean removing it from the loaf pan), checking that it's golden and tapping the bottom of the loaf. It should sound hollow.

*Contributed by Daria J.*

## Breads & Muffins, etc.

### Golden Honey Bread (Bread Machine)

- 18 Tbsp tepid water (70-80°F) (18 Tbsp = 1 c + 2 Tbsp)
- 2 Tbsp honey
- 2 Tbsp olive oil
- 1½ tsp sugar
- 1 tsp non-iodized/non-sea salt
- 3½ c bread flour
- 2 tsp 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.*

### Hawaiian Sweet Bread (Bread Machine)

- 1 c salt-free, dairy-free LID-safe vanilla coconut milk
- 4 Tbsp vegetable oil
- 3 egg whites
- ¼ tsp vanilla extract
- ¼ lg lemon, just the peel, grated
- 3 Tbsp white sugar
- 3 Tbsp brown sugar
- 2 Tbsp dry potato flakes
- 3 c organic bread flour
- 1 Tbsp active dry yeast (packaged)

Put ingredients into bread machine in the order listed above. Set machine for sweet dough and light crust, and run. Use bread by itself or for French toast made with egg whites.

Yield: One 2-pound loaf

*Contributed by Stephen M.*

### Kim's Soft Pretzels

- 1 c flour
- ½ tsp dry yeast
- 1 tsp sugar
- pinch non-iodized/non-sea salt
- 6 Tbsp warm (110°F) water

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

### Multi-Grain Wheat Bread (Bread Machine)

- 1 c water
- ¼ c honey
- 3 Tbsp corn oil
- 2 lg egg whites
- 1¼ tsp non-iodized/non-sea salt
- ¼ c oats
- ¼ c yellow corn meal
- ¼ c toasted wheat germ or other grain (e.g., 7-grain)
- 2 c whole wheat flour
- 1 c all-purpose flour
- 1 pkg (2¼ tsp) dry yeast

Place in bread machine in order listed. Use High (whole wheat) setting. Makes a 2-pound loaf. This is a very dense bread. Great for making sandwiches.

*Contributed by Brenda H.*

### No-Knead Bread

- 3 c regular all-purpose flour
- ¼ tsp instant yeast
- 1¼ tsp non-iodized/non-sea salt
- ½ c water
- corn meal, wheat bran, or flour for dusting

In a large bowl mix flour, instant yeast and salt. Add water and stir briefly so it comes together into sticky dough. Don't knead! Cover and let it rest for at least 12 hours (preferably 18) at a warm room temperature.

Preheat the oven to 500-515°F 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.*

## Breads & Muffins, etc.

### Pão Caseiro (Portuguese Bread)

- 7 c flour plus more for kneading
- 2 tsp yeast (1 packet)
- 1½ tsp non-iodized/non-sea salt
- 1 tsp honey
- 1 c fresh orange juice, warmed to roughly 110°F
- 2½ c warm water (105-115°F)

Mix the yeast with some of the warm water and honey and set it aside to proof for a few minutes. Put the flour and salt into a bowl and mix with the water, orange juice and proofed yeast. Mix well by hand or use a dough hook. If the mixture is too wet, add some flour. Knead for 5 minutes. Place the dough into a large floured bowl and let it rise for at least one hour (it should double in size). Preheat your oven to 400°F. Punch the bread dough down and form three medium loaves on a lightly floured cookie sheet. (Tip: flour your hands so the dough does not stick). Let the dough rise for another 15 minutes and bake 35 minutes until the top starts to brown a little.

*Contributed by a friend of ThyCa*

### Pita Bread with Focaccia Variation

- 2 c flour
- 1 c whole wheat flour
- 1½ tsp non-iodized/non-sea salt
- 1 Tbsp honey
- 2 tsp yeast (1 packet)
- 1¼ c lukewarm water
- 2 to 3 Tbsp olive oil

Mix the yeast in with the flour, salt, and sugar in mixer bowl with paddle attachment. Add the olive oil and 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 ¼ inch in thickness. Place a baking stone in the oven and preheat the oven to 425°F. If you do not have a baking stone, flip a cookie sheet upside down and use that as your cooking surface. 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.

### 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°F and bake for 15 minutes or until lightly brown.

*Contributed by Lily W.*

### Quick Mix Thin & Crispy Pizza Crust with Topping Suggestions

- 2 c plain flour
- 1 pinch non-iodized/non-sea salt
- 1 tsp sugar
- ¾ c warm water (110°F)
- 7 gm (¼ oz) packet dried yeast (if using compressed yeast use 15 gm or ½ oz.)

Sift flour and salt into a bowl. Make a well in the center. Stir water into yeast and sugar in a separate bowl. 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. 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 (~450°F).

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

## Breads & Muffins, etc.

### Toppings and Serving Suggestions:

Spread the base with unsalted tomato paste. I 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 use the pesto recipe from this cookbook (maybe with a bit less oil). Spread this on the base and top with your favorite veggies. You could put some low-iodine-compatible pre-cooked chicken or some other type of pre-cooked meat on top.

*Contributed by Jodi F.*

### Simple White Bread

- 2 tsp dry yeast
- 2 tsp sugar
- ½ c warm water (100-110°F)
- 3 c plain flour
- 1½ tsp non-iodized/non-sea salt
- ¾ c additional warm water

This bread is easy to make but it takes a few hours, as it has to rise. Place yeast, sugar and half a cup of warm water in a bowl and stir until sugar is dissolved. Let 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.

Alternatively, you can mix this together with a bowl and spoon. Scrape the 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 size, 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 size.

Bake at 425°F for 15 minutes, then reduce heat to 375°F and bake 40 minutes further. Turn out on wire rack to cool.

*Contributed by Jodi F.*

### Whole Wheat Bread Recipe (Bread Machine)

- 13 Tbsp water (¾ c + 1 Tbsp)
- 2 tsp honey
- 1 Tbsp brown sugar
- 1 c bread flour
- 1 c whole wheat flour
- 1 tsp non-iodized/non-sea salt
- 1 Tbsp oil, canola or vegetable oil
- 1½ tsp active dry yeast (sub 1 tsp 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. This yields a one-pound loaf.

*Contributed by Linda B.*

# Breads & Muffins, etc.

## Biscuits, Tortillas, & Other Baked Goods

### Biscuits

In a mixing bowl, mix together:

- 2 c sifted flour
- 3 tsp baking powder
- 1 tsp non-iodized/non-sea salt

Then add all at once:

- ½ c oil (I use canola)
- ⅔ c 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 ½ inch thick, cut with a biscuit cutter or a glass, and place on an ungreased baking dish. Bake for 10 minutes in a 475°F oven, or in a toaster oven set to 450°F for 10 minutes.

*Contributed by James L J.*

### Crackers

- 1 c all-purpose flour
- ½ tsp non-iodized/non-sea salt
- 2 Tbsp vegetable oil
- ¼ c water

Preheat oven to 400°F.

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

Add about ¼ c water and mix until mixture holds together but is not sticky.

Roll out on a lightly floured surface until ¼ inch thick. Score lightly with a sharp knife if you want to break these into squares later on.

Bake on a baking sheet until lightly browned about 10 minutes. Cool and enjoy.

*Contributed by Monisha R.*

### Tortillas, Fried

- 3 c flour
- ⅓ c vegetable oil (preferably canola)
- 1 tsp non-iodized/non-sea salt
- 1 c water
- oil for frying

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) ½ 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- to 8-inch circles. Fry in about a half-inch of vegetable oil at med 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.

Variation: After removing from the hot oil, dust both sides with a generous amount of cinnamon sugar to make a Mexican sweet treat called a *buñuelo*.

*Contributed by Rae K.*

### Tortillas, Griddle

- 1 c all-purpose flour
- ½ tsp non-iodized/non-sea salt
- 2 Tbsp vegetable oil/olive oil
- ¼ c 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.

Roll 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 to about ¼ 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). There is no need to grease the skillet. 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.*

## Desserts

## Desserts

### Cakes

**Any angel food cake recipe should work fine while on the LID if you use non-iodized/non-sea salt. You can even make a chocolate version with LID-safe cocoa! Angel food cake freezes well by the slice! Defrost and enjoy.**

*Contributed by Amanda*

### Apple Cake

- 1 c sugar
- ½ c canola oil
- 1 lg egg white
- 1¼ c flour
- ½ tsp baking soda
- 1 tsp cinnamon
- 1 tsp nutmeg
- ½ tsp non-iodized/non-sea salt
- 2¼ c chopped apples

Mix well. Pour into oiled 8 x 8-inch pan. Bake at 350°F for 35 minutes, or a bit longer (until toothpick inserted in center comes out clean.)

*Contributed by Karen Fr. Fr.*

### Apple Walnut Cake

- 3 lg egg whites
- 2 c sugar
- ½ c vegetable oil
- 2 tsp vanilla
- 2 c flour
- 1 Tbsp cinnamon
- ½ tsp nutmeg
- ¼ tsp non-iodized/non-sea salt
- 4 c diced unpeeled apples
- 1 c coarse chopped unsalted walnuts
- powdered sugar

Preheat oven to 325°F. 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, nutmeg, 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.

Tip: Freeze half of it in small individual portions and used it as coffeecake for breakfast.

