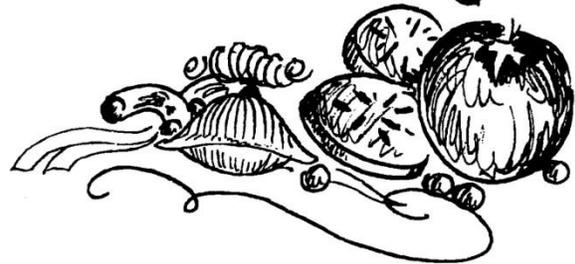




The
Light of Life Foundation
COOKBOOK

Second Edition



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**Great Recipes for A
Low-Iodine Diet**



The Light of Life Foundation has put this cookbook together to help give some suggestions on food preparation during the time you must be on your special iodine free diet. We know how hard it is to come up with good tasting foods while on our restrictive diet, which is so important to our treatment. We hope you will enjoy what we have come up with. Most of these recipes were designed to give flavor, good nutrition and hopefully ideas of how you can eat well. Most of what is in this cookbook can be prepared ahead of time and frozen, which may make things easier for you. One suggestion we have is to make the chicken soup ahead of time, because it can be used to flavor most things during the food preparation. Enjoy, eat well and most of all, feel good.

The Light of Life Foundation would like to dedicate this cookbook in memory of Adele Platzer.

This Second Edition of the Low-Iodine Diet Cookbook was edited by Deborah Dade.

We thank her for all of her dedication and hard work in creating the helpful suggestions in this cookbook for thyroid cancer patients.

Illustrations by Amy Shey Jacobs

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The Low Iodine Diet

What is Iodine?

Iodine is an essential trace mineral needed to regulate several chemical reactions in the body. The thyroid gland, located on both sides of the trachea (or windpipe), absorbs iodine to produce the hormone thyroxine. This Hormone helps regulate the body's overall metabolism.

Where is Iodine Found?

The iodine content of food varies with the type of soil, fertilizers, animal feed, and food processing techniques used to grow or prepare food. Iodized salt and iodized breads, which contain iodate dough conditioners, contribute a large amount of iodine to the American diet. The adult requirement for iodine is 150 micrograms per day. This booklet describes a low iodine diet- a diet with less than 50 micrograms of iodine per day- and why you need to follow a low iodine diet at this time.

Why is a Low Iodine Diet Necessary?

The iodine in your diet can block the uptake of radioactive iodine (I-131 or I-123) by the thyroid gland. Thus, a low iodine diet is indicated before radioactive iodine diagnosis or therapy for thyroid cancer. Your physician may instruct you to follow a low iodine diet for one or two weeks before your scheduled nuclear medicine procedure. The diet should be continued through the testing procedure and during any treatment with radioactive iodine.

Your doctor will instruct you when to begin and when to stop this diet. If you have any questions or anything is unclear, speak with your doctor.

The Following Substances Contain Large Amounts of Iodine and Should Be Avoided:

1. Iodized salt; sea salt in any form such as: onion, celery, garlic and seasoned salt; and kelp (seaweed). Avoid any food containing iodates, iodides, algin, alginates, carrageen, and agar. *Read all labels and ingredients carefully to check for iodine content.*
2. Avoid commercial breads and bakery products because they often contain iodate dough conditioners of stabilizers.
3. Avoid milk (except for 1 ounce permitted each day), eggs, and seafood, because they contain fairly large amounts of iodine.
4. Vitamins and food supplements (such as multivitamins or nutritional supplements) may contain iodine. If iodine is included in any of these supplements or if you are in doubt, do not take them.

5. Avoid bright red food, pills or capsules with food dyes and colorings with red-orange, red, and brown colors. Examples include red or pink cereals or candies.

Do not stop taking any prescribed medications unless specifically instructed to do so by your doctor.

6. Antiseptics - such as tincture of iodine (Betadine®) applied on a cut - and cough medicines (especially those with red coloring) may contain iodine. Avoid taking these medicines.

7. Avoid nutritional supplements such as Ensure®, Sustacal®, commercial shakes, and Nutrament®, because they contain iodine.

8. Avoid restaurant and processed foods, because they are often high in iodine content.

9. Avoid soy products such as edamame, tofu, etc.

10. Avoid all canned foods: the lining of the can contains iodine.

This low iodine diet does not meet the recommended daily allowance for all nutrients, but since it is followed only for a short period of time, it is acceptable.

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Low Iodine Diet Guidelines

Note: Unless your doctor advises you differently, you must drink at least a total of 8 to 10, 8-ounce cups of fluid a day. This includes the allowed beverages, juices and an unrestricted amount of water.

List of Foods

Food: Breads and Cereals

Include: Plain cooked barley, oats, millet, buckwheat, bulgur wheat; unsalted, unprocessed preservative-free boxed cereals such as puffed rice and shredded wheat; rice, plain macaroni, spaghetti, noodles; cream of rice or cream of wheat hot cereals; unsalted rice cakes, unsalted matzah. You may include homemade breads prepared without commercial dough.

Avoid: All commercial breads and rolls, processed boxed cereals, salted crackers, popcorn, potato chips, pretzels, bagels, bialys, Melba toast, and all other crackers, egg noodles, packaged rice and pasta mixes.

Food: Meat and Meat Substitutes

Include: Fresh beef, veal, pork, lamb, chicken and turkey; unsalted peanut butter; fresh-water fish such as carp, riverbass, lake trout, and river perch.

Avoid: All eggs, foods made with eggs such as quiches; all fast foods; all canned fish such as salmon and tuna; seafood, shellfish (clams, crabs, oysters, lobsters), or any food made with fish stock; all processed meats; all canned, dried, salted, or cured meats such as bacon, sausage, ham, frankfurters, chipped beef, luncheon meats (salami, bologna, pastrami); spicy meats such as chili, liverwurst; all canned or processed poultry such as turkey or chicken roll; tofu; salted peanut butter.

Food: Milk and Milk Products

Include: None are allowed.

Exception: Only 1 ounce of milk a day in your coffee or tea.

Avoid: All milk (except for one ounce daily) and milk products such as condensed or evaporated milk, cheese, yogurt, puddings, ice cream, custard, any cream such as heavy or light cream, whipped cream, sour cream; any foods made with cream or milk or cheese such as cream soup, pizza, macaroni and cheese.

Food: Fruits

Include: All fresh fruit, exception: limit bananas to 1 serving per day; all natural frozen fruits, fresh fruit juices (including bottles or cartons of fruit juice without artificial coloring or preservatives).

Avoid: Cranberries, all dried fruits, all canned fruits and canned fruit juices, applesauce, cranberry and grape juice, canned or bottled cherries.

Food: Vegetables

Include: All fresh vegetables except spinach, fresh potatoes without skin, all plain frozen vegetables without added salt, fresh or dried legumes (such as beans, peas, and lentils).

Avoid: All canned vegetables and all canned vegetable juices, canned legumes (such as beans, peas, and lentils), canned soups; sauerkraut, celery; commercially prepared potatoes (e.g., instant mashed potatoes); frozen vegetables with added salt, spinach.

Food: Fat

Include: Unsalted margarine, oils, vegetable shortening, plain oil and (white) vinegar dressing.

Avoid: Salted Nuts and seeds, mayonnaise, commercial salad dressing and lard.

Food: Beverages

Include: Water, bottled carbonated beverages without added coloring (such as Sprite®, 7-Up®, sodium-free seltzer), brewed coffee, tea steeped from tea leaves, fresh lemonade or fresh orangeade.

Avoid: Mineral water containing sodium; all bottled, canned, or powdered: iced tea, lemonade, instant coffee, instant tea, instant iced-tea, fruit punch and other powdered or commercial drinks, such as Hi-C® and Kool-Aid®; soy milk which contains sea salt.

Food: Desserts and Sweets

Include: Knox® gelatin (clear): 1 cup equals 1 serving; sugar: 2 tablespoons (T) equal 1 serving; honey: 2T equal 1 serving, maple syrup: 2T equal 1 serving; marshmallows: 2 regular size equal one serving; natural sorbets with no coloring or added salt: 1/2 cup equals 1 serving.

