

RECIPEDIA

Welcome to the Recipedia

Please refer to the 9th Edition of the LID Cookbook for details on the Low Iodine Diet.

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 the 9th Edition of the LID cookbook! In that 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. To facilitate that process, we have created this Recipedia where you can find even more LID-safe recipes, many from the prior edition of the cookbook. This Recipedia will also continue to grow as submissions are made.

To use this Recipedia, search using Ctrl-F (the “find” command) for key words and look for recipes. Alternatively, you may use the Table of Contents as a guide and just browse.

Note that some of the recipes here have been edited from the original version to be LID-safe.

Feel free to write to recipes@thyca.org to submit new recipes and we may add them here!

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Recipedia - Beef Dishes

Beef

Hamburgers

1 pound lean ground beef
1 medium onion
1 egg white

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

Quick LID Hamburger

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

Pot Roast with Horseradish Gravy

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

For Gravy

1½ cups degreased pot roast pan juices
1½ cups cooked, cut-up pot-roast vegetables
2 Tbsps horseradish, grated

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

Sprinkle the meat and onions with salt, pepper, garlic powder, and paprika. Pour in the liquid, cover the pan, and cook over low heat 1½ hours. Add the carrots and potatoes, baste them with

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the pan juices, cover the pan and cook another 1½ hours, or until the meat is soft and tender. When the pot roast is done, remove it from the pan. Strain the pan juices into a bowl and measure out slightly more than 1½ cups. Remove and discard the layer of fat that floats to the top, leaving 1½ cups liquid and set it aside.

Measure out 1½ cups of the strained vegetables and puree them in a blender or food processor. Stir the puree into the 1½ cups pan juices. Heat this gravy, remove it from the heat, and stir in the horseradish. Serve the brisket with vegetables and remaining pan juices, plus the horseradish gravy on the side.

Contributed by Leah G.

Another Meatloaf Recipe

1 white onion, chopped
1 bell pepper, chopped
3 pounds ground beef
1 tomato
lots of no-salt ketchup
non-iodized/non-sea salt and pepper
no-salt "Tony Chachere"
seasoning

Put onions and bell pepper in microwave for a couple of minutes to soften. Mix with the meat. Add tomato and ketchup (as much as desired). Add all seasonings. Mix well.

Put in a pan, sprinkle on more seasoning and ketchup, and bake for 35-45 minutes at 375° F.

This recipe was sent by Leslie G. and was created by Jennifer.

Veal or Beef Shank Slow Cooked with Vegetables

2 lb veal shank (or beef shank)*
¼ c unbleached flour
3 Tbsp olive oil
½ c chopped onion
½ c chopped celery
1 c chopped carrots (or use baby carrots)
1 clove garlic, finely chopped
½ c water
⅓ c dry white wine
1 tsp non-iodized/non-sea salt
½ tsp dried basil leaves
½ tsp dried thyme leaves
¼ tsp pepper

Slow Cooker: 5-6 quart

Prep Time: 30 minutes

Cook Time: 7-8 hours

1. Trim excess fat from shanks, if necessary. Coat shank with flour and heat in olive oil in 10-inch skillet over medium heat. Cook shanks for 20 minutes, turning occasionally, until brown on

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all sides; drain.

2. Place shanks in slow cooker. Mix remaining ingredients; pour over shanks.

3. Cover and cook on low heat setting for 7-8 hours or until veal/beef shank is very tender and pulls away from the bones.

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

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

**Another option with the juice and vegetables is to puree the vegetables with the meat juice and pour over the veal/beef shanks.

Contributed by Lora of California

Variation Contributed by Jill Ann R.

Add 2 tomatoes, and we used a Merlot wine with the Beef Shank instead of a dry white.

Curried Meat with Peas

1 lb freshly ground beef or lamb

1 Tbsp minced garlic

2 Tbsp curry powder

1 cinnamon stick

1 tsp minced fresh ginger root

(or ½ tsp ground)

1 tsp non-iodized/non-sea salt

1 pkg (10 oz) frozen peas (without salt)

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

Serve over couscous or basmati rice.

Contributed by Jeanne R of Colorado

Recipedia - Poultry Dishes

Poultry

Basil Chicken

2 Tbsp vegetable oil
4 5-oz chicken breast halves without skin
½ tsp paprika
⅓ c unsalted chicken broth, or homemade
⅓ c white wine (not cooking wine)
1 tsp dried basil

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

Contributed by Leah G.

BBQ Chicken

8 chicken pieces with bone and skin
½ c LID-safe ketchup
½ c sugar
½ c vinegar
1 c water
1 Tbsp non-iodized/non-sea salt
1 tsp pepper
1 tsp chili powder (salt free)

Combine all ingredients. Arrange chicken in 9x13 pan. Pour sauce over chicken. Cook 3 hours at 325° F, basting every 15-20 minutes until done.

Editor's note: We recommend cooking for less time than noted here – cook until done based on an internal temperature of at least 160°F when you check in the thickest part of the dark meat, not hitting a bone.

Contributed by Julie C.B.

Bronzed Chicken

4 5-6 oz boneless, skinless chicken breasts, pounded to ¼-inch thickness
1 tsp chili powder
1 tsp cumin powder
1 tsp onion powder
1 tsp garlic powder
1 tsp paprika
½ tsp non-iodized/non-sea salt (opt)
½ tsp pepper
¼ tsp cayenne pepper or to taste
¼ c extra virgin olive oil
sliced vegetables (optional, see recipe directions)
Mix all spices together.

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Dip chicken in extra virgin olive oil, then in spice mixture, or sprinkle spices on the oiled chicken, and fry. Use extra virgin olive oil in pan if needed. When the chicken is almost done, add sliced yellow squash, zucchini, onions, bell peppers to the pan and finish cooking them together. Chicken (and veggies) should have a bronzed appearance Vegetarian option: Cook veggies using the same spice mixture, without the chicken. *Contributed by Vel*

Chicken and Potato Casserole

2 lg onions, diced
2 Tbsp olive oil
2-3 Tbsp ketchup (unsalted)
4 5-6 oz chicken breast fillets (or sub minute steaks)
2 lg potatoes, diced
1 clove garlic, sliced

Sauté onions in olive oil until well browned.

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

Simmer covered for 1 hour.

Editor's note: Add water or LID-safe chicken stock as a simmering liquid to avoid burning.

Contributed by a friend of ThyCa

Chicken Fajitas

(Quick and easy) Serve with LID-safe tortillas

1 lb boneless, skinless chicken breasts, cut into strips

oil for sautéing the chicken

1 med to lg onion, sliced up

2 c sliced green peppers

2 tsp chili powder (salt free)

1 tsp garlic powder

1 tsp non-iodized/non-sea salt

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

Note: Family members not on the LID can add shredded cheese and/or sour cream.

Contributed by Tracey L.

Chicken with Cranberry Gravy

1½ lb boneless and skinless chicken breasts

non-iodized/non-sea salt and black pepper

flour

oil, for frying

1 lg shallot, minced

1 c chicken broth, homemade

¼ c sherry (see Tip box about wine and sherry.)

1 Tbsp cornstarch dissolved in

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1 Tbsp water

salt and pepper. to taste

1 c fresh or frozen cranberries. If frozen, defrost first.

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

Contributed by a friend of ThyCa

Fresh, Tangy Chicken Fajita Bowls

Marinade:

¼ c vegetable oil

⅓ c red wine vinegar

⅓ c lemon or lime juice

1 tsp brown sugar

1 tsp dried oregano

1 clove crushed garlic

¼ c minced onion

½ tsp non-iodized/non-sea salt

Other ingredients:

4 boneless, skinless chicken breasts

Onion

2 Red Peppers

Avocado

Tomatoes

Rice

Cilantro

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

Contributed by Margy

Grilled Chicken Breast Sandwiches

4 boneless, skinless chicken breasts

2 plum tomatoes

1 bunch fresh basil

balsamic vinegar

non-iodized/non-sea salt

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black pepper

Focaccia Bread (see recipe in this cookbook)

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

Contributed by Lauren P.

Grilled Chicken with Natural Pan Gravy

1 $\frac{3}{4}$ c chicken broth, homemade

$\frac{3}{4}$ c beef broth, homemade

1 Tbsp shallots, chopped

1 tsp garlic, finely chopped

$\frac{1}{4}$ c dry red wine

6 boneless and skinless chicken breast halves

black pepper, to taste

salt-free vegetable seasoning

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

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

Contributed by a friend of ThyCa

Hot Citrus Chicken

2 tsp unsalted poultry seasoning

$\frac{1}{2}$ tsp each of the following:

non-iodized/non-sea salt

ground cumin

ground coriander

$\frac{1}{4}$ tsp each of the following:

ground allspice

ground red pepper

black pepper

1 lb chicken breast, cubed

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1 Tbsp olive oil

¼ c water

¼ c white wine (or extra water or homemade chicken broth)

1 Tbsp lemon juice

⅛ tsp non-iodized/non-sea salt

1 Tbsp orange marmalade

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

Heat oil in a skillet, add chicken and lightly brown (just a minute or so). Add water and wine.