*Contributed by Pat G.*

### Banana-Blueberry Cake

- 3 lg bananas, smashed
- ~⅓ c cinnamon applesauce (use just a little less than ⅓ c)
- ¾ c sugar
- 3 Tbsp liquid egg whites
- 1 tsp vanilla
- 1 tsp baking soda
- 1 pinch non-iodized/non-sea salt
- 1½ c flour
- ¾ c blueberries

Preheat oven to 350°F 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 try adding unsalted walnuts too.

*Contributed by Kathy H.*

### Brenda's Chocolate Cake

- 3 c flour
- 5 Tbsp cocoa
- 2 c sugar
- 2 tsp baking soda
- 1 tsp non-iodized/non-sea salt
- 15 Tbsp oil (¾ c + 3 Tbsp)
- 2 Tbsp vinegar
- 1 Tbsp vanilla
- 2 c cold water

Combine first 5 ingredients. Add oil, vinegar, vanilla, and cold water. Mix slightly with mixer or by hand. Bake in 9 x 13-inch pan for 35-40 minutes at 350°F.

*Contributed by Brenda N.*

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### Frosting

- 1 c LID-safe shortening
- 16 oz powdered sugar
- 1 tsp vanilla
- 1 tsp butter extract or flavoring  
water

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

Variation: For chocolate frosting, add ¼ cup of cocoa. Add any flavoring you like instead of butter—e.g., maple, coconut, almond, banana.

*Contributed by Betty F.*

### Hot Fudge Pudding Cake

Batter:

- ¾ c sugar
- 1 c flour
- 3 Tbsp cocoa
- 2 tsp baking powder
- ¼ tsp non-iodized/non-sea salt
- ½ c water
- ⅓ c corn oil
- 1½ tsp vanilla

Mix first five dry ingredients. Add water, oil, and vanilla. Mix until smooth. Pour into 8 x 8 x 2-inch or 9 x 9 x 2-inch greased pan.

Topping:

- ½ c granulated sugar
- ½ c brown sugar
- 4 Tbsp cocoa

Mix and sprinkle over batter. Pour 1¼ to 1½ cup hot water over top (use 1½ c for more pudding, if desired).

DO NOT STIR. Bake at 350°F for 40 minutes until the center is almost set. Let stand 15 minutes.

*Contributed by Brenda H.*

**Adapt your favorite cake recipes to make them LID-safe:**

**For salt, use non-iodized/non-sea salt. Your baking powder and baking soda is safe. For each egg, use two egg whites or ¼ cup of egg white. Instead of butter, use an equal amount of LID-safe shortening or oil. For milk, use water. For buttermilk, use water plus a teaspoon of vinegar for every cup. Flour, cocoa, extracts, unsalted nuts—these typical cake ingredients are all LID-safe. Artificial sweeteners are safe too!  
It's OK to indulge your sweet tooth!!**

### Nana's Portuguese Chocolate Applesauce Cake

- ½ c canola oil
- 1 lg egg white
- 1½ c sugar
- 1½ c LID-safe applesauce
- 2 tsp cinnamon
- 1 tsp nutmeg
- 4 Tbsp cocoa
- 2 c flour
- 1½ tsp baking soda
- ¾ tsp non-iodized/non-sea salt
- 1 to 2 c raisins

Mix the first 7 ingredients together in a large bowl. In a small bowl or measuring cup, mix together the flour, baking soda and salt. Add the dry ingredients to the wet ingredients. Then fold in the raisins. Pour into oiled tube or Bundt pan and bake at 350°F for 50 to 60 minutes.

*Contributed by Karen Fr. Fr.*

## Desserts

### Nina's Chocolate Cake

- 2 c water
- ½ c vegetable oil
- 1 Tbsp white vinegar
- 2 tsp vanilla extract
- 3 c all-purpose flour
- 1½ c sugar
- ½ c unsweetened cocoa powder
- 1½ tsp baking soda
- ½ tsp non-iodized/non-sea salt
- vegetable cooking spray
- 2 tsp powdered sugar

Preheat oven to 350°F. Combine first four ingredients in a large bowl. Combine flour and next four ingredients in a separate bowl; stir well. Add the flour mixture to the water mixture. Beat at low speed with an electric mixer until well blended. Beat an additional one minute at high speed. Pour the batter into a 13 x 9 x 2-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.*

### Wacky Cake

- 1½ c flour
- 1 c sugar
- 3 Tbsp cocoa
- 1 tsp baking soda
- ½ tsp non-iodized/non-sea salt
- 5 Tbsp oil
- 1 tsp white vinegar
- 1 tsp vanilla
- 1 c cold water

Preheat oven to 350°F. Sift together flour, sugar, cocoa, baking 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 powdered 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.*

### Here's an example of a recipe overhaul: transform yellow cake into white cake!

#### *Ingredients before:*

- 2 c flour
- 2 tsp baking powder
- ½ tsp salt
- 1½ c sugar
- 1¼ c milk
- 1 tsp vanilla
- 2 eggs
- ½ c softened butter

#### *Ingredients after:*

- 2 c flour
- 2 tsp baking powder
- ½ tsp non-iodized/non-sea salt
- 1½ c sugar
- 1¼ c water
- 1 tsp vanilla
- 4 egg whites
- ½ c canola (or other) oil

Follow typical cake-making steps: Sift your flour, baking powder, and salt together. Beat oil, sugar, and vanilla together. Add the egg whites and water. Mix wet with dry, and do not overmix. Bake in a 9 x 13-inch pan at 350°F for 40 minutes or until done.

# Desserts

## Cookies & Bars

### Best Oat Cookies That Ever Existed

- 1 lg mashed banana
- 1 c brown sugar
- ½ c white sugar
- 13 tsp oil (¼ c plus 1 tsp)
- 1½ tsp vanilla extract
- 1½ tsp cinnamon
- 1½ c flour
- 1 tsp baking soda
- ½ tsp non-iodized/non-sea salt
- 2¼ c rolled oats
- 3 Tbsp water, plus maybe a few more drops

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 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 onto a cookie sheet. Bake at 350°F for 13 minutes. To check if they are done, flip one over and it should be browned on the bottom. 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.

Variation: Add unsalted walnuts; good for breakfast.

*Contributed by Frances P.*

### Blond Praline Brownies

- 1⅓ c flour
- 1 c brown sugar
- ½ c white sugar
- ½ tsp non-iodized/non-sea salt
- ½ tsp baking powder
- 4 tsp vanilla
- ¼ c canola oil
- 3 lg egg whites
- 1 c chopped pecans

Mix together with spoon and pour into greased 7 x 11-inch pan. Bake at 350°F for about 20 minutes until set and golden.

*Contributed by Elaine J.*

### Bridget's Best Brownie Bites

- 1¼ c sugar
- ⅜ c canola oil
- 2 tsp canola oil (replacement for egg yolks)
- 4 lg egg whites
- 2 tsp vanilla extract
- ¼ tsp non-iodized/non-sea salt
- ½ tsp baking powder
- ½ c unsweetened cocoa powder
- ½ c all-purpose flour

Preheat oven to 350°F. Prepare mini muffin tins with LID-safe cooking spray. Sift flour, cocoa powder, baking powder and salt into a large bowl, set aside. Mix sugar, oil, egg whites and vanilla extract in separate bowl, let sit for 5-10 minutes. Combine wet mixture with dry and stir until fully incorporated. Using a #60/2-teaspoon scoop, fill mini muffin tins and bake for approximately 10-12 minutes. Recipe makes approximately 40 brownie bites.

*Contributed by Bridget C.*

### Chewy Oatmeal Cookies

- 4 c rolled oats (raw)
- 1 tsp non-iodized/non-sea salt
- 2 tsp vanilla
- ¾ c vegetable oil
- 4 lg egg whites
- 2 c sugar
- ½ c LID-safe coconut (opt)

Whip the egg whites lightly, then mix in all the rest, adding oats last (and add coconut if desired). Chill mixture in fridge a couple of hours. Drop large spoon full onto lightly greased cookie sheets, leaving space (approx. 6 cookies per sheet). Bake at 325°F for 15 minutes until outsides are golden brown and crunchy. The inside will stay chewy. Makes about 18 large cookies.

*Contributed by Nina G.*

## Desserts

### Chocolate Cookies

- 2¼ c flour
- ⅔ c baking cocoa
- 1 tsp baking soda
- ¼ tsp non-iodized/non-sea salt
- 1 c LID-safe shortening
- ¾ c sugar
- ⅔ c brown sugar
- 1 tsp vanilla
- 4 lg 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°F.

*Contributed by Kimberly T.*

### Chocolate Fudgy Spice Cookies

- 2⅓ c flour
- 1½ c sugar
- ⅔ c cocoa powder
- ½ tsp non-iodized/non-sea salt
- ½ tsp baking powder
- 1 Tbsp cinnamon
- 1½ tsp ground cloves
- 3 lg egg whites
- ⅔ c canola oil
- 4 tsp vanilla

Preheat oven to 350°. Mix dry ingredients in a large bowl. Mix wet ingredients into a small bowl. 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 powdered sugar if desired.

*Contributed by Margaret D.*

### Chocolate Pecan Drop Cookies

- 1½ c sugar
- 2½ Tbsp cocoa
- 2⅔ c chopped unsalted pecans
- 3 lg egg whites, room temperature
- 1 pinch non-iodized/non-sea salt
- ¼ tsp vanilla

Preheat oven to 350°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 until mixture forms soft peaks. Gently fold egg whites into the sugar mixture, using a rubber spatula, until combined. Using a spoon or scoop, drop batter onto cookie sheet (12 per sheet). Rinsing the spoon or scoop in water before each cookie makes it easier to drop. Bake for approximately 10-12 minutes.