Avoid: All bakery products such as pies, cakes, pastries, danishes, muffins, donuts and cookies; graham crackers; Jell-O®, colored gelatins; chocolate and chocolate desserts; candy.

Food: Miscellaneous

Include: Pepper, spices such as cinnamon; herbs such as oregano; white vinegar, and non-iodized salt.

Avoid: All salted foods such as salted nuts, Chinese food, soy sauce, soy milk, tofu, catsup, Worcestershire sauce, chili sauce, all commercial sauces, tomato sauce, all gravies, olives, pickles, relish, bouillon cubes, soup bases, iodized salt, sea salt, kelp (seaweed); molasses; any food containing food coloring, iodates, iodides, iodate dough conditioners or stabilizers, algin, alginate, carrageens or agar; all additives, preservatives, or artificial colorings.

NOTE: This is only a guide. Please always consult with your own physician.

Herbs and Spices as Flavor Enhancers

Basil: Spicy-sweet flavor with heady aroma
Cardamom: Whole pods or ground
Chives: Mild sweet onion like flavor
Cilantro (Coriander): Fresh leaves, dried whole seeds or ground
Cinnamon: Whole sticks or ground, sweet spicy flavor
Curry powder: blend of cardamom, coriander, cumin, turmeric mustard and other spices, mild to hot and spicy
Fenugreek: dried leaves or seeds, aromatic mild curry aroma
Ginger: Fresh root, candied or ground, hot, spicy-sweet flavor
Marjoram; Fresh or dried sweet mild flavor
Mint: Fresh best, sweet fresh flavor
Nutmeg: Whole or ground, sweet aromatic flavor. Freshly grated has best flavor
Oregano: Fresh or dried, strong and aromatic
Paprika: Ground, mild, faintly sweet flavor, smoked and hot varieties
Parsley: Fresh and flat leaf best for seasoning and garnish
Rosemary: Fresh or dried, bold flavor and aroma
Sage: Fresh or dried whole, crushed or ground leaves. Bold flavor and aroma
Sugar: Brown or turbinado in small (1/2 or 1 teaspoon) quantities can enhance flavor, careful not to sweeten dish
Tarragon: Fresh or dried leaves, spicy ad aromatic
Thyme: Fresh or dried, strong flavor, spicy aroma
Turmeric: Fresh or powder for flavoring (curries) and coloring (golden yellow) agent

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Spices

Freshly ground black pepper has more intense flavor and interest than pre-ground. Select grinder that grinds whole peppercorns from coarse to fine texture.

Chili Powder: Look for ground chili as single ingredient, not a chilies mixture package as it may contain iodized salt.

Herbs

Ratio of dried herbs to fresh: 1 teaspoon dried equals 1 tablespoon of fresh

Add fresh herbs to dish after cooking just prior to serving or use as garnish to enhance favor.

Basil

Cilantro or oregano leaves

Flat leaf parsley has more flavor than curly

Mint

Add chopped fresh mint and cilantro with a squeeze of fresh lemon juices to dishes

Sliced green onion or chives

Herbs de Provence

Combination of basil, thyme, rosemary, marjoram, sage, and lavender in equal amounts or to taste. To make a bouquet garni tie herbs in a muslin bag with long string to drop into stock pot and tie to pot handle. Can bundle with fresh parsley sprigs, bay leaf, and black peppercorns.

Butter Alternatives

Listed below are oils that are excellent alternatives for butter both in cooking over heat and in preparation of foods. These are selected from many that are readily available. Read labels to make sure oils are 100%, should not contain additives. Check for an expiration date. Nut oils are best kept in refrigerator, they are more delicate. Olive oil should be kept in a dark colored bottle, can, or cupboard away from direct sun light. Explore the use of these oils, they are versatile, many have high nutritional value and fit well with a low cholesterol diet. Coconut oil has high level of saturated fat, dietary use should be limited.

| Type of Oil | Best Heating Temperature or Smoke Point | Comments | Suggested Use |
|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Olive Oil | Medium heat, avoid burning over high heat | High nutritional value. Healthy butter alternative for cooking. Also great for cold dishes | Quality virgin olive oil imparts great flavor. Use First Pressed or Extra Virgin for salad dressings or to finish a dish (hummus, veggies, bread, etc). Add herbs to olive oil as marinade for vegetables and meats. |
| Truffle <ul style="list-style-type: none"> • White • Black | Virgin Olive Oil infused with truffle essence (use as you would olive oil) | Wonderful mushroom like flavor | Delicious for oven baked (no skin) potato 'French Fries'. Add for mushroom-like flavor to dishes |
| Rice Bran | High Smoke Point: frying, sautéing | OK for high heat cooking, neutral flavor | Browning meats, general cooking |
| Grapeseed | High Smoke Point: stir-frying, deep frying, sautéing | Great for stove top cooking and general use. | Great substitute for general cooking tasks. Neutral taste. Excellent for salad dressings or oil infusions with rosemary and other herbs |
| Peanut | High Smoke Point | Best for frying | High heat cooking, wok, frying |
| Sesame Roasted | High Smoke Point | Use small amounts ¼ to 1 Tsp | Add to other oils to impart Asian flavor for stove top cooking and cold dishes |
| Macadamia | High heat capacity | Long shelf life | Nutty flavor in cooked and cold dishes or dressings |
| Nut oils <ul style="list-style-type: none"> • Walnut • Almond | Medium-High smoke point | Best in cold dishes, additive for flavor | Salad dressings, dessert dishes Imparts wonderful nutty flavor |
| Safflower | Medium-High Smoke Point | Neutral flavor Frying, sauté | Baking substitute for butter. Great vinaigrettes, salad or marinades |
| Coconut | Medium Smoke Point | Long shelf life, resistant to rancidity | Use in baking and stove cooking. Adds subtle flavor to vegetables, hash browns and popcorn |

RECIPES

Sauces/Salsas

Basic Tomato Sauce

2 to 3 lbs ripe tomatoes- Roma or Beefsteak 3 to 4 cloves of garlic-chopped or sliced

5 leaves of fresh sweet basil or 1/2 teaspoon of dried basil 1 teaspoon of dried oregano

1/4 teaspoon of paprika

2 tablespoons of olive oil

Blanch tomatoes for 1 minute and then peel and remove seeds and hard core. In a large stock pot lightly saute garlic, basil, oregano, and pepper in olive oil for 2 to 3 minutes

Cut tomatoes into 1/4's and slowly add to pot of spices. When it comes to a boil, simmer and cook for about 1 1/2 hours.

*** I have cooked a pound of pasta added with the sauce and put it into pint size containers, put labels on them and take a few to the hospital, when I go in for my treatment. Often it's a lot better than hospital food. I do the same with my soups.

I have found there is always someone who can heat it in the microwave for you and gingerly hand it to you through the door.

VARIATIONS:

1 large green pepper and 1 large onion diced can be added to the sauce along with the spices and lightly cooked prior to adding tomatoes.

If you want to make it into a faux meat sauce, you can by using ground chicken or ground turkey.

Brown the meat along with the spices and then add the tomatoes.

***PLEASE BUY FRESH GROUND CHICKEN OR TURKEY. THE PRE-PACKAGE ONES USUALLY HAVE ADDED SALT AND PRESERVATIVES. THAT IS SOMETHING YOU WANT TO AVOID.**

Freezer Tomato Sauce

10 large tomatoes, blanched, peeled, seeded and chopped

4 cups chopped onions

2 cups chopped carrots

2 tablespoons chopped fresh Italian (flat-leaf) parsley

2 to 3 small garlic cloves, chopped

1/2 to 1 teaspoon oregano leaves, crumbled.

1 to 1 1/2 teaspoons granulated sugar substitute

In 4-quart saucepan combine an ingredients except sugar substitute; set over low heat. Bring to simmer and cook until carrots are soft, 30 to 40 minutes, stirring occasionally to prevent burning. Let cool slightly.