Cover, reduce heat, and simmer 6 minutes or until chicken is cooked through. Remove chicken.

Add lemon juice, and ⅛ tsp salt to skillet, bring to boil and simmer until reduced about 4 minutes. Stir in marmalade and add chicken back.

Serve over rice.

Contributed by Julie C. B.

June's Tupelo Chicken

(adapted from a dish served at Hard Rock Cafe)

6 c vegetable oil

1 c LID-safe matzo crumbs 2 tsp red pepper flakes, crushed

1 ¼ tsp cayenne pepper

1 tsp cumin

1 tsp non-iodized/non-sea salt

½ tsp paprika

¼ tsp onion powder

1 dash garlic powder

1 egg beater (¼ cup egg beater = 1 egg)

1 c flour

1 lb chicken breast tenderloins

1) Preheat oil in fryer to 350°.

2) Prepare the breading by combining corn flake crumbs, crushed red pepper flakes, cayenne pepper, cumin, salt, paprika, onion powder, and garlic in a med bowl.

3) Beat the egg in a separate bowl.

4) Pour the flour into another bowl.

5) When oil is hot, bread the chicken by coating each strip in flour. Dip each piece in the egg mixture and then back in flour. Dip again in the egg mixture and then in the cornflake crumb mixture.

6) Fry each piece for 4-5 minutes or until chicken is golden brown.

Editor's note: This recipe has been updated from the original to be LID safe by replacing the corn flake crumbs with LID-safe crushed matzo.

Contributed by June C.

Millennium Chicken

3 lb boneless chicken

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40 cloves garlic
2 med onions, quartered
½ c lemon juice
1 c sherry
2 Tbsp Mrs. Dash No-Salt Blend
¼ c olive oil

Brown the chicken and add to one huge pot with balance of ingredients. Cook for 2 hours in a 300° F oven. Baste every ½ hour.

Contributed by Nancy C.

Stir Fry Chicken

1 Tbsp Asian Sauce (found in the ThyCa LID Cookbook)
3 to 5 Tbsp sugar
non-iodized/non-sea salt to taste
1 to 2 tsp Mrs. Dash table blend
1 tsp hot chili oil
1 tsp crushed garlic
water to make 1 c with previous ingredients
2 Tbsp cornstarch

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

1-1½ lb chicken tenders, cut up (organic; Not salt-water glazed for freezing)

1 med onion (cut up in bite-sized pieces)

2 or 3 carrots cut up (cut up in bite-sized pieces)

broccoli (cut up in bite- sized pieces)

mushrooms

other vegetables of your choice

1 to 2 Tbsp peanut oil

Sauté chicken pieces in ¼ of the sauce mix until cooked through then remove from pan to bowl. Add more peanut oil and vegetables to pan and cook on high adding a little water and stir frying until

vegetables are bright in color and still somewhat crisp. Then add remainder of sauce mix to pan along with cooked chicken and continue to stir until sauce is thick and clear.

Serve with rice of your choice.

Editor's note: This recipe has been update to be LID-safe by removing the browning and seasoning sauce and replacing it with the Asian Sauce found in the ThyCa LID Cookbook

Contributed by Thelma F.

Chicken Pot Pie

2 Tbsp oil
¼ c flour
2 Tbsp chopped onion
1¼ c LID-safe chicken broth
1 c cooked chicken, diced

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Non-iodized/non-sea salt & pepper to taste

2 c salt-free frozen veggies (carrots, corn, peas, green beans)

In a saucepan, heat oil. Add flour, onion, salt, and pepper. Cook 1 minute. Remove from heat.

Stir in broth and veggies. Heat mixture to boiling, stirring constantly. Boil and stir 1 minute. Stir in chicken.

Pour into unbaked pie crust. You can top with additional crust or leave uncovered. Bake 25 minutes at 400° F. Let stand 10 minutes.

Contributed by Kimberly T.

Chicken Fried Rice —With Asian Sauce from the ThyCa LID cookbook

1 8-ounce chicken breast, sliced into thin strips. (add 1 teaspoon non-iodized/non-sea salt and good heavy pinch black pepper to chicken beforehand)

2 cups precooked basmati rice, at room temperature

½ cup sliced thin carrot

½ cup sliced thin celery

1½ cups fresh snow peas in pod
(trim stem ends and rinse well)

½ small white onion cut into thin
strips lengthwise

2 -3 large cloves garlic peeled, sliced as thin as you can.

4 to 6 ounces olive or sesame oil

1 Tbsp sesame seeds

2 scallions sliced into rings

You will need: (1) a good heavy sauté pan about 10-inch or 12-inch size, or a good wok; (2) a glass baking dish or large pyrex bowl (you will use this to hold the first half for a few minutes while second half is being done).

Have all ingredients ready to go beforehand.

Heat pan over HIGH heat (takes a few minutes). Add a little more than half the oil enough to lightly cover bottom of pan.

Allow to heat oil for just a few seconds, then add onion. Keep food moving at this time with spatula or heat-safe (silicone) implement. When onion begins to become translucent add carrots and celery, keep food moving about 1 minute. Now check oil level; just be sure there's a good bit of oil left in pan. You will probably need to add more oil now. Slide food to one side of pan and add oil to the other side.

Add the chicken and garlic to pan, stir in to coat with oil and again, keep it moving. In about 1 to 2 minutes the chicken will be cooked if it's thin sliced. Add snow peas, sesame seeds, and do a good stir again. When chicken begins to separate it's well done.

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

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

Top with scallions.

Variations:

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

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

(Makes 2 to 3 servings)

Contributed by W. Eugene Ellison, Chef

Chicken Focaccia Sandwiches

This recipe makes enough for several sandwiches.

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

1 teaspoon dry Italian dressing

seasoning mix (from this cookbook)

½ teaspoon garlic powder

½ teaspoon fresh ground black pepper

1 Tbsp olive oil

½ cup water

1-½ cup sliced red onion (¼ inch thick)

2 red peppers, cut in strips

⅓ cup chopped green onion

Italian salad dressing, prepared (from this cookbook)

1 batch focaccia bread (recipe found in the ThyCa's LID Cookbook book), cut in half horizontally

Note: Cook bread in the oven instead of the bread machine (if you want the traditional focaccia shape – otherwise use a bread machine and slice the bread). Shape into two 5" loaves or one large 10" loaf. I prefer the smaller ones.

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

Contributed by Tracy T.

Chicken Ridgewood

2 chicken breasts, boneless

⅓ bottle white wine

2 medium onions, diced

2 medium green peppers, diced

1 whole garlic clove, chopped

flour

oil

non-iodized/non-sea salt

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black pepper

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

Contributed by Barb B.

Lemon Chicken Kabobs

8 skinless chicken thighs

2 lemons

1 Tbsp fresh parsley, chopped

1 Tbsp balsamic vinegar

2 teaspoons Italian seasoning

1 clove garlic, minced

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

Cut thighs into 1½ inch pieces. In a mixing bowl, combine lemon juice from one of the lemons, parsley, vinegar, Italian seasoning, garlic, salt, and pepper. Add chicken and toss with seasoning mixture. Cover and marinate, refrigerated, for one hour. Thread chicken and lemon wedges from the other lemon (8 wedges total) on four 8 to 10-inch skewers. Broil or grill 6 to 8 inches from heat source for about 15 minutes, turning 2 to 3 times until chicken is cooked through.

Contributed by a friend of ThyCa

Vinaigrette Chicken

½ pound chicken breast, cut into serving-size pieces (3-4 ounces)

Dressing: Mix the following:

2 Tbsps olive oil

2 Tbsps red wine (or balsamic) vinegar

1 Tbsp lemon juice

1 clove garlic, crushed/minced

Italian seasoning, to taste

I freeze these in individual servings, too.

Just take out and microwave, grill, or bake!

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

Contributed by Donna of Virginia

Rachel's Greek-Style Chicken

6-8 chicken thighs

2 Tbsps olive oil

1 Tbsp oregano

1 cup lemon juice

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2 cloves garlic, crushed

2 whole lemons, sliced

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

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

Contributed by Rachel D.

Rachel's Jewish-Style Chicken

6-8 chicken thighs with skin

Spice Hunter Poultry Seasoning & Grill™ (just enough to lightly coat chicken)

1 small jar LID-safe apricot preserves of your choice

Approximately 1 cup orange juice

2 Tbsps water

2-3 Tbsps olive oil

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

A comment from Rachel: All Spice Hunter Seasonings are Salt Free.

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

Contributed by Rachel D.

“Fried Chicken”

2 pounds chicken legs

¼ cup olive oil

2 Tbsps paprika

1 teaspoon garlic powder

2 Tbsps dried parsley

2 teaspoons kosher salt (non-iodized)

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

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

Contributed by Cindy M.