*Contributed by Linda S.*

### Flourless Chocolate Almond Cookies

- 2 c chopped unsalted almonds (sub pecans)
- ¼ c cocoa powder
- 2½ c powdered sugar
- 1 tsp vanilla
- ⅛ tsp non-iodized/non-sea salt
- 4 lg egg whites

Preheat oven to 350°F. Mix cocoa powder, sugar, and salt. In a different bowl, mix vanilla and egg whites. Slowly mix liquid ingredients into dry ingredients, increasing to medium speed until mixture is glossy; about 2 minutes. Stir in almonds. Drop ¼ c batter 3 inches apart onto a large cookie sheet lined with parchment (aluminum “release” foil works great, too). Put in oven and immediately reduce heat to 325°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°F before the next batch. Makes 12 big cookies.

*Contributed by Julie C.B.*

### Flourless Fudge Cookies

- 2¼ c powdered sugar
- ¼ tsp non-iodized/non-sea salt
- 1 c cocoa powder
- 3 lg egg whites
- 2 tsp vanilla extract

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

## Desserts

sides of the bowl, and stir again until smooth. Drop the dough onto the prepared baking sheets in balls about the size of Ping-Pong balls, about 1½ inches; a Tablespoon-size cookie scoop works well. 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 baking sheet. This should make 16 large cookies.

*Contributed by Bridget C.*

### Forgotten Cookies

2 lg egg whites  
1 pinch non-iodized/non-sea salt  
½ c sugar  
1 tsp vanilla extract  
½ c chopped unsalted walnuts or pecans (opt)

Preheat oven to 350°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. Fold in nuts, if using (you can also use more than a half cup if you want). Drop batter by heaping teaspoonfuls onto parchment paper or silicone mat lined baking sheet. Place in oven and immediately turn oven off. Leave cookies in oven overnight. Don't forget them! 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*

### Frances' Brownies

2 c unbleached all-purpose flour  
2 c white sugar  
¾ c unsweetened cocoa powder  
1 tsp baking powder  
1 tsp non-iodized/non-sea salt  
1 c water  
1 c vegetable oil  
1 tsp vanilla extract

Preheat the oven to 350°F. 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 9 x 13-inch baking pan. Bake for 25-

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.*

**Shopping for items marked Parve or Pareve can really help when on this diet. This Kosher term means “neutral”—in other words, the product’s ingredients are neither dairy nor meat. Because Parve items are dairy-free, that gives you a head start on finding a variety of LID-safe products, especially chocolate! Remember to check for other ingredients, such as fish, eggs, and salt, to be sure any particular Parve product is actually LID-safe.**

**A great Parve, LID-safe treat (as of this writing) are some major brands of dark chocolate covered matzo. Always read ingredients!**

*Contributed by Andra G., Stella H. and ThyCa*

### Grandma Sylvia's Chocolate Macaroons

12 oz LID-safe chocolate chips  
4 lg egg whites  
1 c sugar  
2 tsp vanilla  
8 oz LID-safe shredded coconut  
1 pinch non-iodized/non-sea salt

Preheat oven to 350°F. 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

## Desserts

paper. Bake for 15 minutes. Let cool.

*Contributed by Dana R.*

### Jennifer's Chocolate Chip Cookies

- ½ c granulated sugar
- 1 c all-purpose flour
- ¼ c packed brown sugar
- ½ tsp baking soda
- ¼ c unsalted, non-dairy margarine,  
softened (sub with LID-safe  
shortening or oil)
- ¼ tsp non-iodized/non-sea salt
- 1 tsp vanilla
- ½ c LID-safe chocolate chips
- 1 lg egg white

Heat oven to 375°F. Mix sugars, margarine (or shortening or oil), 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 8-10 minutes or until golden brown. Cool slightly; remove from cookie sheet. Cool on wire rack.

*Contributed by Jennifer P.*

### Line's Meringue-Style Cookies: 3 Varieties

#### Variety 1

- 2 lg egg whites
- 100 gm white sugar
- 100 gm ground almonds
- 1 tsp vanilla extract

#### Variety 2

- 2 lg egg whites
- 100 gm white sugar
- 1 lg lemon, zested
- 100 gm white flour

#### Variety 3

- 2 lg egg whites
- 100 gm white sugar
- 1 Tbsp white flour
- 1 Tbsp cocoa powder
- ½ Tbsp fresh 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 lined with parchment paper, placing a couple of inches apart. The mixtures make roughly 20 cookies each and should all fit on one cookie sheet. Bake in preheated oven as follows:

**First 2 varieties:** 18 minutes at 180°C, then turn off the heat and leave in the oven for 2 minutes.

**Third variety:** 13 minutes at 180°C, 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 and slide them on the paper to a wire rack and leave until cool to handle 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).

*Contributed by Line*

### Matzo Cookies

- 2 c unsalted matzo meal (crumb consistency)
- 2 c unsalted matzo farfel (small pieces\*)
- 1½ c sugar
- 1 tsp cinnamon
- 1 c raisins
- 1 c chopped unsalted walnuts (opt)
- ¼ tsp non-iodized/non-sea salt
- 6 ex lg egg whites
- ⅔ c corn oil

Mix matzo meal, matzo 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°F for 20-25 minutes.

\*Caution: There are two kinds of farfel. One is small pieces of matzo; it can sometimes contain egg yolks, so be careful. You can crush up your own LID-safe matzo into small bits to use for this recipe. The other type of farfel is a tiny egg noodle and is NOT what you want to use here.

*Contributed by Kim S.*

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### Molasses Sugar Cookies

- ¾ c oil (vegetable oil, or canola oil)
- 1 c sugar
- ¼ c unsulfured molasses (not blackstrap)
- 2 lg egg whites
- 2 c flour
- 2 tsp baking soda
- 1 tsp cinnamon
- ½ tsp ginger
- ½ tsp ground cloves
- ½ tsp non-iodized/non-sea salt

Mix dry ingredients. Mix wet ingredients. Combine them. Make 1-inch balls. Roll in additional granulated sugar and press with bottom of glass. Bake at 350°F for approximately 10 minutes.

*Contributed by L.M.*

### No-Bake Cookies

- 1 c sugar
- 1 c LID-safe peanut butter
- ¼ tsp non-iodized/non-sea salt (or more)
- 4 Tbsp oil (sub LID-safe shortening)
- ⅓ c unsweetened cocoa
- 3 c oats

You can adjust ingredients to your liking (to make it more chocolaty, add more cocoa; for more peanut flavor, add more peanut butter). Stir first 5 ingredients over low heat. When it is mixed well and creamy, add oats a half-cup at a time. Drop on waxed paper until cool.

*Contributed by BethAnn L.*

### No-Bake Easy Holiday Rum Balls

- 1 c LID-safe almond meal
- ⅓ c powdered sugar
- ¼ c dark rum
- 1 tsp cocoa powder
- ½ tsp vanilla

Mix all ingredients together in a bowl until well blended. (Note: You can use ¼ c powdered sugar and ⅛ c Splenda if you wish to reduce calories.) Roll in the palm of your hands into ¾-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 tsp to 1 Tbsp) 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.

Makes 24-30 rum balls

*Contributed by Liz S.*

### Oatmeal Cookies

- ½ c LID-safe shortening
- 1 c brown sugar
- 2 lg egg whites
- 1 tsp vanilla
- 1 c flour
- ½ tsp non-iodized/non-sea salt
- ½ tsp baking soda
- 1 c 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 prepared cookie sheet and bake at 350°F for 10-12 minutes or until edges of cookies start to brown. Cool and eat!

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

*Contributed by Alison B.*

### Peanut Butter Balls

- ½ c vegetable oil
- 1 c unsalted peanut butter
- ⅔ c maple syrup or alternative LID-safe syrup sweetener
- 2¼ c unbleached or whole-wheat pastry flour
- ½ tsp baking powder
- 1 tsp 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°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

## Desserts

(not touching) because they don't flatten out much during baking. Bake for about 12 minutes.

*Contributed by Nina S.*

### **Peanut Butter Cookies**

- 1 c LID-safe peanut butter
- 1 c sugar
- 2 lg egg whites

Mix ingredients. Roll into small balls and place on ungreased cookie sheet. Press with fork.

Bake at 350°F for 10-12 minutes.

*Contributed by Theresa B.*

### **Pecan Cookies**

- 1¼ c brown sugar
- ½ tsp non-iodized/non-sea salt
- ¾ lb unsalted pecans, chopped
- ¼ c egg whites
- 36 unsalted pecan halves for tops of cookies

Heat oven to 350°F.

Chop pecans into small, coarse pieces. Do this by hand; the food processor makes them too fine or uneven. In the bowl of an electric mixer, combine the brown sugar, salt, and chopped pecans. Beat on low speed to incorporate all ingredients. On low setting, drizzle in egg whites. Increase the speed to medium and beat for 2-3 minutes until it is all mixed.

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 baking. 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.) 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. Makes ~36 cookies. They freeze well.

*Contributed by Linda W.*

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### Pies & Crisps

#### Apple Crisp

- 5 c sliced apples, peeled if desired
- 3 Tbsp sugar
- ½ c rolled oats, regular or quick
- ½ c brown sugar packed
- ¼ c flour
- ¼ tsp cinnamon
- 2 Tbsp vegetable oil

Preheat oven to 375°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°F oven for 30-35 minutes. Serve warm.