In blender container process 2 cups of tomato mixture until smooth; transfer sauce to 3-quart bowl and repeat procedure with remaining tomato mixture, processing 2 cups at a time. If sauce is slightly bitter, stir in sugar substitute. Measure sauce into plastic freezer bags or freezer containers and label with date and amount; store in freezer until needed.

Yields 2 1/2 quarts sauce.

Spicy Mango Sauce

2 ripe mangos

1 clove chopped garlic

2 Tbsp minced onion

1 tsp red pepper flakes

1Tbsp chili powder

1/4 cup honey

2 Tbsp wine or rice vinegar

Options: Add 1 Tbsp chopped mint or cilantro leaves

Peel and cut mango flesh from pit. Puree mango with garlic in food processor or blender. Add remaining ingredients and bring mixture to boil. Reduce heat and simmer 1 minute.

Can be served hot or cold. Makes 2 cups.

Serving Suggestions: Baked or sautéed chicken breast or wings, roasted pork medallions

Heavenly Mango Sauce

2 cups apricot nectar
1 ripe mango or 1 cup defrosted mango slices
Zest and juice of 1 lime
¼ cup honey
¼ cup fresh mint chopped

Combine first 4 ingredients in food processor or blender, puree until smooth.
Option: add ¼ cup chopped papaya. Stir in mint. Chill 1 hour or more before using. Makes 3 cups.

Note: If using frozen fruit, make sure there are no additives, stabilizers or preservatives.

Serving Suggestions: Baked or sautéed chicken thighs or wings, roasted pork loin

Mango Salsa

Add fresh chopped mangos to any tomato based salsa for a fresh tropical taste. Or mix chopped mango alone seasoned with splash of rice vinegar and cilantro, 1 tsp of sugar per mango

Serving Suggestions: adds tropical favor with roasted chicken or pork

Peppers, Corn, and Scallion Salsa

1 each red, yellow, green bell pepper diced
1 cup cooked corn kernels
1 bunch green onions, finely minced
1 large clove garlic, minced
2 Tbsp red wine vinegar
1 Tbsp brown sugar
1 Tbsp fresh basil leaves torn
2 Tbsp olive oil

Fresh ground pepper to taste

Variations: Add 1 cup black beans and fresh Italian herb mix to taste (oregano, thyme, parsley)

Mix all ingredients and let stand at least 1 hour before serving. Makes 3 cups.

Serving Suggestions: Roasted pork tenderloin or grilled chicken

Pineapple Salsa

Here's a fruit salsa that's great with poultry. [It's also great by itself as a salad.] For a jazzy presentation, serve it in a pineapple shell.

1 small fresh pineapple

1 red pepper, cored, seeded, and cut into 1" pieces

1 yellow pepper, cored, seeded, and cut into 1" pieces
1 green pepper, cored, seeded and cut into 1" pieces
1 small red onion, finely chopped

1/2 cup chopped cilantro

3-4 tablespoons fresh lime juice
freshly ground pepper

1 tablespoon sugar [optional]

Cut the pineapple in half lengthwise. Using a grapefruit knife, cut out the pineapple flesh, leaving the shell intact. Core the pineapple and cut into 1" pieces. Combine the pineapple with remaining ingredients in a mixing bowl and gently toss. Correct the seasoning, adding lime juice and sugar to taste. This salsa tastes best served within 1 hour of being made.

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Tomatoes

Chop fresh red, yellow, green or a variety of tomatoes

Puree or leave chunky.

Season with fresh oregano and basil for Mediterranean flavors or add cilantro and lime for Mexican style.

Serving suggestions: Use as sauce for grilled vegetables

Corn

Roast corn and slice from cob.

Mix with chunky fresh tomato salsa with minced fresh peppers, hot or mild

Serving Suggestions: With grilled beef or chicken; attractive serving with a side of green beans.

Mint

Wash and dry 1/2 cup fresh mint leaves.

Puree with 1 Tbsp sugar and 1/4 cup wine vinegar into tangy sauce.

Use for grilling lamb chops.

Variation: Minty sauce for basting

3 Tbsp chopped mint leaves

1 Tbsp sugar

3 Tbsp wine vinegar

Puree

Whisk in 2-3 Tbsp of olive oil for an emulsion. Allow flavors to blend for 30 minutes before using.

With brush apply sauce to chicken pieces or eggplant slices when grilling.

Garlic Mojo

3 Tbsp olive oil

6-8 garlic cloves, minced

½ tsp dried oregano

¼ tsp freshly ground black pepper

¼ cup orange juice

¼ cup fresh lime juice

¼ white wine substitute rice or coconut vinegar

¼ cup water

In saucepan over low heat warm the olive oil for 3 minutes. Combine and mix remaining ingredients in small bowl, then stir this mix into the warm oil. Continue to heat softly for 2 minutes. Cool and let flavors bloom before using. Store in clean glass jar or bottle with tight lid. Refrigerate and use within 2 days. Makes 1 cup.

Use Garlic Mojo for grilled vegetables: Select one or more vegetables to taste

Asparagus, whole tomato halves, sliced lengthwise zucchini and/or eggplant
Large chunks of green, yellow and/or red bell pepper, poblano, whole jalapeño,

Brush Garlic Mojo on vegetables and lay on a hot lightly greased grill. Continue to brush marinade as needed on vegetables as they grill. Roast until tender. Remove and arrange on platter. Select any one or more to garnish: fresh parsley, fresh oregano and/or orange and lime wedges. Serve warm or at room temperature

Use Garlic Mojo for Cuban Pork (see recipe), grilled chicken or lamb chops

Cuban Pork

2 pounds trimmed, whole boneless pork loin

½ cup Garlic Mojo

Place pork loin in shallow, non-reactive oven proof roasting pan. Add Garlic Mojo turning the meat to coat, marinate for 48 hours, turning every 6-8 hours.

As it marinates the outside of the meat will lose color and become slightly brown, this indicates the acid is breaking down the muscle fibers.

Drain and reserve the marinade from the meat. Roast pork loin in 350 degree oven for 35-40 minutes to an internal temperature of 160 degrees. Remove from oven and set meat on plate to rest for 5-10 minutes, cover with aluminum sheet to keep warm.

Add the reserved marinade to the roasting pan and place on stove top. Heat to boiling, stirring and scraping up bits on the bottom of pan. Boil for 1 minute. Slice meat, arrange on platter and pour sauce over the meat.

Tip: Roast double the quantity for next day side dish or use in sandwiches with avocado, tomato and salad greens.

Zesty Apricot Salsa

- ½ cup finely chopped dried apricots or apricot preserves
- ½ cup red or yellow bell pepper, stemmed, seeded and cut into 1 inch pieces
- 1/3 cup chopped scallions (green parts only)
- 1 Tbsp minced fresh ginger
- 2 Cloves fresh garlic minced
- 2 Tbsp fresh lemon juice
- 1 Tsp brown sugar
- 1 Tsp red pepper flakes
- 1 Tbsp Thai chili paste (check for iodized salt content) or substitute red pepper paste

Combine all, allow 30 minutes for flavors to blend or refrigerate until ready to serve. Serve with grilled meats or vegetables.

Note: Read apricot package label carefully for hidden additives or substitute with apricot all fruit preserves also with no additives or stabilizers.



Soups/Salads

Chicken Broth

2 large chickens
2 large onions or 2 leeks diced
5 carrots sliced in large chunks
Small bunch of parsley
Pepper to taste

Add chickens and onions to 6 to 8 cups of boiling water. As it boils, skim dark foam off with a slotted spoon.

After boiling for about 20 minutes, add remaining ingredients. Boil slowly for about 40 minutes longer uncovered. When chickens are tender, remove from soup.

(You can always boil down broth if it is too watery).

Strain (to remove veggies) into 1 or 2 pint containers and keep for other recipes. It can be kept in the freezer for up to 5 months.