Rae's Delicious Savory Chicken

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

Add (*to taste*) a lot of:

Paprika

Garlic powder

Basil leaves (crushed)

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All-purpose LID-safe seasoning such as Spicely Organic Spices (always read labels since ingredients change)

Ground thyme

Parsley flakes

Rosemary leaves (crushed)

Black pepper

Non-iodized/non-sea salt

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

Coat as much seasoning as desired on raw chicken.

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

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

This dish pairs especially well with asparagus.

Contributed by Rae B.

Lemon Pepper Chicken with Pasta

1 pound boneless, skinless chicken breast, cut into bite size chunks

½ box farfalle pasta

flour

concentrated lemon juice

sherry

olive oil

non-iodized/non-sea salt

black pepper

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

Contributed by Lauren P.

Chicken Fajitas

(2) 4-5 oz precooked chicken, cut into strips

1 red bell pepper cut into strips

1 sweet onion sliced

1 Poblano pepper cut in strips

1 Tbsp olive oil

1 teaspoon cumin

1 teaspoon chili powder

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

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Add salsa if you like it saucy.

In corn tortillas, add chicken and pepper mix

Can serve with more salsa and guacamole

Contributed by Carole P.

Recipedia – Lamb & Pork Dishes

Lamb & Pork

Apple Cider Pork Chops

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

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

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

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

Can be served with rice and vegetables.

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

Contributed by Jon S.

Lamb (or Beef) Pilaf

Ingredients: **For Meat:**

1 lb cubed lamb or beef

½ tsp dried thyme

½ tsp paprika

1 tsp salt-free garam masala

1 clove garlic, chopped

1½ tsp vegetable oil

3¾ c water

non-iodized/non-sea salt and black pepper

For Rice:

2 Tbsp olive oil

1 onion chopped

1 potato peeled and chopped

1 carrot, chopped

1 banana pepper sliced (with seeds for “heat” if desired)

1 red pepper chopped

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½ head cabbage—thinly sliced
1 green chili chopped
1 tsp cumin
3 tsp cardamom
2 garlic cloves
1½ c basmati rice
½ c unsalted almond slices

To make meat:

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

To make rice:

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

Contributed by Calum A.

Skillet-Braised Pork Chops

2 Tbsps flour
½ teaspoon non-iodized/non-sea salt
½ teaspoon black pepper
4 pork center rib chops, trimmed of fat, 8-12 ounces each
1 Tbsp vegetable oil
1 pound all-purpose potatoes, peeled and halved
2 cups baby carrots, peeled
1½ cups frozen onions
3 cloves garlic, crushed
1 teaspoon rosemary
1 teaspoon grated orange peel
2/3 cup chicken broth, homemade
2/3 cup beer or water

Heat oven to 350° F.

In 1-gallon plastic bag combine flour, salt, and pepper; add pork chops; shake well to coat.

Remove chops from bag; set remaining flour mixture (about 1 tablespoon) aside.

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

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

Recipedia – Substitute Dairy

Substitute Dairy

Nut Milk

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

Contributed by Nina G.

Mickie's Nut Milk

½ cup walnuts (or other nuts, but walnuts are easy, no soaking or peeling needed)

2 cups water

a drop non-iodized/non-sea salt - optional

a few drops maple syrup (or other sweetener)

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

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

Contributed by Mickie B.

Recipedia – Salads, Dressings, & Condiments

Salads, Dressings, & Condiments

Chicken Salad

Diced fresh chicken

Chopped celery

Chopped green pepper

Homemade mayonnaise from ThyCa's LID Cookbook

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

Contributed by Sharon R.

Easy Chicken Salad

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

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

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

Then I top with a vinaigrette salad dressing (see recipe in ThyCa's LID Cookbook), and there you have it...a great, complete EASY lunch. Bon appétit!

Contributed by Diana B.

Sweet & Tangy Asian Sesame Vinaigrette

½ c extra virgin olive oil

½ c red wine vinegar

½ Tbsp balsamic vinegar

1 Tbsp good honey (I used very dark raw)

pinch dried oregano

pinch salt

pinch black pepper or to taste

pinch dry ginger powder

pinch white pepper or to taste

pinch garlic dehydrated

1½ tsp sesame seeds, dry

(my pinch is about ½ tsp)

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

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

Contributed by W Eugene Ellison, Chef

Recipedia – Salads, Dressings, & Condiments

New Vinaigrette

½ c red wine vinegar

6 Tbsp sugar

¼ c canola oil

1 clove garlic, minced

Non-iodized/Non-sea salt to taste

fresh ground pepper-to taste

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

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

Contributed by Monique C.

Ketchup

6 lg or 8 med tomatoes

1 med yellow onion

4 cloves garlic

½ c white sugar

½ c cider vinegar

½ tsp allspice

1 Tbsp non-iodized/non-sea salt

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

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

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

Let cool, then refrigerate overnight.

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

Pour into an airtight container and refrigerate.

Makes about 20 ounces of ketchup.

Editor's Note: Salt-free Ketchup is readily available in most grocery stores

Contributed by Russ

Derrick's Low Iodine Mustard

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

The ingredients:

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

hot water

non-iodized/non-sea salt

Recipedia – Salads, Dressings, & Condiments

vinegar
paprika.

*I will describe using ground mustard: Mix the ground mustard and water to make a paste. Add salt and paprika to the paste. Then add a small amount of vinegar to thin out the paste. And there you have it — low iodine mustard made easy.

Notes:

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

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

Contributed by Derrick D.

Aunt Jan's Everyday Mayonnaise

(blender recipe)

Put in a blender, cover and mix the first 5 ingredients:

1. 2 egg whites (or 1 egg if off the low-iodine diet)
2. 1 tsp dry mustard
3. 1 tsp salt
4. 1 tsp sugar (opt)
5. ¼ c oil
6. 3 Tbsp lemon juice
7. ½ c oil

Keep the blender running. Remove cap. Add 3 Tbsp lemon juice, slowly. Add ½ c oil, s-l-o-w-l-y, a teaspoon at a time. Mayo should be thick. A shake of curry, turmeric, or paprika will add flavor.

Contributed by Christina B.

Salad Dressing and Ketchup Replacement

Very tasty, good for salads and fried potatoes

8 Tbsp vegetable oil

1 apple

¼ c distilled white vinegar

4 Tbsp brown sugar

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

Contributed by Steve M.

Another Salad Dressing

½ med onion, chopped fine

⅔ c sugar (may substitute 16 packets of Truvia if needed)

Recipedia – Salads, Dressings, & Condiments

¼ c celery chopped fine
⅓ c vegetable oil
⅓ c cider vinegar
1¼ tsp dry mustard
½ tsp pepper
½ tsp salt

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

Contributed by Elisa G.

Pasta Salad, Cool Cucumber

8 oz pasta (with no eggs)
1 Tbsp vegetable oil
2 med cucumbers, thinly sliced—do not peel
1 med onion, sliced thin
1½ c sugar
1 c water
¾ c vinegar
1 Tbsp mustard (use dry and add water)
1 tsp non-iodized/non sea salt
1 tsp pepper
½ tsp garlic salt

Cook pasta, drain, and rinse in cold water. Put in a large bowl and add oil, then cucumbers and onions, and stir. Mix the last 7 dressing ingredients and pour it over salad and toss. Cover and chill several hours, or eat the next day.

Contributed by Shannon R.

German Potato Salad from Oma Johanna

Ingredients:

- 4 Cups White or Yellow Potatoes, peeled and sliced
- Non-Iodized/Non-Sea Salt (to taste)
- Pepper (to taste)
- ¼ Cup Canola Oil

Vinaigrette:

- 1 White Onion, diced
- 1/3-1/4 Cup White Vinegar
- 1-2 Tablespoons of Water
- 1-2 Tablespoons of Sugar

Boil the potatoes in water for 8 to 10 minutes, or until tender. Drain the potatoes and set aside. In a separate pan, add the vinaigrette ingredients (diced white onion, vinegar, water) to a pot and simmer for about 10 minutes. Pour this mixture over the potatoes. Add Canola Oil then toss the potatoes to coat evenly. Add salt and pepper and serve warm.

Contributed by Cristina B.

Recipedia – Soups, Stews, & Sauces

Soups, Stews & Sauces

Turkish Green Lentil Soup

1½ c green lentils
2 Tbsp olive oil
2 lg onions, finely chopped
2 Tbsp white flour
8 c water (or homemade chicken stock)
½ c small pasta (e.g. orzo)
non-iodized/non-sea salt
pepper
dried parsley

In a small pot, add the lentils and add enough water to just cover them, bring to a boil, then reduce heat to a simmer and cover. Half-cook the lentils with some water (10-15 minutes). Drain. In a large soup pot, heat (medium-high) the olive oil, sauté the onions until translucent, add the flour and mix. Cook for 10 seconds. Add 8 cups of water (or stock) and lentils, cook for 30 minutes, lower the heat, add orzo and cook until everything is tender.