Tip: Firm/dense or tart apples work best.

*Contributed by Rae K.*

#### Apple Pie

- 6 to 8 med apples, peeled, cored, and sliced
- 1 c sugar
- ½ tsp non-iodized/non-sea salt
- 1 tsp cinnamon
- ½ tsp nutmeg
- 2 Tbsp flour

Combine all ingredients and pour into LID-safe unbaked pie crust (find recipes in this section). Top with additional crust or crumb topping of:

- ½ c flour
- ½ c sugar
- ¼ c shortening

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

Tip: Firm/dense or tart apples work best.

*Contributed by Kimberly T.*

#### Berry Pie

- 6 to 7 c blueberries or raspberries (frozen or fresh)
- ⅓ c flour

- 1 c sugar
- ⅛ tsp non-iodized/non-sea salt
- 1 Tbsp lemon juice

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

*Contributed by Kimberly T.*

#### Oil Pie Crust

- 1½ c flour
- 1½ tsp sugar
- ½ tsp non-iodized/non-sea salt
- ½ c oil
- 2 Tbsp cold almond milk (or other LID-safe nut milk)

Combine the ingredients and press into a pie pan (can also be rolled between two pieces of waxed or parchment paper). Bake: 400°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.

*Contributed by Don and Geneva E.*

#### Pie Crust

- 1½ c flour
- ½ c LID-safe shortening
- ½ tsp non-iodized/non-sea salt
- 4 to 5 Tbsp cold water

Combine flour & salt. Cut in shortening to make crumbs that are roughly the size of peas or smaller. Drizzle cold water until just combined. You can use the pie crust right away or set it in the refrigerator for later use. Double this recipe for a two-crust pie. To roll out, dust rolling pin and counter-top with flour and roll out crust to fit pie pan. Use for a variety of pies.

*Contributed by Kimberly T.*

# Desserts

## Other Desserts

### Avocado Chocolate Pudding

- 1 med ripe avocado
- 5 lg medjool dates
- 2 tsp 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.

*Contributed by Vanita R.*

### Avocado Mousse

- 1 med avocado
- 1 Tbsp sugar
- ½ tsp vanilla extract

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

*Contributed by Laura B.*

### Baked Bananas

Use one banana per person. After cooking dinner in the oven, turn oven off. Place whole, unpeeled bananas on cookie sheet and place in oven. By the time you are finished with dinner, bananas will be cooked. Place banana on a plate and slice open with a knife. Serve warm. Top with honey or maple syrup, as desired.

*Contributed by Leah G.*

### Caramelized Pears

- 4 lg firm Bartlett pears, halved lengthwise and cored
- ⅓ c sugar
- ½ c water

Place sugar on a plate and press cut side of pear into sugar. Heat 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.*

### Cooked Papaya

- 1 ex lg papaya, just barely ripe (still firm)
- ⅓ c sugar
- 1½ c water
- 2 med cinnamon sticks
- 1 lg lime, zested and juiced

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.*

### Cookie Dough Dip

- 1½ c LID-safe garbanzo beans (canned, rinsed and drained or cooked yourself)
- ⅛ tsp non-iodized/non-sea salt
- ⅛ tsp baking soda
- 2 tsp vanilla extract
- ¼ c unsalted natural almond butter
- 1 Tbsp water (or more)
- ⅔ c brown sugar
- 2-3 Tbsp rolled oats
- ⅓ c LID-safe mini 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. Serve with LID-safe crackers or just eat with a spoon.

*Contributed by Kate*

### Dark Chocolate Peanut Butter Cups

- 8 oz unsweetened baking chocolate (100% cacao)
- ¼ c LID-safe shortening
- ½ tsp vanilla extract
- 1½ c powdered sugar
- 6 tsp LID-safe peanut butter, divided into 12 portions
- Mini-muffin pan, unlined

Melt baking chocolate and shortening in microwave in a large bowl for 1½ minutes and stir until smooth. Add vanilla and stir. Add powdered sugar, taking care to make sure

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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-tsp 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 more chocolate. It is 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 (it takes about half an hour). The peanut butter cup will pop right out of the tin with a little gentle pressure from a butter knife.

Let them sit for about two minutes after taking them out of the fridge so the chocolate softens just enough so that you can bite in easily.

Note: 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 peanut butter cups. You can put the rest of the chocolate mixture into a small cup and mix in about a teaspoon of peanut butter and make a little fudge-type creation that is quite tasty on its own.

*Contributed by Angie K.*

### Fresh Fruit Sorbet

- 4 c fruit (your choice, see notes)
- 1 c sugar (or more to taste)
- ½ c orange juice
- 2 Tbsp lemon juice

Puree fruit. In saucepan combine sugar, orange and lemon juices. Stir over medium heat until dissolved. Remove from heat. Stir in pureed fruit. Pour into a 9 x 13-inch 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.

Note: Try peaches, strawberries, blueberries, cantaloupe, or cantaloupe and honeydew

swirled together. Add as much as 1 cup orange juice if desired.

*Contributed by Mary Van D.*

### Fried Banana Cakes

- 4 med bananas
- 4 c unbleached flour
- 3 tsp sugar
- 1½ tsp non-iodized/non-sea salt
- 4 Tbsp vegetable oil
- ½ to 1 c 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 ⅛ 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.*

### Frozen Banana “Ice Cream”

Peel bananas and cut into one-inch pieces. Freeze until firm (overnight works well), and then process in a blender or food processor until creamy smooth.

Variation: Loosen with a touch of water or LID-safe nut or oat milk to desired consistency. Add cocoa powder and/or vanilla extract if you like.

*Contributed by Suzanne K.G.*

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### Frozen Fruit Concoction

Nothing is actually measured:

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 lemon-lime soda. Diet sodas are fine. Blend.

Add sugar or artificial sweetener, if desired.

Add splash of vanilla. Blend.

Add chopped unsalted pecans or almonds (optional).

Serve in wine glasses for an extra “treat.”

*Contributed by Vel*

### Lemon “Curd”

- ¼ c cold water
- ½ c granulated sugar
- 3 Tbsp cornstarch
- 1 pinch non-iodized/non-sea salt
- ¼ c fresh lemon juice
- 1 tsp 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.*

### Microwave Brownie-in-a-Mug

- 4 Tbsp flour
- 4 Tbsp sugar
- 2 Tbsp cocoa
- 2 Tbsp water
- 2 Tbsp oil
- ½ tsp vanilla

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

*Contributed by Dawn B.*

### Microwaved Cinnamon Apple

- 1 lg apple
- 1 Tbsp sugar
- 2 tsp cinnamon

Slice the apple and put in a microwave-safe 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.

Variation: Try this with pears!

*Contributed by Teresa M.*

### Pudim de Claras

Ingredients of the Pudim:

- 8 lg egg whites
- 200 gm sugar
- shortening for greasing the pan
- boiling water for a water bath

Ingredients of the caramel sauce:

- 200 gm sugar
- 8 Tbsp of water (divided)

Pudim de Claras is a Brazilian egg-white pudding ideal for the LID.

Pudim instructions:

Pre-heat the oven at 180°C (if a convection oven) or 200°C (regular oven). Grease a pan with a hole in the center of ~22 cm (like smooth sided Bundt pan). Using a clean and grease-free electric mixer, beat the egg whites. While beating, gradually add the sugar until stiff peaks form. Put the egg mixture in the greased pan and tap gently to remove air bubbles. Bake the pudim in the oven in a water bath (bain-marie made with the boiling water) for 35 minutes or until firm. It must look golden at the top. It will raise about 8 cm, and then it will fall/collapse as it cools. After cooling slightly, unmold and refrigerate for at least 2 hours, or overnight.

Caramel sauce instructions:

Place the sugar into a heavy-based frying pan, stir in 4 Tbsp of tap water, then place over

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medium heat until the sugar has dissolved. Turn up the heat and let the sugar bubble for 5 minutes until you have light caramel color. Remove from the heat. Leave the sauce to cool and if needed add 4 Tbsp of water to loosen it. To serve, slice a piece of the pudim and drizzle the caramel sauce over it.

*Contributed by a friend of ThyCa*

### Rice Pudding

- $\frac{3}{4}$  c raw rice (e.g., basmati)
- $2\frac{1}{2}$  c water
- 3 lg egg whites
- $1\frac{1}{4}$  c LID-safe nut milk
- 1 tsp vanilla
- $\frac{3}{4}$  c sugar
- $\frac{1}{2}$  c raisins (soaked 15 minutes and drained)
- cinnamon, to taste

Cook rice in  $2\frac{1}{2}$  cups water until tender. 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 hot water and place in oven at 350°F for approximately 40 minutes—it may take a bit longer depending upon how thick your nut milk is and how deep your casserole dish is. Sprinkle cinnamon on top if you desire.

*Contributed by Frances S.*

## Snacks

## Snacks

### Aztec Oranges

- 3 lg oranges
- 1 lg lime
- 2 Tbsp tequila
- 2 Tbsp 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 round slices. Place oranges in bowl. Cut lime and squeeze juice over oranges. Sprinkle with tequila and liqueur; then add sugar to taste. Cover with plastic wrap and chill in refrigerator until ready to serve.