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Butternut Squash Soup I

2 Tbsp coconut oil or any vegetable oil
1 medium onion chopped
2 cloves of garlic minced
3 medium carrots diced
2 stalks celery diced
1 butternut squash peeled seeded and diced
1 medium potato peeled and diced (do not include potato skin)
4 Cups Chicken Broth (use LOL low iodine recipe)
½ Cup honey (or less to taste)
½ to 1 tsp dried thyme leaves crushed
Finely ground pepper to taste

In large pot add oil over medium heat gently cook onions until transparent. Add garlic, carrots and celery, cook until tender, about 5 minutes. Stir in diced squash, potato, chicken broth, honey and thyme, bring to boil. Reduce heat and simmer 30 to 45 minutes or until vegetables are tender. Remove from heat to cool slightly. Taste to adjust seasoning. Working in batches transfer mixture to blender or food processor to process until smooth. Return to pot to heat until hot for serving. Or use an immersion stick blender to puree vegetables in pot. Season with pepper and serve. Serves 6.

Butternut Squash Soup II

1 medium butternut squash-peeled and cut in chunks

2 large sweet potatoes- peeled and cut in chunks

2 large carrots-peeled and cut in chunks

1 medium onion-diced

1 tablespoon of oil

1/2 teaspoon of cinnamon or art spice white or black pepper to taste

4 cups of water

If you use a food processor you can grate the carrots, squash and sweet potatoes and the soup will be a real puree. It's almost like a cream soup without the cream, etc.

In a large soup pot: saute the onion in the oil until onions are transparent. Move the pot off the burner and then add water. Then move back on burner and when it comes to a boil add remaining ingredients. Once everything starts to boil, lower the light and let it simmer for about 1 hour, stirring once in a while to make sure it doesn't stick to the bottom.

If there are too many chunks of veggies left and it's not smooth enough you can put it in a blender or eat it with the chunks.

When serving, sprinkle with a little allspice or cinnamon; it looks nice. If you like the flavors of India, you can add a touch of cumin or curry to the pot while cooking or when serving.



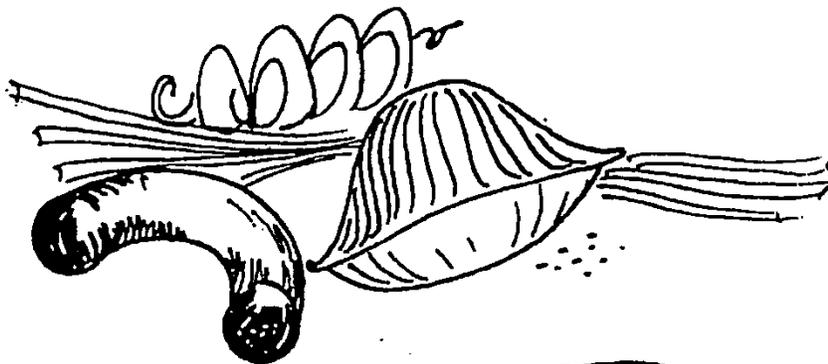
Quick Spicy Butternut Squash Soup with Pecans

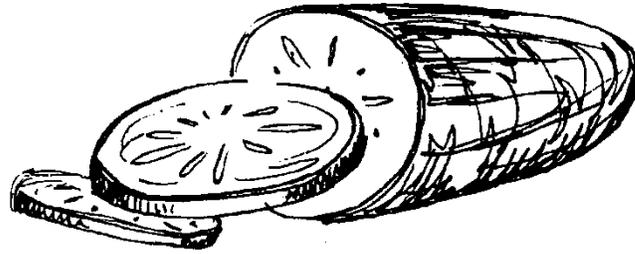
- 1 small onion finely chopped
- ½ clove of finely minced garlic
- 1 Tsp cinnamon
- ¼ Tsp nutmeg (best freshly grated)
- 16 oz of frozen butternut squash pieces
- ½ Tsp sugar
- 2 cups *No Sodium* chicken broth
- ¼ Tsp cayenne pepper or to taste
- Freshly ground pepper to taste
- 4 oz of chopped pecans (roasted best)

In a pot with 1 Tbsp coconut or rice bran oil add onion, garlic, cinnamon and nutmeg, stir for 1 minute over low heat. Add frozen butternut (no need to defrost), increase heat; add sugar and chicken broth, stir well. Bring to boil and simmer to 10-15 minutes until butternut is tender. Using an immersion blender or carefully transfer to blender mix until smooth and add cayenne. Add pepper to taste and serve with chopped pecans sprinkled on top of soup. Serves 2

Notes

- **Roasting Nuts:** To roast pecans (walnuts) place nuts in dry skillet. Set over medium heat and stir or shake pan until nuts are barely browned and fragrant. Watch carefully, nuts can burn easily and quickly. Immediately remove from heat, nuts will continue to cook.
- **Frozen butternut squash:** Check package label to make sure squash has no preservatives. Alternatively bake extra squash, enough for 2 different meals. With large chef knife cut squash in half lengthways. Scoop out seeds. Place squash halves cut side down on lightly sprayed aluminum foil covered cookie sheet. Bake in 350 degree oven until easily pierced with fork. Allow to cool enough to easily peel off skin. Place extra squash in storage container for future use, stores in frig for up to 3 days or freeze.





Fresh Veggie Soup

Note: All vegetables need to be fresh, not canned.

1 tablespoon canola oil

1 large onion diced

1 bunch of carrots-diced

1 large white carrot-diced

2 medium potatoes-diced

1 lb mushrooms-sliced

1/2 lb string beans-cut in 1 1/2 inch pieces*

1/2 lb green peas

1/2 head of cabbage-shredded

1 large turnip or rutabaga

2 large tomatoes-peeled and diced

1/2 cup barley and or brown rice

*bouquet mixed herbs-parsley, dill, rosemary tied with white pepper to taste

In a large stock pot brown onions in oil. Add all of the above and enough water to just about cover the veggies (about 4 to 6 cups). When it comes to a boil, lower the light to simmer and cover. Mix every 15 minutes or so to make sure nothing sticks to the pot. After 45 minutes check to see how tender the veggies are.

Fragrant Asian Carrot and Lentil Soup

½ oz or 1 Tbsp grapeseed oil
1.5 Tbsp grated fresh ginger root
½ Tsp each ground allspice, cumin and chili powder
½ Tsp curry powder
½ Tsp ground coriander
1 onion finely chopped
1 parsnip chopped
1 stick of celery chopped
2 carrots sliced
6 oz (¾ cup) red lentils washed
2 oz (¼ cup) brown basmati rice
3 pints (6 cups) chicken broth (use LOL low iodine recipe)
1 pint (2 cups) unsweetened coconut milk or 14 oz can reduced-fat coconut milk
2 Tbsp fresh lime juice
3 Tbsp chopped fresh coriander

Pour oil in heavy-based pot; add ginger, allspice, cumin, chili powder, curry powder, ground coriander and onion. Cook until fragrant over medium heat, about 2-3 minutes.

Add remaining vegetables, continue to cook for about 5 minutes.

Add lentils and rice, stir well, add stock and bring to boil. Simmer for 30 minutes or until vegetables are tender and lentils have started to break down.

Remove about half of the soup to puree in food processor or blender. Return pureed soup to pot, add coconut milk, lime juice and coriander. Heat through but not to boiling, remove from heat before it boils, and serve immediately.

Note: Do not use coconut milk for pina colada drinks. Check can label, do not use any with stabilizers or additives, and look for single ingredient, coconut milk or with water only.

Salad Dressing

3 large cloves of garlic – minced
1/3 cup of white wine vinegar
1/4cup of olive oil
1/4 cup of vegetable oil pinch of pepper
pinch of dried oregano pinch of dried basil

In a medium size bowl add all ingredients except oils. Slowly whisk in oil.

This dressing stays well in the refrigerator, well covered, for a week. (In fact, it tastes better after a day or two).

Watercress Salad With Endive And Orange

1 bunch watercress

2 Belgian endives

2 oranges

1 tablespoon white vinegar

1 tablespoon extra-virgin olive oil

freshly ground pepper to taste

Wash the watercress, pat dry and tear into bite-size sprigs. Cut the endives widthwise into 1/4 strips. Cut the rind [both zest and white pith] off the oranges to expose the flesh. Make V-shaped cuts to remove the individual segments from the membranes, working over a large bowl to catch the juice.