Season with salt and pepper to taste. Garnish with dried parsley. You can freeze some in small containers and eat it later.

Contributed by Elif K.F.

Roasted Butternut Squash Soup

2 lg butternut squashes, split in half & seeded
2 Tbsp olive oil
1 tsp thyme
1 med onion, chopped
1 Tbsp olive oil
4 cloves of roasted garlic
4 c homemade veggie stock
non-iodized/non-sea salt

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

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

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

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

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

Recipedia – Soups, Stews, & Sauces

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

Heat in a saucepan and serve.

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

Contributed by Lily W.

Portuguese Kale Stew

½ c onion, diced

½ c celery, diced

½ c carrot, diced

1 whole cabbage, shredded

1 pkg frozen kale

1 whole potato

1 bag white kidney beans

soaked overnight

Start in a soup pot. Sauté onion, carrot, celery, and some garlic if you want. Add about 1½ quarts of water. Add cabbage, a potato cut up into ½ inch chunks. Bring to a boil. Add beans and kale. Make it boil again (the kale will stop it). Get it to a simmer and allow to simmer for an hour or two until the beans are soft. Season to taste.

Contributed by Barb B.

Tomato Paste

6 qt Roma tomatoes

1 lg celery rib with leaves, cut up

1 Tbsp basil

1 Tbsp thyme

1 Tbsp marjoram

1 Tbsp oregano

¾ tsp peppercorns

12 cloves

3 tsp non-iodized/non-sea salt

1 cinnamon stick, 2-inch stick

1 clove garlic, minced

Wash the tomatoes and cut into slices. Add remaining ingredients. Simmer these ingredients until the tomatoes are soft. Stir frequently. Put the vegetables through a fine sieve. Simmer the pulp over (not in) boiling water, or over direct low heat with the use of an asbestos pad to prevent burning. Stir frequently. After several hours, when the pulp is thick and reduced by about half, spread the paste to a depth of ½ inch on moist plates. Place the paste in the sun or in a 200° F oven to dry. When the paste is dry enough, roll it into balls, which you may dip in salad oil.

Store refrigerated in airtight sterile jars. You can freeze it in small quantities.

Editor's Note: Salt-free tomato paste is readily available in most grocery stores.

Contributed by a friend of ThyCa

Recipedia – Soups, Stews, & Sauces

Spaghetti Sauce

23-25 (about 6½ lb) Roma tomatoes
2 lg heads of garlic (about 20 cloves)
2 lg yellow onions
16 oz mushrooms
⅔ oz fresh oregano (or about 2 Tbsp dry leaves)
⅔ oz fresh basil (or about 2 Tbsp dry leaves)
2 tsp pepper
3 Tbsp non-iodized/non-sea salt
6 Tbsp white sugar
3½ c water
¼ c olive oil

Cut tomatoes into eighths. Peel and chop onions and garlic. Wash and coarsely chop the mushrooms. If using fresh herbs, wash then dice with a heavy knife into very small pieces. In a large (12-quart) heavy pot, combine all ingredients and stir to mix. Bring to a boil, then turn down to lowest setting. Simmer for ½ to 1 hour.

The mushrooms should be very slightly firm when done.

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

Contributed by Russ

Line's Low-Iodine Italian Style Tomato Sauce

3-4 Tbsp pure LID-safe tomato puree
1 fresh tomato (lg and on the vine is best)
1 clove garlic
1-2 Tbsp herb mix: e.g. salt-free herbes de provence
1-2 Tbsp extra virgin olive oil
freshly ground black pepper

Place all ingredients in blender and whiz until smooth.

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

Contributed by Line of England

Basil Pesto Spaghetti

4 cloves garlic
6 Tbsp unsalted pine nuts
non-iodized/non-sea salt and pepper to taste
1 lg handful fresh basil
6 Tbsp extra virgin olive oil

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

Contributed by a friend of ThyCa

Recipedia – Soups, Stews, & Sauces

Chickpea and Sweet Potato Stew

¼ cup olive oil
1 cup chopped onions
3 tablespoons finely chopped fresh gingerroot (be careful using ginger in the squeeze bottle; some have added salt)
5 cloves garlic, finely chopped
2 small to medium sweet potatoes, peeled and cut into 1-inch pieces
1 bag (5 oz) baby spinach
½ cup fresh mint leaves, chopped (optional)
½ cup fresh cilantro leaves, chopped
½ cup chopped roasted cashews
2 jalapeño peppers, thinly sliced, if desired
1 teaspoon ground coriander (optional)
1 teaspoon ground turmeric (optional)
1 teaspoon ground cilantro
1 teaspoon paprika
1 teaspoon non-iodized/non-sea salt
½ teaspoon ground cumin
½ teaspoon pepper
¼ teaspoon ground red pepper (cayenne)
1 can (15 oz) no-salt added chickpeas, drained, rinsed
1 can (14 oz) unsweetened coconut milk (not cream of coconut – be sure to read ingredients)
1 can (14.5 oz) no-salt added fire roasted diced tomatoes, undrained

In a large sauté pan, heat oil over medium-high heat. Add onions, gingerroot and garlic. Cook 4 to 5 minutes, stirring frequently, until softened and beginning to brown. Add coriander, turmeric, cilantro, paprika, non-iodized/non-sea salt, cumin, pepper and red pepper. Cook and stir 30 seconds. Add chickpeas; cook and stir 5 to 6 minutes or until chickpeas begin to brown. Add coconut milk, tomatoes and sweet potatoes; heat to boiling. Reduce heat to medium-low; cover and simmer 25 to 30 minutes, stirring occasionally, until sweet potatoes are tender. Add spinach; stir 1 to 2 minutes or until wilted. Divide among serving bowls; garnish with mint, cilantro, cashews and jalapeños.

Contributed by Marlene B

Vegetables & Vegetarian

Ratatouille

1 Tbsp olive oil
1 sm onion, chopped
½ med red bell pepper, chopped
1 sm eggplant, chopped
2 clove garlic, chopped
½ tsp basil
½ tsp non-iodized/non-sea salt
½ tsp pepper
3 med fresh tomatoes, crushed
1 lg carrot, chopped
1 med yellow squash, sliced

Recipedia – Vegetables & Vegetarian

½ c mushrooms, chopped

6 c water

Heat oil in soup pot. Add onion, pepper, half of the eggplant, garlic and spices. Sauté for 5 minutes using a wooden spoon. Add remaining ingredients with water. Bring to a boil and then reduce to a simmer for 20-30 minutes.

Remove half of the vegetable mixture and place in blender. Blend until silky and smooth. Return to pot and stir. Ladle into bowls.

Contributed by Robin G.-A

Roasted Potatoes

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

Contributed by Tracy T.

Barbecued Veggies

In a plastic bag, place **Portobello mushroom** tops and some Italian salad dressing (recipe found in this cookbook). Let marinate about 30 minutes. Remove from bag and grill, turning once. Do not overcook. Delicious with steak; easy to prepare.

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

Contributed by Tracy T.

Oven-Dried Tomatoes

1½ pounds plum tomatoes

olive oil

fresh basil

Preheat oven to 200°F.

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

Contributed by Robin G.-A.

Sweet Potato, Apple, and Cranberry Bake

6 medium sweet potatoes

1 cup water

1 cup sugar

2 cups fresh cranberries, or frozen (please refer to the LID Quick Guide for remarks on whole cranberries – eat them in moderation)

1 large apple, thinly sliced

½ cup brown sugar

⅛ teaspoon cinnamon

⅛ cup oil

½ cup water or orange juice

Place sweet potatoes in large saucepan; add enough water to cover. Bring to boil, cover, and

Recipedia – Vegetables & Vegetarian

cook until tender. Cool slightly, peel, and cut into ½-inch slices. Combine 1 cup water, sugar, and cranberries in saucepan. Cook until berries pop.

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

Contributed by a friend of ThyCa

Roasted Potatoes

4-5 peeled, quartered potatoes

¼ cup canola oil

1 teaspoon non-iodized/non-sea salt

1½ teaspoons paprika

1 minced garlic clove or ¼ teaspoon garlic powder

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

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

Contributed by Laura R.

Yolk-Free Noodles with Asian Sauce

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

To make the noodles:

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

Contributed by Deb D.

Dips, Spreads, & Appetizers

Garbanzo Beans

Protein to add to your meals, salad, or to make hummus

1 cup dry beans = 2 cups of cooked beans.

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

*The same ratios can be used for black beans. Simmer for 30-40 minutes

Contributed by Lily W.

Heather’s Hummus

Recipedia – Dips, Spreads, & Appetizers

Dried chickpeas, equivalent to 16-ounce can, soaked for 24-plus hours

¼ c water

3-5 Tbsp lemon juice (depending on taste)

1½ Tbsp tahini (be sure it's salt free or use homemade from ThyCa's LID Cookbook)

2 cloves garlic, crushed

½ tsp non-iodized/non-sea or Kosher salt

2 Tbsp olive oil

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

Contributed by Heather L.