*Contributed by Kimber S.*

### Bridget's Chewy Granola Bars

- 2 c old fashioned rolled oats
- 1 c all-purpose flour
- ¾ c brown sugar (packed)
- ¾ c raisins
- ½ c wheat germ
- ½ tsp non-iodized/non-sea salt
- ½ tsp ground cinnamon
- ½ c canola oil
- ½ c honey
- 1 lg egg white
- 2 tsp vanilla extract

Variations and add-ins: Any unsalted nut of your choice, sunflower seeds, dried fruit, low-iodine acceptable chocolate/cocoa.

Preheat oven to 350°F and line a 9 x 13-inch baking pan with non-stick foil or spray with LID-safe cooking spray.

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 the 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.

*Contributed by Bridget C.*

### Cinnamon Almonds

- ½ c sugar
- ½ c brown sugar
- 1½ tsp ground cinnamon
- 4 Tbsp water
- 2 to 3 c almonds (unsalted)
- 1 tsp 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°F for 45 minutes. Cool, then enjoy—like the ones you buy at a fair or the mall kiosk.

*Contributed by Liz R*

### Corny Nuts

- 6 Tbsp canola oil
- ½ c un-popped popping corn
- 1 clove garlic, crushed
- ½ c unblanched unsalted almonds
- ½ c raw cashews
- ½ c raw peanuts
- ½ c raw brazil nuts
- ½ c raw pistachios
- 1 tsp tequila
- 1 tsp curry powder
- ¼ tsp salt-free chili powder (recipe from this cookbook)
- non-iodized/non-sea salt, to taste

Heat 2 Tbsp oil in a pan. Add popping 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 un-popped kernels. Heat rest of oil in a skillet and add garlic and all the unsalted 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

## Snacks

corn. Season with salt to taste and mix thoroughly. Transfer to serving bowl and serve warm or at room temperature.

*Contributed by Kimber S.*

### Granola Bars

- 2 c oatmeal
- 1½ c brown sugar
- 1 tsp non-iodized/non-sea salt
- 1½ c flour
- 1 tsp cinnamon
- 1½ Tbsp canola oil
- ½ c pineapple orange juice

Heat oven to 350°F. Mix brown sugar with flour; mix in oatmeal; mix in remaining ingredients. Add more oil to make it moist, as needed. 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 unsalted nuts or fruit, depending on your personal tastes.

*Contributed by Dee W.*

### Homemade Granola Bars

- 2 c oatmeal
- 1 c sliced unsalted almonds
- 3 Tbsp walnut oil
- ⅔ c honey
- ¼ c brown sugar
- 1 tsp vanilla
- ¼ tsp non-iodized/non-sea salt
- 1 c dried fruit. Choose one, or mix: apricots, cherries, raisins, dates, cranberries.

Preheat the oven to 350°F. Combine the oatmeal and almonds and toast on a cookie sheet for 10-12 minutes. When they're done, reduce oven temperature to 300 F. 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 a 9 x 13-inch pan for thinner bars. Press down with greased

fingers. Bake 25-30 minutes or until browned on top at 300°F. Cool completely before cutting.

*Contributed by Barb K.*

### Maple Nut Snack

- 3 c unsalted nuts: almonds, pecans, walnuts or a mixture
- ¾ c 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°F for 10 minutes.

Let cool and enjoy!

*Contributed by Beth D.*

### Mary's Spiced Nuts

- 1 egg white
- 1 tsp water
- ¾ c sugar
- 1½ tsp cinnamon
- ½ tsp nutmeg
- ½ tsp ground cloves
- ½ tsp non-iodized/non-sea salt
- 2 c unsalted 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°F for 30 minutes. Cool. Separate nuts.

Store in airtight container.

*Contributed by Mary Van D.*

### Peanut Butter Apple Rings

Core a firm apple and slice into three thick rings. "Butter" one side of each ring with unsalted peanut butter (add a pinch of salt if you like) and top as desired. Example toppings: toasted unsalted coconut, raisins, dried fruit, sliced unsalted almonds, etc.)

*Contributed by Tracy T.*

## Snacks

### Popcorn Seasoning

Spicy Seasoning Mix:

- 1½ tsp paprika
- ½ tsp non-iodized/non-sea salt
- ½ tsp cumin
- 1 pinch cayenne pepper
- 1 pinch black pepper
- 2 Tbsp olive oil

Sweet Seasoning Mix:

- 2 Tbsp sugar
- 1 tsp cinnamon
- ¼ tsp non-iodized/non-sea salt
- 2 Tbsp olive oil

Pop ½ cup uncooked popcorn kernels and use either of the seasonings. To make the seasonings, combine spicy or sweet dry ingredients, as desired. Toss hot popcorn with olive oil and sprinkle with dry ingredients.

*Contributed by Tracy T.*

#### More Snack Ideas:

- **LID-safe sorbets & Italian Ice**
- **LID-safe gelatins (lemon, lime, etc.)**
- **Fruit leathers & fruit snacks (free of dyes & carrageenan)**
- **Fresh fruits and veggies**

*Contributed by Melissa L.*

### Potato Chips—A Handy Tip

Buy unsalted potato (or tortilla) chips. Put them on foil in the toaster or regular oven on warm until you smell them. It happens fast. Pull them out when the oil on the chips has warmed in the oven and sprinkle with non-iodized/non-sea salt, pepper, & powdered garlic.

*Contributed by Krista (Ian's mom)*

### Rosemary-Roasted Cashews & Almonds

- ½ lb roasted unsalted cashews
- ½ lb raw whole almonds with skins
- ½ tsp cayenne pepper
- 2 tsp light brown sugar

- 1 Tbsp non-iodized/non-sea salt
- 1 Tbsp oil
- 2 Tbsp finely minced fresh rosemary leaves

Preheat oven to 350°F. 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. Enjoy!

*Contributed by Dana B.*

### Spiced Pineapple

- 1 lg pineapple, peeled & cored and chunked up
- 1 c vinegar
- 1 c sugar
- 8 to 10 whole cloves
- 2 4-in cinnamon sticks

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.*

### Spicy Pumpkin Seeds

- 1 c raw pumpkin seeds (pepitas)
- 1 tsp salt-free chili powder (recipe in this book)
- ⅛ tsp cayenne pepper (or more if you want them spicier)
- ¼ tsp non-iodized/non-sea salt
- 2 tsp fresh lime juice

Toss to coat seeds. Spread on a baking sheet and bake 10 minutes at 350°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.*

## Appendix A: LID-Safe Product Tips From ThyCa Friends

Over the years, ThyCa members and friends have shared the names of some of their favorite LID-safe commercially available products. As explained in the LID Cookbook, we do not recommend attempting to keep a list of “safe” manufacturers or products—especially if the products contain salt—because ingredients may change over time and without notice. However, we understand that shopping for the LID can be overwhelming, and the advice of your fellow travelers on this journey can be very useful.

In an attempt to be as helpful to you as possible, this list contains LID-safe product tips and recommendations we have received from friends of ThyCa. As of the time of this publication, as best we are aware, these products—at least as sold in the U.S.—have no salt or any other ingredients to avoid on the LID. **Be sure to read the labels before you purchase or consume any of these products while on the LID.** If you have questions about whether these products are LID-safe or otherwise appropriate for you, please check with your doctor. ThyCa itself does not recommend or endorse any of these products.

### Baking, Spices, & Condiments:

- Chocolate chips: Enjoy Life<sup>®</sup>, Guittard<sup>®</sup> Semisweet and Extra Dark, and Trader Joe's<sup>®</sup>
- Ener-G<sup>™</sup> Egg Replacer (for baking only)
- Herb-Ox<sup>®</sup> Sodium Free Bouillon (Chicken and Beef flavors)
- Let's Do Organic<sup>®</sup> shredded coconut products, available at Target, Whole Foods, Amazon, and some grocery chains; Trader Joe's<sup>®</sup> Organic Unsweetened Flake Coconut
- All Mrs. Dash<sup>™</sup> products and some spice blends by The Spice Hunter<sup>®</sup> are salt-free.
- Mustards: Mrs. Taste Zero Sodium Mustard and Westbrae Natural<sup>®</sup> Stoneground Mustard No Salt Added
- Hershey's Syrups: Simply 5 (Chocolate), Strawberry

### Breakfast Cereals:

- Wheat-based: Kellogg's<sup>®</sup> Frosted Mini-Wheats<sup>®</sup>, Post<sup>®</sup> Shredded Wheat, and Kashi<sup>®</sup> Organic Autumn Wheat
- Arrowhead Mills<sup>™</sup> Natural Puffed Rice, Corn, etc.