Add the vinegar, oil, salt, and pepper to the orange juice in the bowl and whisk until blended. Just before serving, add the watercress, endives, and orange segments. Gently toss to mix and serve at once.

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Cucumber Salad with Dill

2 cucumbers

3 tablespoons of white vinegar

1 tablespoon sugar

1 small red onion, sliced and broken into rings

3 tablespoons finely chopped fresh dill

Wash the cucumbers and partially remove the skin. Peel in lengthwise strips using a vegetable peeler or fork and leaving a little skin between each strip. Thinly slice the cucumber widthwise.

Place the vinegar, sugar, pepper [to taste] in a bowl and whisk until the sugar is dissolved. Add the cucumber, onion, and dill and toss well. The salad can be served at once, but it will improve in flavor if you let the ingredients marinate for 5 minutes.

Eggplant Salad with Basil

3 medium eggplants, about 4 1/2 pounds in all, cut into 1 1/2 cubes (do not peel)

1 cup best-quality olive oil

4 garlic cloves, peeled and minced

2 large yellow onions, peeled, halved and thinly sliced

freshly ground black pepper, to taste

1 cup chopped fresh basil leaves,

coarsely chopped juice of 2 lemons

Preheat oven to 400°F.

Line a roasting pan with foil and add eggplant. Toss with half of the olive oil and the minced garlic. Bake for about 35 minutes, until the eggplant is soft but not mushy. Cool slightly and transfer to a large bowl.

Heat remaining olive oil in a large skillet. Add sliced onions and cook, covered, over low heat until tender, about 15 minutes. Add onions to the eggplant.

Season generously with black pepper; add fresh basil and lemon juice. Toss together. Adjust seasoning and serve at room temperature.



Strawberry-Romaine Salad

1/4cup fresh squeezed orange juice

1/2 lb. fresh romaine, boston, or bib lettuce, individual

or mixed

1 teaspoon sugar

1 teaspoon poppy seeds

2 cups fresh, sliced strawberries [orange slices -optional]

Combine first four ingredients, stir well and set aside. Gently tear and toss spinach with strawberries. Arrange in individual plates and drizzle with one tablespoon of dressing.



Green Bean Salad with Apricot Dressing

2 Tbsp apple vinegar
¼ cup Apricot preserve (check label all fruit has 0% sodium)
2 tsp Vegetable or Olive oil
½ lb fresh whole green beans, ends trimmed
Bowl of cold water with ice for blanching
Red pepper flakes for garnish
Unsalted almond slices (unroasted best) for garnish

Whisk first 3 ingredients to make dressing and set aside.
Bring pot of water (enough to cover beans) to a rolling boil.
Add green beans, cook for about 5-8 minutes, should be somewhat crisp. Do not cover to preserve green color. Immediately remove green beans into ice water bath to stop cooking. Drain.
Arrange beans on platter and drizzle dressing on top. Sprinkle with red pepper flakes and garnish with almonds. Can serve at room temperature.

Fiery Quinoa

1 cup quinoa
1 Tbsp olive oil
1 onion chopped
1 garlic clove crushed
2 bay leaves
1 tsp dried crushed chilies
14 oz (1 ¾ cups) chopped tomatoes
4 Tbsp freshly chopped parsley

1. Place quinoa in a non-stick frying pan and dry-fry over a medium heat, stirring frequently until it starts to pop. Put aside.
2. Sauté onion in oil until lightly golden
3. Add garlic, bay leaves, chilies and tomatoes with an equal quantity of water (1 cup) to the quinoa and bring to a simmer.
4. Cover and simmer for 20 minutes until all the liquid is absorbed and quinoa is tender.
5. Stir in parsley to serve. Serves 4.

Rice Salad with Artichokes

Salad

1 1/2 Cup uncooked Arborio rice
1 Cup (8 oz) frozen (no-salt added) artichoke hearts
4 medium plum tomatoes
1 Cup (8 oz) frozen peas thawed
¼ Cup diced red onion

1. Set artichoke hearts aside to thaw.
2. Cook rice using package instruction but omit any salt and margarine. Can substitute no salt chicken stock for all or half of the water. Let rice cool to room temperature.

3. Cut each artichoke heart in half and blot dry with paper towel. Cut tomatoes in half lengthwise and cut into thin slices.
4. Place tomatoes in large bowl, add artichokes, cooled rice, peas, and onion. Toss well.

Note: Arborio rice is Italian short grain often used in Risotto, check label for zero sodium.

Dressing

- 3 Tbsp fresh lemon juice
- 1 clove garlic finely minced or pressed
- 1 Tsp sugar
- ¼ Tsp pepper
- 2 Tbsp Extra Virgin Olive Oil
- 1 Tbsp chopped fresh basil
- 1 Tbsp chopped fresh flat leaf parsley
- Optional: red pepper flakes

Whisk lemon juice, garlic, sugar and pepper in bowl or shake in jar until blended. Add olive oil to mix or shake until incorporated. Add basil and parsley, shake and pour over rice mixture.

Tip: Do not add Dijon mustard as you would in a vinaigrette, it contains high levels of sodium.

Cover and refrigerate for several hours for flavors to develop and blend.

Thai Style Salad

In saucepan heat these ingredients until sugar dissolves and then let cool.

- 1-2 Tbsp Chili pepper or favorite hot pepper chopped very fine
- 2 Tbsp Rice wine vinegar
- 2 Tbsp Fresh lime juice (about 2 limes)
- 1-2 Tbsp Turbinado or light brown sugar

While dressing cools prepare the cucumber.

- 1 Thin skin (Jerusalem) or peeled cucumber
- 1 Tbsp Cilantro chopped
- 1 Tbsp Mint chopped

Cut cucumber in half lengthwise. Scoop out seeds using spoon and slice thinly. Toss with chopped cilantro, mint and let rest for 15 minutes.

Pour cooled dressing over cucumbers and mix just before serving so cucumbers are crisp. Serve chilled or at room temperature.

India Style Salad

- 1 small onion halved, sliced thinly and separated
- 1 Cucumber, peeled, deseeded and sliced
- 2 Large tomatoes sliced into half rounds
- ¼ Cup cilantro and/or mint chopped
- 2 Tbsp fresh lime or lemon juice
- ½ Tsp Garam Masala (Indian spice mixture, make sure contains no salt)
- 1/2 Tsp Sugar, Turbinado best

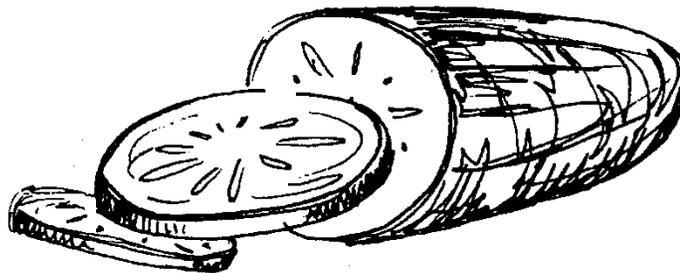
In glass mixing bowl add all ingredients and toss lightly to blend flavors. Serve as relish with pork or chicken.

Note: Garam Masala is mix of cardamom, coriander, cumin, clove, cinnamon, mace, peppercorn and bay leaves.

Watermelon and Cucumber Salad

- 2 cups seedless cubed watermelon
- 1.5 cups peeled, seeded cubed cucumber
- 1-2 Tbsp sugar
- Zest of 1 lime
- Juice of 1 lime
- 2 Tbsp basil or Thai basil pieces
- 1 Tbsp chopped cilantro

Mix all ingredients well. Can add a pinch of non-iodized additive free Kosher or sea salt just before serving.



Vegetable/Side Dishes

Nepalese Style Cauliflower, Potatoes and Peas

Heat ¼ cup oil in frying pan

Add ¼ to ½ tsp fenugreek seeds, sauté in oil until black

Add 1.5 Tbsp chopped ginger

Add 1 large cubed potato (peeled, no skin allowed), brown on all sides, cover and lower heat

When well browned add 1 cauliflower chopped or broken

Add 1.5 Tsp of turmeric. Cover.