Superior Guacamole

Summer version of Guacamole (non-spicy)

2 avocados, mashed

1 med tomato, chopped

¼ sm onion, chopped

½ cucumber, chopped

1 lg lemon, juiced

¼-½ tsp non-iodized/non-sea salt

Mix all ingredients together.

Contributed by Kimber S.

Tostadas

Tostada shells (at natural foods stores) that are unsalted. You can also use plain corn tortillas and either bake or fry them. Many are unsalted, but be sure to check the ingredients label.

Mash up white beans [garbanzo – either dried, soaked, and boiled or unsalted canned] and season with cumin, jalapeno, non-iodized/non-sea salt, cilantro (whatever strikes your fancy).

Spread on tortillas/tostadas with chopped avocado, lettuce, tomato, seasoned ground beef or chicken, and homemade salsa.

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

Contributed by Julie C. B.

Peanut Butter

4 c unsalted peanuts (approx 1.5 lbs)

1 tsp non-iodized/non-sea salt

¼ c granulated sugar

½ c vegetable oil

Recipedia – Dips, Spreads, & Appetizers

If nuts are not roasted: Preheat oven to 350 degrees F. Place peanuts in a single layer on baking sheet and place in oven. Cook until peanuts are toasted, approx. 6-8 minutes. Shake pan a couple of times for overall browning. Remove pan from oven. Place roasted peanuts in food processor (they can still be warm from roasting). Add salt and sugar. Turn on processor and drizzle in oil. Process until smooth.

Contributed by Kim S.

Pico De Gallo

Chop 1 to 2 tomatoes.

Chop 1 to 2 jalapeno peppers (remove seeds) – use less for less spice.

Chop ¼ to ½ of a yellow or white onion.

Mix all ingredients together.

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

Serve with homemade tortilla chips.

Contributed by Liz M.

Easy Mango Salsa

- 1 15-oz can diced mangoes (no salt added)
- 15-oz RoTel no salt added diced tomatoes and green chiles
- ¼ cup diced red onion
- ¼ cup fresh cilantro
- ½ jalapeno pepper, seeded and finely chopped
- 2 Tbsp fresh lime
- ¼ tsp Chili powder (recipe from low iodine cookbook)

Stir together all ingredients in a medium bowl. Serve with no salt tortilla chips.

Contributed by Jackie L.

Recipedia – Breakfast

Breakfast

MORE ABOUT OATMEAL....

Kathleen R: A quick-cooking Irish Oatmeal: 1/2 cup of oatmeal and 1 cup of water. Microwave for about 2 minutes. Add whatever you like....golden raisins & honey; cinnamon & sugar & and nuts. They also have a great recipe for cookies on the back of the box. Just use 1/4 cup salt-free egg substitute for the egg.

Green Smoothie

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

6 oz apple juice (flash pasteurized taste best)

½ c roughly chopped kale or dandelion greens

1/3 c frozen mango, thawed

¼ c frozen pineapple, thawed

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

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

½ cucumber, roughly chopped

1 c romaine lettuce, roughly chopped

Contributed by Lily W.

Low-Iodine Granola

4 ½ c rolled oats

¾ c slivered (or sliced) raw almonds

¾ c pecans (or pecan pieces)

1 c dried coconut (read label carefully to find a brand without salt)

½ c vegetable oil

6 Tbsp real maple syrup

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

SERVING OPTIONS: This cereal is GREAT and very filling when drizzled with real maple syrup over sliced bananas or peaches. Also good mixed with unsweetened applesauce. For a dessert, you could serve it on top of banana "ice cream": To make this low-iodine "ice cream,"

Recipedia – Breakfast

freeze individual banana slices on a cookie sheet, then grind the frozen slices in a mixer with a touch of liquid if necessary.

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

Contributed by Whitney R.

Papaya con miel y granola casera

(Español)

DESAYUNO

1 taza de papaya cortada en cuadritos

1 cucharada de miel

2 cucharadas de granola entera

PREPARACION DE GRANAOLA

1 taza de harina de avena

Nuez sin sal al gusto

Almendra sin sal al gusto picadas

1 cucharada de miel

*frutos secos

ornear a 250°F asta adquirir el tostado ideal deseado.

Facil y rapido

Contributed by Briseida A.

Griddle Cakes Variations

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

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

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

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

Top with maple syrup.

Contributed by Amber M.

Another Variation

Griddle Cakes - instead of adding 1/2 half cup of water, add 2/3 cup of water and add the baking powder last. This makes the wheat pancake flour thinner and fluffier.

Contributed by Jill Ann R.

Recipedia – Breakfast

Jelly Omelet

2 Tbsp jelly (grape or any flavor)
all whites, egg substitute (equivalent to 2 eggs)
nonstick cooking spray

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

Contributed by Lauren P.

Pancakes

1 cake compressed or 1 package active dry yeast
4 cups water (amount may need adjustment, depending on type of flour you use)
1 teaspoon sugar
4½ cups flour (can be bleached, wheat, buckwheat, or combination)
1 teaspoon non-iodized/non-sea salt
Soften compressed yeast in lukewarm water (85°) or active dry yeast in warm water (110°). Add sugar to mixture.

Combine dry ingredients. Add yeast mixture. Stir well. Let stand overnight at room temperature. Bowl must not be more than half full.

In morning stir batter and add:

2 Tbsp brown sugar
¾ teaspoon baking soda
1 Tbsp oil

Cook on lightly greased griddle.
(These are amazingly light!)

Contributed by Ann M.

Egg in a Ring

Something my husband ended up having for breakfast most days was Egg in a Ring. He used 2 slices of home baked whole-wheat bread, on which I put some Italian seasoning. With a small glass or cup, make a hole in each slice and take out the bread ring.

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

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

Once the egg white is solid, turn slices over to get a brown crust on the egg whites on the other side as well. Cover the egg with the removed round piece of bread, like putting a lid on a pan.

Contributed by Stella and Mark H.

Nutty Cereal Crunch – THIS IS NOT AN LID-SAFE RECIPE!! USE ONLY WHEN NOT ON THE Low Iodine Diet or make appropriate substitutions!

1 cup of a nondairy [soy-free] substitute for butter
1½ cups packed brown sugar
½ teaspoon ground cinnamon

Recipedia – Breakfast

6 cups cornflakes (*Editor's note: NOT LID SAFE; we suggest using unsalted puffed wheat cereal or unsalted shredded wheat in place of the cornflakes.*)

1 cup unsalted raw roasted peanuts

1 cup unsalted raw roasted cashews

½ cup unsalted raw roasted almonds or macadamia nuts

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

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

Contributed by Rachel B.

Easy Banana Oatmeal Cookies

1 cup quick oats

1 large overripe banana - mashed well

Optional: ½ cup LID-safe chocolate chips or other safe add-ins of your choice (unsalted nuts, dried fruit, coconut)

Preheat oven to 350°F. Line your baking sheet with a silicone baking mat or parchment paper. In a bowl, mix oats and mashed banana. Combine until it becomes an evenly mixed, thick batter (using a fork will help). Add your optional add-ins at this stage.

Make eight balls out of the cookie batter. Place onto baking sheet, spacing them about two inches apart. Press down on each one to flatten it – since the cookies won't spread too much when baking them. Bake for about 15 minutes or until cookies are lightly browned and set. Cookie bottoms should also be golden brown and release easily from the lined baking sheet. Cool them before enjoying. Store leftovers in the fridge.

Contributed by Barbara D.

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Breads, Muffins, & More

Banana Nut Bread

- 2 lg egg whites
- ½ c canola oil
- ¾ c sugar
- 1 tsp vanilla
- ¼ c applesauce
- 1½ c flour
- ½ tsp baking powder
- 1 tsp cinnamon
- ½ c chopped walnuts (unsalted)
- 2 lg ripe bananas, mashed

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

Contributed by Stephanie W.

Basic White/French Bread (Bread Machine)

Use the “Basic Bread” setting

Makes a 1 1/2-pound loaf

- 1 1/8 c warm water
- 1 ½ Tbsp oil (opt)
- 3 c all-purpose flour
- 1 ½ tsp non-iodized/non-sea salt
- 2 tsp active dry yeast

For a 2 pound loaf

- 1 ½ c warm water
- 2 Tbs oil (opt)
- 4 c all-purpose flour
- 1 ½ tsp non-iodized/non-sea salt
- 2 ½ tsp active dry yeast

Add all ingredients to bread pan in the order given.

Contributed by Brenda N.

Basic White Yeast Bread

- 1 ¾ c hot water
- 3 Tbsp sugar

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2 tsp non-iodized/non-sea salt

¼ c vegetable oil

6 c white flour

1 pkg dry yeast

Test the dry yeast by adding it to 1/4 cup warm (not hot) water and 1 teaspoon sugar in a small bowl (*Note: this water and sugar is in addition to the amounts listed above*); stir lightly and set aside for 10 minutes. If it doesn't bubble and rise up, try again with another package of yeast. Meanwhile, using a large bowl, put the 1 3/4 cups of hot water over the sugar, salt and oil and stir. Add 3 cups of the flour and stir as well as possible. When the yeast mixture is ready, pour it into the cooled flour mixture and stir. Then gradually add all or most of the rest of the flour to the combined mixture.