### Butter Substitutes:

- Crisco<sup>®</sup> All-Vegetable Shortening (original and butter flavor are both LID-safe)
- Fleischmann's Unsalted Margarine
- Pam<sup>®</sup> cooking sprays: Original, Olive Oil, Grilling, Baking Spray with Flour, and Avocado and Coconut Non-GMO varieties (as of this writing, all except Butter flavor, which has dairy content)
- Spectrum<sup>®</sup> Organic All-Vegetable Shortening (sole ingredient is organic palm oil)

### Non-Dairy “Milk,” Creamer, & Yogurt:

- Ripple<sup>®</sup> Shelf-Stable Vegan Milk, Barista-Style (most Ripple milk products contain sea salt, but this one is salt-free)
- So Delicious<sup>®</sup> Organic Coconutmilk Creamers (Original, French Vanilla, and Caramel)
- Trader Joe's<sup>®</sup> Original Coconut Creamer (in the green and white carton)
- Oui<sup>™</sup> by Yoplait<sup>®</sup> dairy-free yogurt (coconut milk-based, all flavors)
- So Delicious<sup>®</sup> Coconutmilk Yogurt (all flavors except chocolate are LID-safe, but watch out for “Pairings” products that come with toppings, as the toppings contain salt)

### Tacos & Tortillas:

- Tortilla chips (unsalted): 365 By Whole Foods Market, Trader Joe's<sup>®</sup>
- Taco shells: 365 By Whole Foods Market (blue corn and yellow corn varieties)
- La Banderita<sup>®</sup> Low-Sodium Flour Tortillas

### Other Products:

- Nut butters (unsalted): Crazy Richard's, Crema Nut Company (all varieties except the spicy one), Teddie Unsalted Peanut Butter, and Trader Joe's<sup>®</sup>
- Alvarado Street<sup>®</sup> Bakery Sprouted Wheat No Salt Added Bread
- Evolve<sup>®</sup> Protein Shakes (chocolate, vanilla, and mocha flavors—*pre-made shakes only*. The powder form contains salt.)
- Rigoni di Asiago Nocciolata Dairy Free Hazelnut Spread with Cocoa (similar to Nutella<sup>®</sup>, but LID-safe)

## Appendix B: A Week of Budget-Friendly & Nutritious Recipes

Breakfast	Lunch	Dinner
Day 1		
Easy Potato and Egg Breakfast (p.74) with no-salt-added ketchup (Tip: Make a larger batch and eat later in the week.)	PB&J sandwich (LID-safe peanut butter and jelly/jam of choice. Use Matzo, or bread recipes (p.81 or 82, etc.)	Basic Whole Roasted Chicken (p.47) (Tip: This lasts, and can be used later in the week on or in your salads, nachos, etc. Save the skin and bones and boil them to make a light broth)
Day 2		
Baked Oatmeal (p.72) with banana and brown sugar (Tip: Make a large pan and eat later in the week.)	LID-safe “nachos” with salt-free tortilla chips, Salsa Fresca (p.71), and Guacamole (p.69)—add shredded cooked chicken or beef if desired	Confetti Rice Bake (p.38), with or without added roasted chicken thigh or breast (Tip: make ahead and serve again.)
Day 3		
Leftover Easy Potato and Egg Breakfast from Day 1 with Salsa Fresca (p.71)	Black Bean Salad (p.18) with salt-free tortilla chips or Focaccia Bread (p.81 or 84)	Spaghetti & Meatballs (p.40) or Spaghetti with Tomato Mushroom Sauce (p.40) with a side of a frozen vegetable of choice (Tip: make ahead and serve again.)
Day 4		
Leftover Baked Oatmeal from Day 2 with walnuts and maple syrup	Pasta & Pea Salad (p.21)	Leftover Confetti Rice Bake from Day 2, with or without added roasted chicken thigh or breast
Day 5		
Overnight Oats (p.76) with bananas and LID-safe peanut butter (Tip: Make a few servings, eat on other days—keeps well for up to 5 days.)	Chili (with meat) (p.29) or Chili with Corn (vegetarian) (p.29) (Tip: Make in larger batches and enjoy on other days of your LID.)	Leftover spaghetti from Day 3 with a tossed salad
Day 6		
Griddle Cakes (p.75) with maple syrup	Lentil Soup (p.32) with Focaccia Bread (p.81 or 84) or LID-safe crackers (shop for some or use recipe on p. 86)	Hamburger En Papillote (p.43) or Mini Meatloaves (p.44) with a side of a frozen vegetable of choice
Day 7		
Hot cereal with cinnamon sugar and sliced apple	Chicken Rice Salad (p.18)	Spaghetti with Pesto (p.39)

### Snack ideas

PB and carrots/celery or PB Apple Rings (p.102)  
 Kim’s Soft Pretzels (p.83)  
 Microwaved Cinnamon Apple (p.99)  
 LID-safe popcorn with Popcorn Seasoning (p.103)

### Dessert ideas

Pumpkin Bread (p.79)  
 Frozen Banana “Ice Cream” (p.98)  
 Microwave Brownie-in-a-Mug (p.99)  
 Peanut Butter Balls (p.94)

**Tip:** Home-baked bread is very inexpensive. Combine that with LID-safe peanut butter and you have a quick breakfast, lunch, or snack. Add LID-safe jelly, jam, or preserves to your liking.

## Appendix C: Acronyms Used in this Cookbook

CT	Computed Tomography scan; also known as Computed Axial Tomography (CAT) scan
e.g.	The abbreviation for the Latin phrase, <i>exempli gratia</i> , that means “for example.”
E127	The code for erythrosine, a red food dye, in the European Union and the European Free Trade Association (the “E” stands for Europe).
EU/UK	European Union/United Kingdom
FD&C	Food Drugs & Cosmetics--the abbreviation for the Federal Food, Drug, and Cosmetic Act which is also attached to the names of food coloring additives approved under the law by the Food and Drug Administration (e.g. FD&C Red #3).
FDA	Food and Drug Administration
I-123	A radioactive isotope of iodine with a half-life of ~13 hours that emits gamma rays, and is used in nuclear medicine, primarily for diagnostic imaging purposes.
I-131	A radioactive isotope of iodine with a half-life of 8 days that emits both gamma and beta rays, and is used in varying doses in nuclear medicine, primarily for therapeutic purposes to treat thyroid disorders, including thyroid cancer (I-131 treatment for cancer is also referred to as ablation), and is more rarely used for diagnostic imaging purposes.
i.e.	The abbreviation for the Latin phrase, <i>id est</i> , that means “that is” or “in other words.”
LID	Low-Iodine Diet
mcg	Microgram, or one millionth of a gram
NIH	National Institutes of Health
ODS-NIH	Office of Dietary Supplements-National Institutes of Health
OTC	Over the Counter
RAI	Radioactive Iodine; also known as Radioisotope of Iodine or Radioiodine
ThyCa	ThyCa: Thyroid Cancer Survivors’ Association, Inc. ( <a href="http://www.thyca.org">www.thyca.org</a> )
TSH	Thyroid-Stimulating Hormone
TSP	Textured or Texturized Soy Protein
TVP	Textured or Texturized Vegetable Protein
USDA	United States Department of Agriculture

## Appendix D: For Parents & Children Coping with Thyroid Cancer

A thyroid cancer diagnosis is always difficult to deal with, but it is especially heartbreaking when the patient is a child we love. To try to make the journey a little easier for parents and children, we have highlighted kid-friendly recipes in the Ninth Edition of the Low-Iodine Cookbook with a “K” designation in the Index. Of course, all children do not have the same tastes, so please use these recipes as suggestions to get you started.

Whether on the LID or not, young people thrive on healthy, nutritious food, and the cookbook offers a lot of options. At the same time, you might find that this challenging time in their lives—and yours—calls for a little indulgence, especially when other favorite foods are not permitted on the LID. To that end, we have compiled a list of ideas, suggestions, and tips that we hope you find helpful. If you have questions, please reach out to [recipes@thyca.org](mailto:recipes@thyca.org). We are here to help!

### **Breakfast:**

Using the griddle cakes (pancake) recipe on p.75, try pouring the batter into Mickey Mouse-shaped cakes. After you flip them, add blueberries or LID-safe chocolate chips for the eyes and mouth. Serve with warm maple syrup. You can also find lots of fun-shaped molds for pancakes too—everything from space ships to dinosaurs, hearts, and stars. Explore to keep things fun for your child. (The grown-up kids may enjoy it too!)

Some children really enjoy hot cereal. Oatmeal and hot wheat cereal are great options to start the day. Keep it interesting with toppings such as LID-safe jams and jellies, LID-safe peanut butter, brown sugar, LID-safe chocolate chips, raisins, etc.

The traditional US “toad in a hole” or “egg in a hole” recipe (cracking a whole egg into a hole cut out into toast, and frying it) is not LID-safe due to the egg yolk. Instead, you can use fun cookie cut-out shapes to make an opening in LID-safe bread and lightly toast it; place it in a frying pan then pour in egg whites and cook that up for a nutritious start to the day.

### **Lunch & Dinner:**

For lunch and dinner, please refer to the Index of Recipes and find foods that match your child’s taste. For example, the cookbook provides you with all the instructions you need to make hamburgers on a bun with pickles, fries, and ketchup! Other kid-friendly choices are available too, like spaghetti and meatballs, chicken nuggets, and chili mac.

### **Snacks, Desserts, & Beverages:**

Be sure to check out the snacks section starting on p.101. You will find inspiration for things to help the kids stay full all day!

Please find desserts starting on p.87. In that section there are recipes for cookies, brownies, cakes, and frosting.

It is hard for children who often drink milk. Please find recipes for nut milk and oat milk in the Substitute Dairy section, starting on p.61. You can turn these “milks” into chocolate milk by adding Hershey’s® Syrup called Simply 5. (Note that the regular Hershey’s Syrup is not LID safe. Always read ingredients to be extra sure!) Or make hot cocoa by warming nut or oat milk on the stove, add sugar (or sweetener of choice) and LID-safe cocoa powder; top it with an LID-safe marshmallow! While natural fruit juice is also great option, please read labels. Many juice products add artificial coloring, flavoring, etc. Melissa L. suggests Juicy Juice® brand, which was safe as of this publication date.