Stir occasionally until potatoes are soft or done. If sticking add 1-2 tablespoons of water

Add 1.5 tsp each cumin powder, coriander powder

Add 1 cup of peas

Optional 1-2 chopped fresh tomatoes

Stir well, uncover, when hot remove from heat, do not overcook. Serves 6-8

Notes:

- Scrape skin off fresh ginger with spoon do not peel with knife for maximum flavor.
- To adjust for 2 servings, use ¼ head of cauliflower and reduced seasonings proportionally.
- Fenugreek (small yellowish seeds) can be found in gourmet, Asian or organic stores.
- Turmeric (golden yellow powder) used in curry seasonings. Found in most grocery stores in regular spice section.
For combination of turmeric, cumin and coriander seasonings can substitute 2 tsp or more of yellow curry powder (with no preservatives or salt) will give a curry-like taste.

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Indian-Style Cauliflower Stir-Fry

1 Tbsp oil, corn, rice or canola best

1 small red onion, chopped

1 large cauliflower head separated into florets

2 teaspoons curry powder

1 Pinch cayenne or red pepper flakes

¼ cup chopped fresh cilantro leaves

½ cup of water

1. Heat oil in non-stick skillet until hot. Sauté onion until soft and add cauliflower. Sprinkle curry powder over cauliflower. Mix your own curry or use with no additives, preservatives or salt.
2. Cook until cauliflower florets are lightly browned. Add cayenne or red pepper flakes. Add 1/4 cup of water and cook until cauliflower is tender. May need additional water to complete cooking. Stir frequently.
3. Add cilantro to pan, stir and transfer to serving dish.

Penne with Roasted Peppers

FOR THE SAUCE

3 large bell peppers [ideally, 1 red, 1 yellow, and 1 green]

1 small clove garlic, minced [1/2 teaspoon]

2 scallions, whites minced, greens finely chopped

1/4 cup finely chopped fresh herbs [basil, oregano, parsley]

3 tablespoons capers [optional]

3 tablespoons white vinegar

2 teaspoons extra-virgin olive oil

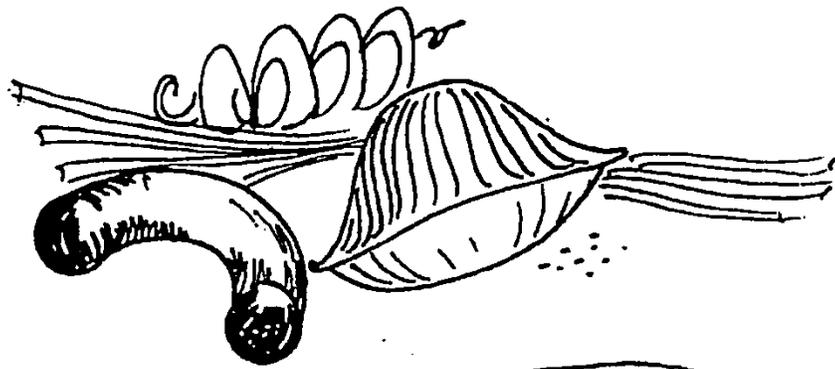
2 tablespoons chicken stock [optional]

freshly ground pepper to taste

Bring at least 4 quarts of water to a boil in a large pot. Boil the penne 6 to 8 minutes, or until cooked but still al dente. Drain pasta in a colander and rinse well with cold water. Let drain.

To make the sauce, roast the peppers over a high flame or directly on a electric burner [set on high] until black and charred on all sides. If you like, you can saute the peppers, garlic and scallions in a pan with a little olive-oil. This method works well too. If you roasted the peppers, scrape the skin off the peppers using a paring knife if [rinse under cold water to remove any bits of charred skin]. Core and seed the peppers and cut into penne-sized pieces.

Combine the garlic, scallions, and herbs in a large bowl. Add the peppers, capers, vinegar, olive oil stock. Stir in the penne. Correct the seasoning and vinegar to taste.



A Quick Saute Of Yellow Peppers And Sugar Snap Peas

1 pound fresh sugar snap peas, strung

1 1/2 tablespoons extra-virgin olive oil

1 large clove garlic, minced [1 teaspoon]

1/2 teaspoon freshly grated lemon zest

2 yellow or red bell peppers, cored, seeded, and cut into pea pod-size strips

1 tablespoon chopped fresh tarragon, thyme, or basil [1 tsp. dried]

Freshly ground pepper to taste

Blanch the peas in 1 quart boiling water for 30 seconds. Drain in a colander and refresh under cold water. Drain and blot dry. Just before serving, heat the oil in a saute pan. Add the garlic and zest, and cook over medium heat for 30 seconds, or until fragrant. Add the peppers and saute for 30 seconds. Add the peas, tarragon, and pepper. Cook just long enough to heat the peas. Serve at once

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Mustard Glazed Carrots

2 lbs. carrots

3 1/2 tablespoons canola or safflower oil

1/2 teaspoon dry mustard (more to taste)

1/4 cup sugar

Chopped parsley

(For variety, you can add sweet potatoes and oranges)

Scrape and clean carrots and then cut into 1/2 lengthwise; then cut in half again. Cook carrots until tender.

In a small sauce pan, add oil, mustard and sugar. Heat and stir until mixture becomes a syrup. Pour over drained carrots. Simmer carrots in mixture for 3 minutes. Sprinkle with parsley and serve.

Roasted Potatoes with Garlic

2 pounds small red potatoes, quartered

2 large garlic cloves, sliced thin

1 1/2 tablespoon olive oil

In a jelly-roll or large baking pan, toss the potatoes with the garlic, the oil, pepper to taste and roast them in the middle of a preheated 500°F oven, stirring once, for 30 minutes.

Italian Vegetables

2 tablespoons plus 2 teaspoons reduced margarine (tub) (salt free)

2 medium zucchini (about 5 ounces each), cut into 1/4-inch-thick slices

1 small eggplant (about 12 ounces), cut into 1/2-inch cubes

1 medium green bell pepper, seeded and cut into thin strips

1/2 cup thinly sliced onion

12 cherry tomatoes, cut into halves

1/2 teaspoon oregano leaves

1/8 teaspoon each garlic powder and pepper, or to taste

In 12-inch non-stick skillet heat margarine over high heat until bubbly and hot; add zucchini, eggplant, bell pepper, and onion and saute until vegetables are softened, 2 to 3 minutes. Add tomatoes and remaining ingredients and stir to combine thoroughly. Reduce heat to medium-low, cover skillet and cook, stirring occasionally, until vegetables are tender-crisp, 4 to 6 minutes.

MAKES 4 SERVINGS

VARIATION

Here's how to prepare this delicious vegetable side dish outdoors. Divide all ingredients equally onto four 15-inch-long pieces heavy-duty foil tightly to enclose, making 4 packets. Barbecue over hot coals for 8 to 10 minutes, turning packet occasionally.

Honey-Cinnamon Winter Squash

1 butternut squash (about 2 pounds)*

2 tablespoons each margarine[salt free] and honey

3 1/2 teaspoon ground cinnamon

Dash ground nutmeg, or to taste

1/2 cup water

Cut squash in half lengthwise and discard seeds and membranes; score cut surface of each squash half in a crisscross pattern, being careful not to cut through shell.

In 10 x 10 x 2 inch microwave safe baking dish arrange halves, cut-side up; fill seed cavity of each half with 1 tablespoon margarine evenly with cinnamon and nutmeg and pour water into baking dish; microwave on High for 1 minute. Baste halves with honey mixture and microwave on High until pulp is soft, 10 to 15 minutes longer, basting every 5 minutes.

To serve, cut each half lengthwise into halves and top each portion with an equal amount of any remaining pan juices.

*A 2 pound butternut squash will yield about 1 pound (2 cups) cooked pulp.

Cooking time may be different in your microwave oven. To help ensure good results, check the instructions accompanying your unit regarding length of time to cook butternut squash.