Turn the dough out onto the counter and knead it all together until smooth--about 10 minutes. Place dough in a large oiled bowl, cover and set aside in a warm spot to rise for 90 minutes (or until doubled in size). Punch down the risen dough and let stand for 5 minutes. Divide into 2 equal chunks and shape each into a ball; let stand for 10 minutes.

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

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

Makes about 12 large rolls.

Loaf: Shape dough into oblong to fit a 9 x 5 x

2 1/2" lightly oiled loaf pan. Cover and set aside for 50 minutes for final rising. Bake at 375 degrees F for 40-45 minutes. Top should be golden; insert toothpick to be sure center is done.

Loaf can be sliced for sandwich bread.

Contributed by Nina G.

Serving Suggestions for home baked bread:

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

Contributed by Jodi F.

Betty's Bread Recipe (Bread Machine)

2 tsp yeast

1 ½ c white flour — unbleached

1 ½ c whole wheat flour

1 tsp non-iodized/non-sea salt

2 Tbsp honey

2 Tbsp canola oil

1 1/3 c warm water

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

Contributed by Betty S.

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Breadsticks or Rolls (Bread Machine)

8 oz water at room temperature

½ tsp non-iodized/non-sea salt

2 Tbsp olive or canola oil

3 c all-purpose flour (could substitute 1/2 cup with wheat germ or 1 cup wheat flour)

1 ½ tsp active dry yeast

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

It also makes an excellent pizza crust.

Contributed by Tracey L.

Cinnamon Pull-Apart Bread

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

¼ c oil

¼ c sugar

1 Tbsp cinnamon

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

Cut the bread dough into 16 roughly equal pieces.

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

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

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

Bake 45 minutes or until done.

Contributed by Serene V.

Cinnamon Raisin Bread (Bread Machine)

1 c water

1 ½ Tbsp olive oil

3 c flour (I use bread flour)

3 Tbsp sugar

1 tsp cinnamon

1 ½ tsp non-iodized/non-sea salt

2 ½ tsp yeast

¾ c raisins

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

Contributed by Christi H.

Multigrain Bread

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For a healthier bread, I add some old fashioned oatmeal and whole wheat flour instead of some of the white flour. If you can get rye flour, use a cup of that for one of the whole wheats.

7 cups assorted flour (any combination—I prefer 3 cups white, 3 cups whole wheat, and 1 cup old-fashioned oatmeal)

2 cups warm water

1 Tbsp non-iodized/ non-sea salt

1/2 cup sugar

1/2 cup oil

2 packets yeast

4 egg whites

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

Contributed by Mickie B.

Orange Muffins

1 c orange juice

1/2 c vegetable oil

2 c white flour

1/2 c sugar

1 Tbsp orange extract

3 lg egg whites

3 tsp baking powder

1 tsp non-iodized/non-sea salt

1 c unsalted pecans, chopped (opt)

Beat the sugar and oil, whipping in the egg whites, orange juice, and orange extract. Stir in the rest very lightly. Line a muffin tin with paper cups, or grease lightly. Bake at 400°F for 15 minutes, until golden on top. Makes 12 muffins.

Variation: Mix up a glaze to put on top. For the glaze combine 1 Tbsp of orange juice with enough powdered sugar to get a good drizzling consistency. *Variation contributed by Becki W.*

Contributed by Nina G.

Simple Bread or Pizza Crust

1/2 oz yeast

2 c warm water (110°F)

2 tsp non-iodized/non-sea salt

2 tsp sugar

4 c flour

Mix the first two ingredients together in a large mixing bowl, stir with fork. Then add the last four ingredients. Mix to combine and let dough rise 5 minutes. Then spread on 12 x 18 baking sheet using LID-safe cooking spray or canola oil. Garnish as you please. Try topping with rosemary. You might try onions, tomato, or even jam, raisins, or nuts for a real breakfast treat. Bake at 400°F for 20 minutes or until golden brown. *Contributed by Pat S.*

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Whole Wheat Hamburger Buns

2 c whole-wheat flour, divided
1 c water, warm (110F)
2 1/2 tsp active dry yeast (1 packet)
1/4 c wheat bran
2 Tbsp brown sugar
scant 1 1/2 tsp non-iodized/non-sea salt
optional sesame seeds for top

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

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

Place in a lightly greased bowl, cover with plastic wrap and let rise until doubled, 1 1/2-2 hours. Turn risen dough out onto a lightly floured surface and divide into 6 equal portions. Shape into rounds and flatten (so they're approximately 3/4 inch thick) onto a lightly greased baking sheet (or use parchment paper). Sprinkle with sesame seeds if desired.

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

Preheat oven to 375 degrees F.

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

They will sound hollow when the bottom is tapped. Let them cool on a wire rack before slicing. Store in freezer.

Makes 6 buns.

Contributed by Nancy L.

Hamburger Buns adapted from a King Arthur Flour recipe

3/4 - 1 c lukewarm water*
2 Tbsp safflower oil
2 egg whites & a drop of yellow food coloring
3 1/2 c unbleached all-purpose flour
1/4 c sugar
1 1/4 tsp non-iodized/non-sea salt
1 Tbsp instant yeast

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

Topping

3 Tbsp safflower oil

OR

1 egg white with 1/4 tsp water mixed in.

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

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

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

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Gently deflate the dough, and divide it into 8-12 pieces. Shape each piece into a round ball; flatten it to about a 3 inch circumference for 8 or 2 ¾ inch circumference for 12.

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

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

Remove them from the oven, and brush with 1 1/2 Tbsp safflower oil. Cool the buns on a rack.

Yield: 8 large buns or 12 smaller buns or 24 sliders.

Contributed by Patricia W.

Sourdough Starter

2 cups all-purpose or whole-wheat flour

3 Tbsps sugar

1 envelope active dry yeast (1 Tbsp)

½ teaspoon non-iodized/non-sea salt

2 cups warm water (105° F)

In large non-metallic bowl, combine dry ingredients, and stir in warm water. Beat with a wooden or

plastic spoon (small lumps ok).

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

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

If pink liquid forms on top, discard.

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

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

Contributed by Jo W.

Sourdough Applesauce-Wheat Bread

1 package dry yeast

¼ cup warm water

1 cup sourdough starter

¼ cup cooking oil

½ cup brown sugar

1½ cups applesauce

1 Tbsp non-iodized/non-sea salt

1 cup hot water

3 cups whole-wheat flour

¼ teaspoon baking soda

3 to 4 cups white flour

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

In a large mixing bowl combine sourdough starter with oil, brown sugar, applesauce, salt, hot

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water, whole-wheat flour and baking soda. Mix well. Let rest for 10 minutes. Blend in softened yeast mixture.

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

Contributed by Becky D.

Beer Bread

3 c homemade self-rising flour (see below)

3 Tbsp sugar

1 can beer (room temp)

Mix all ingredients well.

Put in a standard bread pan that has been sprayed with LID-safe cooking spray.

Bake at 375 degrees F for 1 hour.

Best if eaten same day. Freezes well.

Homemade Self-Rising Flour: Sift all these ingredients:

3 c flour

1 1/2 Tbsp baking powder

1 1/2 tsp non-iodized/non-sea salt

Contributed by Monique C.

Cinnamon Bread – a quick bread Batter:

1/4 c vegetable oil

1 c sugar

4 egg whites, whipped

2 tsp vanilla

2 c white flour

1 tsp baking powder

1 tsp baking soda

1/2 tsp non-iodized/non-sea salt

1 c water

Topping:

8 Tbsp sugar

2 Tbsp cinnamon

1 Tbsp vegetable oil

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

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

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Fruit Quick Bread

1 large peel of large orange
½ c raisins
1 c + 2 Tbsp orange juice
¼ c unsweetened applesauce (from jar)
¼ c vegetable oil
4 egg whites
¾ c sugar
2 c flour
½ tsp baking soda
2 tsp baking powder

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

Contributed by Ellen

Healthy Heart Holiday Orange Cranberry Bread

12 oz cranberries
4 c flour (set aside 2 Tbsps to coat the cranberries)
2 c sugar
1 Tbsp baking powder
1 tsp baking soda
3 egg whites
¼ c canola oil
1 ½ c orange juice

Preheat oven to 350 degrees F.

Spray 2 loaf pans with a vegetable spray (or grease and flour the loaf pans).

Wash cranberries and coat with the 2 Tbsp flour taken from the 4 c of flour.

Mix the flour, sugar, baking powder, and baking soda.

In a separate bowl, beat the egg whites well. Add the oil and juice to the egg whites.

Stir all the above ingredients together just to moisten.

Fold in the whole cranberries.

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

Cool on rack for 15 minutes.