## Appendix D: For Parents & Children Coping with Thyroid Cancer

### More Kid-Friendly Snack Ideas:

- “Ants on A Log” (peanut butter on celery or carrots with raisin “ants”)
- Sliced fruit cut into shapes with cookie cutters
- LID-safe sorbet or Frozen Banana “Ice Cream” (p.98)
- Grilled Peanut Butter & Jelly Sandwich (LID-safe bread, peanut butter, and jelly fried on both sides in vegetable oil until golden and melted)
- LID-safe popcorn
- Fruit leather and other dried fruits (but be sure to check ingredients—avoid red food dye #3/E127 and carrageenan)

We suggest avoiding red dye altogether for the two-three weeks while on the diet. Some food labels do not specify which red dyes are used and food manufacturers may make substitutions without notifying consumers.

### LID-Safe Candy:

Halloween? Holiday? Birthday? Sweet tooth in the family? These candies, commonly available in the US, are LID-safe at the time of the publication of the Ninth Edition of the Low-Iodine Cookbook: Charms® Blow Pops; most chewing gum; gummy bears, in particular Black Forest® (avoid the Organic Black Forest gummy bears due to containing agar as an ingredient) and Haribo® brands; Jolly Ranchers®; Lemonheads®; Brach’s® Lemon Drops; Life Savers®; Nerds®; Skittles®; Sour Patch Kids®; SweeTARTS®; Junior Mints®; Enjoy Life® dark chocolate bars; Glee Gum brand Gum Pops; Surf Sweets® Organic Jelly Beans and Gummy Worms; and Starburst®. To be extra safe, we suggest sorting out the candies to focus on the ones that do not use red dye. You can even make a game out of it where you sort the Skittles, for example, and your child dealing with thyroid cancer can enjoy the yellow and green ones, while the red and orange ones are put away for a later date by hiding them for a scavenger hunt, to be held after treatment or scans are completed.

### Candies with Ingredients Not Recommended on the LID:

At the time of the publication of the Ninth Edition of the Low-Iodine Cookbook, the following candies—at least as sold in the U.S.—have ingredients that *are not recommended* while on the LID. Remember that the diet is just for two to three weeks, in most cases, and the kids can have their favorite treats when the diet is finished:

Dum Dums: Original Dum Dums® (a brand of lollipops) contain salt. Other varieties do not, so read labels carefully.

Pez® uses Red Dye #3 as a food coloring.

Laffy Taffy® contains salt.

Candy corn contains salt.

Tootsie Rolls® and Tootsie Pops® contain milk and whey (a milk product).

Fruit by the Foot® contains carrageenan.

Pop Rocks® contain lactose, a milk product.

Hot Tamales® use Red Dye #3 as a food coloring.

Milk chocolate is not LID-safe, because of the milk content. Unfortunately, this rules out many popular candies such as M&Ms®, Reese’s® Peanut Butter Cups, etc.

This list is provided by friends of ThyCa to help parents and children facing thyroid cancer. ThyCa itself does not recommend or endorse any of these products.

# Appendix E: Index of Recipes

## Recipe Index Key

### I = International flavors:

In recognition of our global user community, we attempted to add more global flavors to this 9<sup>th</sup> Edition. We've highlighted them here.

### V = Veg\*n-friendly:

We have noted some recipes as “veg\*n-friendly.” This means that, in addition to being dairy-free like all LID-safe recipes, these recipes also do not contain meat or meat products of any type. That said, you may find recipes designated veg\*n-friendly that contain animal products like honey and/or egg whites. If you are a strict vegan, please make appropriate LID-friendly substitutions. Also note that if a recipe is intended for use on meat (e.g., a dry rub), we did *not* designate it veg\*n-friendly although technically the ingredients are.

### E/M = Level of difficulty:

None of the recipes found here are complex. Some may be time-consuming or use one or two appliances (blenders, etc.), but they are not difficult. Therefore, we have limited our notations to E for “easy” and M for “moderately complex” to refer to the level of difficulty. We do not indicate the time needed to execute a recipe.

### K = Kid-friendly:

Several parents helped us review the list of recipes for kid-friendliness to help you support your child if they are dealing with thyroid cancer. We realize all children have different tastes, but we hope this helps you get started in finding some useful recipes.

Recipe Title	Recipe Section	I	V	E/M	K	Page
<b>Apples</b>						
Apple Cake	Desserts/Cakes		V	E	K	87
Apple Cashew Salad	Salads		V	E		18
Apple Crisp	Desserts/Pies & Crisps		V	E	K	96
Apple Muffins	Breads & Muffins, etc./Quick Breads & Muffins		V	E	K	77
Apple Pie	Desserts/Pies & Crisps		V	M	K	96
Apple Waldorf-Style Salad	Salads		V	M		18
Apple Walnut Cake	Desserts/Cakes		V	E	K	87
Microwaved Cinnamon Apple	Desserts/Other Desserts		V	E	K	99
Peanut Butter Apple Rings	Snacks		V	E	K	102
Sautéed Apples for Pork	Lamb & Pork			E		59
<b>Asparagus</b>						
Roasted Asparagus	Vegetables		V	E		66
Tomatoes, Beef, & Asparagus	Beef			E		46
<b>Avocado</b>						
Avocado Chocolate Pudding	Desserts/Other Desserts		V	E	K	97
Avocado Ideas & Tips	Substitute Dairy		V	E		61
Avocado Mousse	Desserts/Other Desserts		V	E	K	97
Guacamole Dip with Tortilla Chips	Dips, Spreads, & Appetizers	I	V	M		69
<b>Bananas</b>						
Baked Bananas	Desserts/Other Desserts		V	E	K	97

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Recipe Title	Recipe Section	I	V	E/M	K	Page
Banana Bread	Breads & Muffins, etc./Quick Breads & Muffins		V	E	K	77
Banana Chocolate Peanut Butter Smoothie	Breakfast		V	M	K	72
Banana Coconut Bread	Breads & Muffins, etc./Quick Breads & Muffins		V	E	K	77
Banana Oatmeal Breakfast Cookies	Breakfast		V	E	K	72
Banana-Blueberry Cake	Desserts/Cakes		V	E	K	87
Banana-Nut Griddle Cakes	Breakfast		V	E	K	73
Fried Banana Cakes	Desserts/Other Desserts		V	M	K	98
Frozen Banana “Ice Cream”	Desserts/Other Desserts		V	E	K	98
Whole Wheat Banana Muffins	Breads & Muffins, etc./Quick Breads & Muffins		V	E	K	80
<b>Beans/Legumes</b>						
Black Bean & Chicken Tostadas	Poultry	I		M	K	47
Black Bean & Corn Salsa	Dips, Spreads, & Appetizers		V	E		69
Black Bean Dip	Dips, Spreads, & Appetizers		V	M		69
Black Bean Salad	Salads		V	E		18
Chili with Corn	Soups & Stews		V	E	K	29
Falafel Sandwiches	Vegetables	I	V	M		64
Hummus with Clementines	Dips, Spreads, & Appetizers		V	M		70
Lily’s Hummus	Dips, Spreads, & Appetizers	I	V	M		70
Soup, Black Bean	Soups & Stews		V	M		30
Soup, Brazilian Black Bean	Soups & Stews	I	V	M		30
Soup, Lentil	Soups & Stews		V	E		32
Soup, Split Pea & Carrot	Soups & Stews		V	E		33
Stew, Cabbage & Bean	Soups & Stews			E		35
Tip Box: An important tip about cooking dried kidney beans safely	Poultry					55
<b>Beef</b>						
Beef & Pepper Medley	Beef			M		42
Beef Curry	Beef			E		42
Chili	Soups & Stews			E	K	29
Chili Mac	Beef			E	K	42
Easy Pot Roast	Beef			E	K	42
Fajitas—Beef or Chicken	Beef			M	K	43
Fried Steak or Chicken Fingers	Beef			E	K	43
Ground Beef Stroganoff	Beef			E	K	43
Hamburger En Papillote	Beef			E	K	43
Joanna’s Meatloaf	Beef			E	K	43
LID Goulash	Beef			E	K	44
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Mini Meatloaves	Beef			E	K	44

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Quasi Meatloaf, Meatballs, or Stuffing for Cabbage Rolls	Beef			E	K	44
Scottish Beer Pot Roast (Slow Cooker)	Beef	I		E		45
Sloppy Joes	Beef			E	K	45
Spaghetti & Meatballs	Pasta, Rice, & Grains			M	K	40
Stew, Beef	Soups & Stews			M	K	34
Stew, Veal	Soups & Stews			M		35
Stuffed Sweet Green Peppers	Beef			M		45
Tacos	Beef			M	K	45
Tomatoes, Beef, & Asparagus	Beef			E		46
Venezuelan Beef	Beef	I		E		46
<b>Berries</b>						
Berry Pie	Desserts/Pies & Crisps		V	M	K	96
Cathy's Blueberry Muffins	Breads & Muffins, etc./Quick Breads & Muffins		V	E	K	77
Green Salad with Strawberry Dressing	Salads		V	M	K	20
Strawberry Nut Muffins	Breads & Muffins, etc./Quick Breads & Muffins		V	M	K	80
<b>Biscuits</b>	Breads & Muffins, etc./Biscuits, Tortillas, & Other Baked Goods		V	E	K	86
<b>Bread Machine</b>						
Basic White Bread (Bread Machine)	Breads & Muffins, etc./Yeast Breads & Rolls		V	E	K	81
Focaccia Bread (Bread Machine)	Breads & Muffins, etc./Yeast Breads & Rolls	I	V	M		81
Golden Honey Bread (Bread Machine)	Breads & Muffins, etc./Yeast Breads & Rolls		V	E	K	83
Hawaiian Sweet Bread (Bread Machine)	Breads & Muffins, etc./Yeast Breads & Rolls		V	M	K	83
Multi-Grain Wheat Bread (Bread Machine)	Breads & Muffins, etc./Yeast Breads & Rolls		V	M		83
Whole Wheat Bread Recipe (Bread Machine)	Breads & Muffins, etc./Yeast Breads & Rolls		V	E		85
Tip Box: But wait—I don't have a bread machine!	Breads & Muffins, etc./Yeast Breads & Rolls					82
<b>Breads, Quick</b>						
Banana Bread	Breads & Muffins, etc./Quick Breads & Muffins		V	E	K	77
Banana Coconut Bread	Breads & Muffins, etc./Quick Breads & Muffins		V	E	K	77
Chocolate Zucchini Bread	Breads & Muffins, etc./Quick Breads & Muffins		V	M	K	77