Grilled Fresh Peaches

In heavy bottom saucepan add:

2 Tablespoons of walnut or almond oil

1/2 Teaspoon ground cinnamon

1/4 Teaspoon freshly grated nutmeg

Heat oil on medium heat, add seasoning and cook gently until hot.

If serving as dessert add 1-2 Tablespoons of brown sugar to taste or sweetness of fruit

Turn off heat.

Add 3 Tablespoons of fresh lemon juice. Stir well to blend

Wash and slice 4 peaches in half, remove stone.

1. Brush the 8 peach halves with lemon mixture and place cut side down on hot grill. Brush skin with lemon mixture.
2. After grill marks have formed on peach halves flip over to skin side and close the grill lid.

3. Continue to grill for 3-5 minutes until peaches are heated through and juices accumulated in center of peach half well.
4. Carefully remove peach halves to serving dish so that the juices do not spill out. Pour any remaining butter sauce over the peaches and cover with lid or plastic wrap for 10 minutes.

Excellent compliment for grilled chicken or pork, garnish with chopped fresh sage leaves. As a dessert serve alone or garnish with fresh raspberries, roasted walnuts and/or fresh mint.

Plantains as side dish or dessert

Select yellow skin plantains for savory dish or dark brown to black for sweet serving. The skin is thicker than bananas.

The yellow skin plantains are not as ripe and will yield bread like texture. Peel and cut up like cubed potatoes for stews to add wonderful texture. It is mild flavored, blends well and does not conflict other seasonings. Or to serve alone and plain, sauté in vegetable oil for 10-15 minutes until golden brown. Can sprinkle with a pinch (1/8 tsp) sea salt after sautéing.

Ripen plantains are sweet. Peel and slice lengthwise, sauté in a nut oil for 10-15 minutes until golden brown. Or fry thick slices in hot peanut or grapeseed oil until brown. Drain and serve. For dessert sprinkle with cinnamon sugar.

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Thai Style Rice

1 Tbsp vegetable or rice bran oil

Seasoning: Any one or combination of whole peppercorns, cinnamon stick, allspice pods

Liquid Options: chicken stock or coconut water (canned young coconut water not milk or cream)

Note: Do not select any product with stabilizers, should have single ingredient.

Basmati Rice: best, minimal iodine content in small quantities. Rinse rice until water is clear.

Sauté 1 small finely chopped onion in 1 tablespoon of oil until transparent. Add any or all of these seasonings, 5-10 whole peppercorns, 1 small short stick of cinnamon, 5 whole allspice and remove before adding rice. Stir and cook until fragrant.

Add washed and drained rice to pot. Add liquid and boil over medium heat.

Rice to liquid ratio: 1 cup of rice to 2 cups of liquid.

Can substitute for all or part of water, no-salt chicken stock or coconut water.

At first boil, stir well, reduce heat to low and cover. Check pot occasionally, stir and add water/coconut water as needed. Taste rice for doneness, do not overcook. When rice just becomes tender, cut heat off, cover tightly and let rest for 15 minutes before serving.

Add ½ cup of chopped cilantro and/or parsley before fluffing rice to serve.

No Fry-No Skin “French Fried” Potato

Use white (Russet, Idaho, baking not waxy) or sweet potatoes
Peel and slice potatoes into uniform strips. Narrow for extra crispy, wide for Texas style.
Place in cool water 10-15 minutes, rinse and dry well (wet potatoes will not have “fried” texture).

In a large bowl add potatoes and while shaking the bowl with one hand drizzle 1-2 tablespoons olive oil over the potatoes until they are coated.

Options – Seasonings: grate black pepper, sprinkle dried oregano on white potatoes

Oils: use truffle oil for white potatoes, macadamia or coconut for sweet potatoes

Place on sprayed cookie sheet in a 375 degree oven. Flip potatoes after 12-15 minutes and bake until done and crispy.



POULTRY/MEATS/FISH DISHES

Chicken Francaise

4 boneless chicken breasts

4 tablespoons of peanut, grapeseed or rice bran oil

1/3 cup chicken broth (see below for recipe)

1/3 cup Lemon juice (fresh)

flour to coat

Lightly bread chicken breast in flour. Heat oil until hot in frying pan, then add cutlets. Fry until lightly golden, add chicken broth and lemon.

If sauce is not thick enough, add a little cornstarch mixed with water and stir. Cook until cutlets are done.

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Chicken Broth

2 large chickens

2 large onions or 2 leeks diced

5 carrots sliced in large chunks

Small bunch of parsley

pepper to taste

Add chickens and onions to 6 to 8 cups of boiling water. As it boils, skim dark foam off with a slotted spoon.

After boiling for about 20 minutes, add remaining ingredients. Boil slowly for about 40 minutes longer uncovered. When chickens are tender, remove from soup.

(You can always boil down broth if it is too watery).

Strain (to remove veggies) into 1 or 2 pint containers and keep for other recipes. It can be kept in the freezer for up to 5 months.

Italian Style Chicken

2 to 3 lbs. of ripe tomatoes

2 1/2 lb. chicken - cut into eighths

1 cup sliced fresh mushrooms

1 cup cut-up onions

1 large red or green pepper- cubed 2 to 4 cloves minced garlic

1 teaspoon oregano

2 to 3 tablespoons of olive oil 1 large green or red pepper

Blanch tomatoes for one minute. Peel and remove seeds (They are very easy to peel, but I don't remove all of the seeds - I cheat and leave some seeds in - it adds bulk and flavor).

In a large skillet or oversize frying pan, brown chicken parts in olive oil, pour off 1/2 of the remaining fat.

Add oregano, garlic, onions and peppers all at the same time. Saute 5 minutes then add tomatoes. (Be careful, it spatters).

After cooking about 35 minutes add the mushrooms.

Cover and cook over low heat, simmering about 20 to 25 minutes.

You can also use chicken breasts and you will not have to cook more than 45 minutes. Either way, it can be put into serving portions and it freezes well. It's great over pasta, rice or barley. I use brown rice, lots of nutritional value; we have to stay healthy!!!



Chicken with Orange Pesto

Servings: Makes 6

Preparation Time: About 15 minutes Cooking Time: About 20 minutes

1/2 cup fresh basil leaves

2 tablespoons grated orange peel

2 garlic cloves

2 teaspoons olive oil

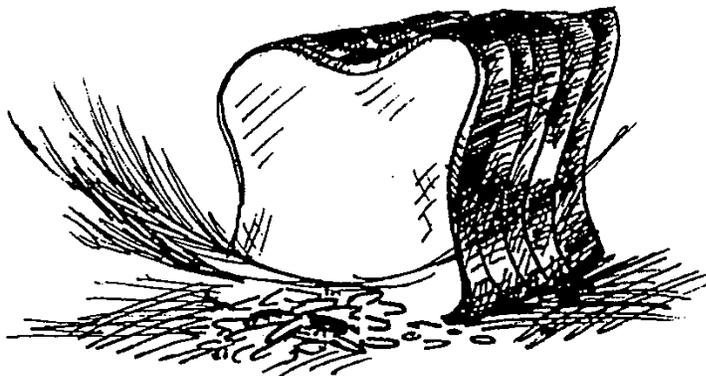
3 tablespoons orange juice

ground pepper

6 chicken breast halves, with skin and bone (about 3 pounds)

Preheat broiler. In food processor, combine basil, orange peel and garlic.

Cover and process until finely chopped. Add olive oil, orange juice, and pepper to taste; process a few seconds or until a paste is formed. Lightly spread equal portions of basil mixture under skin and on bone side of each chicken breast. Place chicken, skin-side down, on broiler pan. Broil chicken 4 inches from heat source 10 minutes. Turn chicken over and broil 10 to 12 minutes longer, or until chicken is cooked through. (If chicken begins to brown too quickly, cover area with aluminum foil.)



Chicken and Potatoes with Cinnamon

One 4 lb whole roasting chicken

3 large potatoes or 6 small red potatoes

1 tablespoon canola oil

cinnamon

pepper

Preheat oven to 350·F

Cover roasting pan with oil. If you like onions you can dice a medium onion and put it in the pan. Then place the chicken, breast side down, in a pan and then put potatoes, cut in large chunks or if using small reds, whole, in roasting pan around chicken and sprinkle with cinnamon and pepper.