Important! Wrap tightly while slightly warm and store in refrigerator overnight before eating.

Juice gradually oozes from the cranberries and makes the bread deliciously moist!

Contributed by Alice U.

Oat Bran Applesauce Muffins

½ c brown sugar, packed
1 ½ c oat bran cereal (read label to make sure it's salt-free)
1 ½ c white flour, unbleached

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½ Tbsp baking powder
½ Tbsp baking soda
½ tsp non-iodized/non-sea salt
4 egg whites
1 c applesauce, chilled
1 Tbsp vegetable oil

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

Contributed by Elaine J.

Pumpkin Bread

4 cups sugar
1 cup oil
1 large can pumpkin [not pie filling]
1 teaspoon cinnamon
1 teaspoon non-iodized/non-sea salt
1 teaspoon ground cloves
4 teaspoons baking soda
5 cups flour
1 small package dates (optional)

1 cup raisins

2 cups chopped nuts (unsalted)

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

Contributed by Angela B.

Blueberry Muffins

½ cup vegetable shortening
1 cup sugar
3 egg whites
2 cups flour
2 teaspoons baking powder
1 teaspoon vanilla
2 cups blueberries (frozen works best)
½ cup water

Cream shortening and sugar together. Add eggs, flour, baking powder, and mix in vanilla and water.

Add blueberries to batter. I like to use a 6-muffin tin. It makes good-sized muffins. Bake at 375° for 30 minutes.

Contributed by a friend

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Chia Muffins

1 cup whole grain oat flour
½ cup whole grain barley flour
½ cup whole grain brown rice flour
2 teaspoons baking powder
½ teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon non-iodized/non-sea salt
1½ cups chia gel (mix ⅓ cup chia seeds with 2 cups water to make chia gel)
½ cup almond milk (LID-safe)
2 teaspoons vanilla extract
⅓ cup honey

Optional: fruits, nuts, additional flavors**

Instructions: In a large mixing bowl, add oat, barley & brown rice flours, chia gel, baking powder, baking soda, cinnamon, and salt; whisk until well combined. In separate medium bowl, combine almond milk, water, vanilla & honey; whisk to combine. Add wet ingredients to dry ingredients; stir just until moistened. Don't overmix; batter should be lumpy. Let batter rest at least 30 minutes before baking. Or, cover batter and refrigerate overnight and as long as 3 days. Recipe may be doubled or tripled.

To bake, preheat oven to 350° F. Grease or spray muffin cups with nonstick cooking spray. Without remixing the batter, spoon or scoop it into muffin cups, filling ⅔ full. Bake 20-23 minutes until a toothpick inserted in the center of muffin comes out clean. Let rest 5 minutes before removing from pan to cooling rack.

To microwave a single muffin, use a silicone muffin cup, or glass custard cup, ramekin, or small mason jar. If using glass, coat with cooking spray. Fill ½ to ⅔ full with batter, and microwave for 50-65 seconds (microwave times will vary).

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

**To add fruits, nuts, and flavors: Use fresh, frozen, or dried fruit. Blot off the juice or liquid before adding to muffin layers. Fill muffin cups ⅓ full with batter, sprinkle on fruit or other flavors; top with batter to ⅔ full and add more flavors on top, pressing them into the batter slightly. Bake 22-24 minutes until a toothpick inserted in the center of muffin comes out clean. Let rest 5 minutes before removing from pan to cooling rack.

Contributed by Michele M.

Editor's note: Please see Quick Guide in 9th Edition of the LID for information on Chia Seeds.

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Desserts

Almond Pudding

Soak 16 oz of unsalted almonds overnight (approximately 8 hours).

The next day, puree the almonds in a food processor or blender. I just covered the almonds with water and then pureed the soaked almonds in the food processor. Came out somewhat 'chunky' but good. This will make a paste-like consistency. Sweeten with a little vanilla extract if desired. Refrigerate same. This makes a refreshing almond pudding. .

Contributed by Maria C.

Company Cake

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

Preheat oven to 375 degrees F. Lightly oil 8"x8" pan, or bake in non-stick pan.

Stir together:

1 ½ c flour

2 tsp baking powder

½ tsp non-iodized/non-sea salt

½ c sugar

Beat 2 egg whites until fluffy and add:

½ c water

½ c vegetable oil

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

Contributed by Susan L.

Raisin Cake

1 c sugar

2 c flour

3 Tbsp vegetable oil

2 tsp cinnamon

1 c cooked raisins

½ tsp nutmeg

1 c raisin juice (see directions below)

1 tsp baking soda

1 pinch non-iodized/non-sea salt

Sift dry ingredients. Stew raisins in 2 c water, until 1 c liquid remains. [Let cool.] In bowl combine sugar, oil, and cooled liquid. Slowly add dry ingredients ½ c at a time, stirring well each time. Add cooked raisins. Pour into a greased and lightly floured 10 x 8 inch pan. Sprinkle top with sugar and bake at 350 degrees F for 22-30 minutes.

Contributed by Lois J.

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Glazed Fruit Kabobs

½ small cantaloupe, peeled and seeded,
cut into small cubes

3 medium peaches, peeled and pitted,
cut into small cubes

2 medium oranges, peeled and sliced crosswise

2 medium apples, peeled, cored, and cut into small cubes

½ pound fresh strawberries, washed, tops cut off, cut into chunks

¼ c honey

¼ c real maple syrup

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

Contributed by Christine N. Recipe by Food Allergy Network.

Sorbet Ice Cream

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

Contributed by Melissa M.

Persimmon Pudding

1 cup very ripe cooking persimmons

1 cup sugar

½ cup canola oil

1 teaspoon cinnamon

2 teaspoons baking soda mixed with 2 teaspoons hot water

1 egg white

1 teaspoon vanilla

1 cup raisins

2 Tbsps lemon juice

1 cup flour mixed with ½ teaspoon non-iodized/non-sea salt

Combine all ingredients and mix well. Pour into greased bowl or mold, cover securely with foil, and steam in a covered pot for 2½ hours.

Contributed by Karen Fr. Fr.

Editor's Note: There are some references that indicate unripe persimmons are high in iodine.

Please use very ripe fruit.

Brownies

Dry Ingredients:

1½ c flour

1½ c sugar

2/3 c cocoa powder

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½ tsp non-iodized/non-sea salt

Wet ingredients:

2/3 c canola oil

4 tsp vanilla

3 lg egg whites (or sub, see Tip)

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

Tip: As a substitution for the egg whites you can mix 2 Tbsp powdered egg whites and 6 Tbsp water and let it sit for 5 minutes, and then use.

Contributed by a friend

Heather's Chocolate Chip Cookies

Preheat oven to 375F.

1 c all-vegetable no- soy/salt/dairy shortening

1 c sugar

1 c brown sugar

1 tsp vanilla

3 lg egg whites

¾ tsp kosher salt (no added iodine)

1 tsp baking powder

1 tsp baking soda

2 c all-purpose white flour

2½ c oatmeal (non-instant), blenderized until like flour (you can use a little more than a c of whole wheat flour instead, but are better with the homemade oat flour).

1 12-oz bag semi-sweet chocolate chips (make sure no milk products or salt added).

1½ c chopped unsalted walnuts (optional)

Cream shortening, sugar, brown sugar, and vanilla. Add egg whites and mix thoroughly. Add salt, baking powder, baking soda, and flour and mix thoroughly. Bit by bit, add oat flour in and mix. Dough should stick together, but not be too sticky or soft. Stir in chocolate chips and walnuts. Roll into balls (about 1 Tbsp each) and bake for 7-8 minutes until just barely starting to brown on top (or longer, if you prefer crispier cookies). Cool on cooling rack and store in an airtight container.

Contributed by Heather L.

Frosting and Variations

“White Mountain”

½ c sugar

¼ c sugar syrup*

2 Tbsp water

2 lg egg whites

1 tsp vanilla

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

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As mixture boils, beat egg whites in 1½ quart bowl just until stiff peaks form. Pour hot syrup very slowly in thin stream into egg whites, beating constantly on medium speed. Add vanilla; beat on high speed until stiff peaks form. Frosts 13x9 inch cake or fills and frosts two 8-inch or 9-inch cake layers.

Variations: Cocoa Frosting: sift ¼ c cocoa over frosting and fold in until blended.

Satiny Beige Frosting: Substitute packed brown sugar for the granulated sugar and decrease vanilla to ½ tsp.

* To make sugar syrup, dissolve 2 parts white sugar in one part warm water on the stove top until everything is well dissolved. Let it cool. Use in replace of corn syrup.

Editor's Note: All major brands (as of this publication date) have salt in corn syrup. We edited this recipe so that you substitute this corn syrup with sugar syrup to make this LID-safe. If you do no mind the frosting being off-white, you can use maple syrup or agave nectar, so long as they are LID-safe.

Contributed by Brenda N.