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Dairy-Free Cornbread	Breads & Muffins, etc./Quick Breads & Muffins		V	E	K	79
Pumpkin Bread	Breads & Muffins, etc./Quick Breads & Muffins		V	E	K	79
Zucchini Bread	Breads & Muffins, etc./Quick Breads & Muffins		V	M	K	80
<b>Breads, Yeast</b>						
Basic White Bread (Bread Machine)	Breads & Muffins, etc./Yeast Breads & Rolls		V	E	K	81
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Easy 40-Minute Hamburger/Sandwich Buns	Breads & Muffins, etc./Yeast Breads & Rolls		V	M	K	81
Focaccia Bread (Bread Machine)	Breads & Muffins, etc./Yeast Breads & Rolls	I	V	M		81
French Bread	Breads & Muffins, etc./Yeast Breads & Rolls	I	V	M	K	82
Golden Honey Bread (Bread Machine)	Breads & Muffins, etc./Yeast Breads & Rolls		V	E	K	83
Hawaiian Sweet Bread (Bread Machine)	Breads & Muffins, etc./Yeast Breads & Rolls		V	M	K	83
Multi-Grain Wheat Bread (Bread Machine)	Breads & Muffins, etc./Yeast Breads & Rolls		V	M		83
No-Knead Bread	Breads & Muffins, etc./Yeast Breads & Rolls		V	M	K	83
Pão Caseiro (Portuguese Bread)	Breads & Muffins, etc./Yeast Breads & Rolls	I	V	M	K	84
Pita Bread with Focaccia Variation	Breads & Muffins, etc./Yeast Breads & Rolls	I	V	M	K	84
Simple White Bread	Breads & Muffins, etc./Yeast Breads & Rolls		V	E	K	85
Whole Wheat Bread Recipe (Bread Machine)	Breads & Muffins, etc./Yeast Breads & Rolls		V	E		85
Tip Box: Bagel tip	Breads & Muffins, etc./Quick Breads & Muffins					80
Tip Box: How to make potato water for bread recipes	Breads & Muffins, etc./Quick Breads & Muffins					78
<b>Brownies</b>						
Blond Praline Brownies	Desserts/Cookies & Bars		V	E	K	90
Bridget's Best Brownie Bites	Desserts/Cookies & Bars		V	E	K	90
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Cole Slaw	Salads		V	E		19
Coleslaw, Tangy	Salads		V	E		19
Quasi Meatloaf, Meatballs, or Stuffing for Cabbage Rolls	Beef			M		44
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Unstuffed Cabbage with Turkey	Poultry			M		56
<b>Cakes</b>						
Apple Cake	Desserts/Cakes		V	E	K	87
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Banana-Blueberry Cake	Desserts/Cakes		V	E	K	87
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**Recipedia:** For even more LID-safe recipes, please check out our Recipedia online at [www.thyca.org](http://www.thyca.org).

## Appendix F: For People Using a Feeding Tube

As if being diagnosed with thyroid cancer were not difficult enough, following the Low-Iodine Diet (LID) adds its own challenges. For people dependent upon a feeding tube, though, these challenges are significantly greater. Most liquid nutritional supplements and commercial shakes are incompatible with the LID because they are iodine-fortified or contain sea salt, soy, whey, or other dairy-based ingredients. However, we did find one that is LID-safe and you should ask your medical care team if the use of Evolve® Protein Shakes (chocolate, vanilla, and mocha flavors—pre-made shakes only, the powder form contains salt) is suitable for you. This nutritional shake is listed in our Appendix A.

First and foremost, talk to your medical care team to make sure they are comfortable with any changes you make to your diet to comply with the LID’s guidelines, including switching from commercial liquid nutrition formulations to homemade foods.

Most foods can be made into a smoothie consistency or puréed by adding a variety of LID-safe liquids. Here is a list of LID-safe liquids you can use: Water, fruit juices, apple cider, LID-safe broths and stocks (pages 36 & 37), vegetable oils, and LID-safe nut and oat “milks” (pages 61 & 62).

Our research has shown that making your own liquefied foods can be quite challenging. A resource we recommend is The Oley Foundation at [https://oley.org/page/TFTips\\_LandingPage](https://oley.org/page/TFTips_LandingPage).

We also found a company named Real Foods Blends™ that makes blended meals, some of which are LID-safe. You can read about their nutritional information, and place an order at <https://www.realfoodblends.com>. They also have a Registered Dietitian that you can meet with. Our research suggests you may use their products as follows:

<b>Real Food Blends Meal</b>	<b>Ingredients</b>	<b>LID compliance</b>	<b>Recommendation</b>
Turkey, Sweet Potatoes & Peaches	Sweet Potatoes, Peaches, Cooked Turkey, Water, Olive Oil, Green Beans	All LID-safe ingredients	Enjoy as part of your LID
Chicken, Carrots & Brown Rice	Orange Juice, Cooked Chicken, Carrots, Brown Rice, Grapeseed oil, Water, Ginger, Roasted Sunflower Seeds	The ingredients are LID-safe, yet generally we recommend basmati rice as being best for the LID	Enjoy as part of your LID
Beef, Potatoes & Spinach	Pineapple Juice, Ground Beef, Potatoes, Spinach, Grapeseed Oil	The ingredients are safe, yet we do recommend limiting spinach (page 6)	Enjoy in moderation as part of your LID

## Appendix F: For People Using a Feeding Tube

Real Food Blends Meal	Ingredients	LID compliance	Recommendation
Quinoa, Kale & Hemp	Grape Juice, Water, Kale, Hemp Powder, Extra Virgin Olive Oil, Quinoa, Cinnamon	Kale is cruciferous vegetable (page 6) and should be eaten in moderation. We do not know much about hemp powder.	We suggest this should be avoided while on the LID
Eggs, Apples & Oats	Apples, Whole Eggs, Water, Zucchini, Flaxseed Oil, Rolled Oats	Egg yolks are not LID-safe	Do not use while on the LID
Salmon, Oats & Squash	Pomegranate Juice, Water, Squash Puree, Salmon, Rolled Oats, Flaxseed Oil	Seafood is not LID-safe	Do not use while on the LID

While practically all the recipes in this cookbook could, in theory, be liquefied, some lend themselves to the process better than others. We are providing a list of those recipes here, with their page numbers and suggested adaptations to liquefy them. We hope this helps make the process a bit easier for you. If you have questions, feel free to reach out to [recipes@thyca.org](mailto:recipes@thyca.org)—we are here to help!

Meal	Recipe	Adaptation(s)	Page
Breakfast	Apple Morning Oats	Increase water & apple cider or juice	72
Breakfast	Fruit & Oatmeal	Increase water	74
Breakfast	Overnight Oats	Increase LID-safe milk or water	76
Lunch/Dinner	Most of the soup and stew recipes	Increase water or stock	29-37
Snack/Dessert	Chilled Peach Soup	Adjust water as needed	29
Snack/Dessert	Hot Fudge Pudding Cake	After baking, mix with LID-safe oat or nut milks to make a “cake shake”	88
Snack/Dessert	Frozen Fruit Sorbet	Add additional orange juice	98
Snack/Dessert	Frozen Banana “Ice Cream”	See variation	98
Beverages/Smoothies	Banana Chocolate Peanut Butter Smoothie	Increase LID-safe nut or oat milk	72
Beverages/Smoothies	Fruit Shake	Increase orange juice and water as needed, omit ice	74

## Appendix F: For People Using a Feeding Tube

Beverages/ Smoothies	Fruit Smoothie	Increase orange juice as needed. Thaw fruit if desired.	74
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## Appendix G: Tracking of Corrections/Clarifications/Additions

Correction/Clarification/Addition	Description	Page Number	Date
Clarification	Black Forest Gummy Bears – note that the organic version is not LID safe.	A-5	Aug 18, 2021
Addition	Added Appendix F – For People Using a Feeding Tube	A-21	Aug 18, 2021
Addition	Added Appendix G – Tracking of Corrections/Clarifications/Additions	A-23	Aug 18, 2021
Correction	Instruction on Cinnamon Raisin Bread incorrectly mentioned eggs when there are none in the recipe. That was removed.	79	June 10, 2022





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

*A national nonprofit 501(c)(3) organization of thyroid cancer survivors, family members, and health professionals, dedicated to education, communication, support, awareness for early detection, and thyroid cancer research fundraising and research grants.* Toll Free 1-877-588-7904

[www.thyca.org](http://www.thyca.org)

[thyca@thyca.org](mailto:thyca@thyca.org)

Fax 1-630-604-6078

Tax ID # 52-2169434

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