Oatmeal Raisin Cookies

3 c rolled oats

¾ c flour

¼ c peanut flour*

¾ c brown sugar

½ c raisins

1 ½ tsp cinnamon

1 ½ tsp ginger

½ tsp baking powder

¾ c canola oil

½ c water

Preheat oven to 400 degrees F. In a large mixing bowl, combine all ingredients. Stir until it forms a firm dough. Form pieces of dough into 1 ½ inch balls. Place on greased cookie sheet and flatten into 4 inch circle and bake for 12 minutes until the edges are golden brown.

Cool on wire rack. Makes 12 large cookies

* If salt-free peanut flour cannot be found, substitute with all-purpose flour.

Contributed by Lily W.

Hershey's Special Dark Chocolate

8 oz Hershey's (or other brand) dairy-free unsweetened baking chocolate,
broken into pieces

¼ c vegetable shortening*

1 tsp vegetable shortening*

1/8 tsp vanilla extract

2 c powdered sugar

In medium bowl, microwave chocolate and shortening on high for 1 ½ to 2 minutes, until mixture is melted and smooth when stirred. Add vanilla extract. Gradually stir in powdered sugar. If mixture becomes too thick, knead with clean hands. Spread out in pan. Cover tightly; refrigerate until firm. Break into pieces. Store, well covered, in refrigerator.

* Many shortenings contain soy products. Spectrum Natural Organic Shortening is made from

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palm oil only and is soy-free at the time of this publication and allowed on the low-iodine diet (always check the label first).

Editor's Note: There is no issue with the soy oil used in shortening for the LID. You only need to use a soy-free shortening if you are dealing with a soy allergy, or if it is your preference.

Contributed by Christine N.

Variation from Michele M.

In the Hershey's chocolate recipe, I used half the sugar because I like really dark chocolate. I also toasted almonds once and put them in, which was delicious.

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

Prep time: 2 hours

Makes: 2 dozen

2 egg whites

1/3 cup plus 4 tsps white sugar

1 teaspoon vanilla

1/3 cup plus 4 tsps raw almonds, pulverized

1 1/2 teaspoons maple syrup

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

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

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

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

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

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

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

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

Turn off the heat and leave the meringues to cool down in the closed oven for at least an hour. Carefully peel from paper. If you have leftovers, store in airtight container. When this works, the meringues will melt in your mouth and leave tiny chunks of nut behind, so there's something to chew.

Please note: I borrowed heavily from Line's Meringue-Style Cookies.

Contributed by Beth H.

Steamed Pears

2 lg pears

2 Tbsp honey

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

Recipedia – Desserts

Snacks

Rice Cake with Banana and Honey

On an unsalted rice cake, spread mashed banana. Warm 2 Tbsp of honey and pour on top.

Contributed by Andrea

Never-Fail Microwave Peanut Brittle

1 c sugar

½ c maple syrup*

1 c raw peanuts, or use unsalted dry roasted; almonds and walnuts are good also

1/8 tsp non-iodized/non-sea salt

1 tsp vanilla

1 tsp baking soda

Combine first 4 ingredients in 2-quart microwave mixing bowl. Microwave on HIGH for 8 minutes, stirring after 4 minutes. Add vanilla. Microwave on HIGH 2 minutes. Brittle should not get too brown. Stir in the baking soda until light and foamy. Spread on lightly oiled baking sheet as thinly as possible. Cool. Break into pieces.

* This recipe has been edited from the original to replace corn syrup with maple syrup so that it is LID –safe. As of this publication date, corn syrup contains salt.

Contributed by Mary Ann S.

Tip — Peanut Brittle with Popcorn

To go with Peanut Brittle Recipe on this page.

I tried the Peanut Brittle with popcorn! When I got to the light and foamy part I spread it on my salt-free popcorn and let it dry.

Contributed by Jody G.

Geraldine's Spiced Nuts

¾ c sugar

¾ tsp non-iodized/non-sea salt

1 tsp cinnamon

½ tsp ground cloves

½ tsp nutmeg

¼ tsp allspice

1 egg white

2 Tbsp water

5 c unsalted nuts (such as pecans, almonds, etc.); any combo

Preheat oven to 275 degrees F. In a large bowl, blend the sugar, salt, cinnamon, ground cloves, nutmeg, and allspice. Lightly beat 1 egg white with 2 Tbsp water. Add to the sugar mixture and

Recipedia – Snacks

mix well. Add nuts and stir until evenly coated.

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

Turn nuts after 20 minutes. Finish cooking.

Transfer to another lined sheet to cool and dry for at least 2 hours. Store in an airtight container.

Contributed by Geraldine L.

Peanut Butter Popcorn

Make 16 c popped corn

Mix and boil the following ingredients for 2 minutes:

1 c maple syrup

½ c unsalted peanut butter

1 c brown sugar

¼ tsp non-iodized/non-sea salt

½ tsp vanilla

Pour the mixture over the popcorn.

Editor's Note: To make this LID-safe, we made an edit so that you use maple syrup instead of corn syrup. You could also use your own sugar syrup. See the recipe for Frosting and Variations on page 47 for details.

Contributed by Ruth C.

More Granola Bars

½ c oats

½ c dried fruit and/ or nuts (cranberries, raisins, sunflower seeds, etc.)

½ c sliced unsalted almonds

¼ tsp non-iodized/non-sea salt

½ tsp cinnamon

3 Tbsp vegetable oil

½ c brown sugar

½ c unsalted natural almond butter or peanut butter (I prefer the almond)

1 Tbsp water

1 lg egg white

Line an 8x8 pan with two crisscrossed rectangles of parchment paper leaving an overhang on two opposite ends.

Combine dry ingredients and set aside.

In a saucepan, whisk together oil, brown sugar, cinnamon, almond butter, salt and water.

Stir over low heat until sugar is dissolved. Cool slightly. Whisk in egg white. Pour over oat mixture and stir well.

Spread evenly in the bottom of the pan and pat down. Bake at 300° until top is firm, about 30 minutes. Let cool slightly and lift out of pan using parchment paper as handles. Cool completely and cut into bars.

Contributed by Tracy T.

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No-Bake Chewy Peanut Butter Granola Bars

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

1 heaping c natural peanut butter (no salt), more as needed

½ c honey, more as needed

¼ c brown sugar

1 c quick rolled oats

¼ c unsalted sunflower seeds

½ c unsalted sliced almonds

½ c semi-sweet chocolate chips (non-dairy, salt-free - always check label first)

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

Mix all dry ingredients, except the chocolate chips. Stir in peanut butter mixture. Combine until moist and evenly coated. Add the chocolate chips.

Line 9 x 9 inch baking dish with parchment paper. Using spatula, press the mixture firmly into the baking dish. Refrigerate for 30-45 minutes. You can then lift the whole granola block onto a cutting board and cut into desired size.

Contributed by Leanne G.

Sugar and Spice Nuts

Makes about 5 c

¾ c sugar

1 Tbsp sweet spice blend**(see recipe below)

¾ tsp non-iodized/non-sea salt

1 egg white

1 Tbsp water

1 pound unsalted nuts (Use your favorite combination of raw nuts)

Combine first 3 ingredients in small bowl, and set aside.

Beat egg white and 1 Tbsp water in a medium bowl using a handheld egg beater or wire whisk, until foamy. (No liquid should remain) Add sugar mixture and nuts, stirring until evenly coated.

Place nuts in a single layer on an oiled 15 x 10" jelly roll pan. Bake at 275° for 50-55 minutes, stirring every 15 minutes. Spread immediately in a single layer on wax paper to cool completely.

Store in air-tight container.

**Sweet Spice Blend

2 Tbsp light brown sugar

4 tsp dried ground ginger

1 tsp ground nutmeg

½ tsp ground cloves

2 Tbsp and ½ tsp cinnamon

Combine all ingredients in small bowl. Store in an airtight container. *Contributed by Dana B.*

Spiced Pumpkin Seeds

Two batches: I added some oil and non-iodized salt to the pumpkin seeds in one pan and I added oil, sugar, cinnamon, allspice and nutmeg in the other pan with the pumpkin seeds.

Contributed by Becky D.

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Fruit Cocktail (Drink)

1 c orange juice

2 c fresh fruit, peeled and cut into chunks (My favorite combination is cantaloupe, mango, and peach.)

Blend in blender until smooth. Add more fruit or juice to reach desired consistency.

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

Contributed by Tracy T.

Banana-Nut Rice Cake

1 brown rice cake – no salt

Nut Butter – no salt.

1 Banana

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

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

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

Contributed by Colleen O.

Honeycomb Candy

3 Tbsp honey

⅓ c sugar syrup (See Frosting and Variations on page 47 for details)

1½ c granulated sugar

4 tsp baking soda (sifted)

½ c water

12 oz dark chocolate (make sure it is non-dairy and salt-free)

Prepare a rimmed baking sheet with Silpat [silicone mat] or parchment paper.

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

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

Editor's Note: To make this recipe LID safe, we made an edit so you use homemade sugar syrup instead of corn syrup. Alternatively you could use maple syrup.

Contributed by Bridget C.