Bake with chicken breast side down for 45 minutes and then turn potatoes and chicken to breast side up, baste with any juices and continue cooking for another 45 minutes.

Prick with a fork to see if chicken is ready, if any red juices comes out, continue cooking for another 10 minutes.

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Senegalese Style Chicken

Chicken with cabbage and carrots

Marinade:

- ½ Cup corn or safflower oil
- 4 small onions, roughly sliced
- 2 lemons, juiced
- ½ Cup apple cider vinegar
- 2 bay leaves
- 2-4 garlic cloves chopped or pressed
- 2 Tablespoons of ground mustard
- 1 Serrano pepper, diced
- ½ Teaspoon black pepper

Mix well, pour into gallon size sealable plastic bag or glass/metal container. Add 5-6 pounds chicken cut into serving pieces and toss to coat. Marinate in refrigerator for 4-24 hours.

Cooking Chicken:

Add 2 Tbsp of oil to large skillet, heat until hot.

Remove chicken from marinade, drain and sauté. Remove when browned to separate dish.

Add the remainder of marinade to boil, scraping up any bits from bottom of pan. Return chicken back to pan. Cover and cook for 15 minutes

While cooking cut:

½ cabbage head into chunks

3 carrots into chunks

Add cabbage and carrots to pan continue to cook until chicken is done. Stir occasionally. Serve with couscous. Serves 6-8.

Tikea (Nepalese Style Poultry)

In mixing bowl add:

1.5 Cups mashed cooked potato (without skin)

1.5 to 2 Cups of cooked ground chicken or turkey meat

1 Cup of fresh or thawed peas

½ Cup onion finely chopped

Mix well potato, meat, peas and onion.

Options: Add to taste chopped chili peppers, chopped cilantro, green chilies and garlic powder

Form mixture into balls and roll in plain homemade bread crumbs, select bread that has less than 20 mg/serving (warning: planko may have salt additives)

Fry in shallow sauté pan or bake in 375 degree oven until golden brown

Roasted Garlic-Lemon Turkey Breast

Select turkey breast with skin, can substitute chicken breasts.

Avoid packages with injected broth or additives, select fresh cuts. 3 ½ pounds serves 8.

Make marinade and season poultry 4-12 hours in advance. Can yield enough for 2 meals.

Marinade

4 cloves of garlic minced

2 Tbsp lemon zest (2-3 lemons)

- ¼ Cup fresh lemon juice
- 3 Tbsp Olive oil
- 1 Tbsp of chopped fresh sage leaves or for chicken crushed rosemary leaves
- ½ Tsp dried thyme or 1 Tsp of fresh chopped thyme
- ½ Cup rough chopped flat leaf parsley

1. Make marinade: Whisk garlic, lemon zest and juice with olive oil. Stir in herbs. Set aside.
2. Rinse poultry and pat dry with paper towels, place in large glass baking dish that has been sprayed with vegetable oil.
3. Gently loosen skin from meat to create pockets but do not remove skin from poultry breast.
Be careful not to break skin. Before serving the skin will be discarded.
4. Spoon marinade under the skin, you may need to use your fingers to evenly distribute. Gently pull and replace skin over any exposed meat.
5. Cover tightly with plastic wrap and refrigerate overnight or at least 4 hours.

Roasting

1. Pre-heat oven to 325 F degrees
2. Remove plastic wrap and bake poultry until cooked through and juices run clear. Internal target temperature is 165 degrees. Remove from oven and loosely cover with a foil tent to rest.
3. Remove skin and slice thinly to serve. Garnish with fresh herbs and lemon slices.

Tip: Can use any leftover turkey or chicken on bed of mix salad greens for lunch.

Grilled Quail or Cornish Hen

8 quail with rib ones removed or sleeved-boned (ask butcher to do this) or 2 hens. Serves 4.

Mix marinade

- ½ Cup Extra Virgin Olive Oil
- ¼ Cup Balsamic vinegar
- 2-4 cloves garlic, thinly sliced
- 1 Tsp fennel seeds
- 1 Tbsp chopped fresh thyme or 1 Tsp dried
- 1 Tsp crushed fresh or dried rosemary
- 1 Tsp freshly ground black pepper

Wash and dry quail or split hens, place in large resealable freezer bag. Pour marinade over quail, massage liquid to coat birds well. Refrigerate for at least 4 hours, up to 12 hours.

Prepare grill, gas or charcoal, heat until hot. Remove poultry and drain excess liquid, discard marinade. Place poultry on grill. Turn and grill until cooked through, juices run

clear. Remove to serving plate and tent with foil to keep warm. Place lemon halves cut side down on grill for 3 minutes.

Serve quail or hens immediately with grilled lemon halves and garnish with fresh parsley sprigs.

Fruited Pork Chops

2 pork shoulder or loin chops (6 ounces each)

1/2 cup thinly sliced carrot

1/3 cup unfermented apple cider (no sugar added)

1/4 cup each sliced onion and 1/2 small mango, pared, pitted and diced

1/2 small apple, cored and dices

1 cup cooked long-grained rice (hot)

Italian (flat-leaf) parsley sprigs

On rack in broiling pan broil pork chops 5 inches from heat source, turning once, until rare, 2 to 3 minutes on each side. Remove from broiler and set aside.

Preheat oven to 350°F. In 8 x 8 x 2 inch baking dish combine carrot, cider, onion, mango, apple; top with pork chops. Cover and bake until pork chops are fork tender and vegetables are thoroughly cooked, 30 to 40 minutes. Serve over hot rice and garnish with parsley.

Grilled Garlic-Lemon Pork or Lamb

Select lean, tender cuts of pork or lamb chops, marinade will infuse excellent aromatic flavor.

Make marinade, enough for 2-3 pounds of meat

1 Tsp onion powder

4-6 medium cloves of garlic minced

2 Tbsp lemon zest (2-3 lemons)

1 Tbsp Balsamic Vinegar

4 Tbsp Olive oil

1 Tbsp of dried sage leaves for pork or crushed rosemary leaves for lamb

½ Tsp dried thyme

½ Tsp Freshly ground black pepper, option to add ¼ to ½ Tsp red pepper flakes

Place meat in glass dish and pour marinade to coat well. Cover and refrigerate 1-4 hours.

Remove meat, drain excess liquid and grill. Discard remaining marinade.

Serve with Apricot Salsa and grilled vegetables

Cuban Roast Pork

2 pounds trimmed, whole boneless pork loin

½ cup Garlic Mojo (see below)

Place pork loin in shallow, non-reactive oven proof roasting pan. Add Garlic Mojo turning the meat to coat, marinate for 48 hours, turning every 6-8 hours.

As it marinates the outside of the meat will lose color and become slightly brown indicating the acid is breaking down the muscle fibers.

Drain and reserve the marinade from the meat. Roast pork loin in 350 degree oven for 35-40 minutes to done or an internal temperature of 170 degrees. Remove from oven and set meat on plate to rest for 10 minutes, tent with foil to keep warm.

Add the reserved marinade to the roasting pan and place on stove top. Heat to a boil, stirring and scraping up bits on the bottom of pan. Boil for 3 minutes. Slice meat. Arrange on platter and pour sauce over the meat.

Garlic Mojo

3 Tbsp olive oil
6-8 garlic cloves, minced
½ Tsp dried oregano
¼ Tsp freshly ground black pepper
¼ Cup orange juice
¼ Cup fresh lime juice
¼ Cup white wine can substitute rice or coconut vinegar
¼ Cup water

In saucepan over low heat warm the olive oil for 3 minutes. Combine and mix remaining ingredients in small bowl, then stir mix into the warm oil. Continue to heat softly for 2 minutes. Cool and let flavors bloom before using. Refrigerate remainder and store in clean jar and use within 2 days. Makes 1 cup.

Nepalese Style Fish

Select fresh water only, lake trout, carp, river perch or river bass
Mix 1 Tsp of Turmeric and 4 Tbsp of crushed yellow mustard seed per pound

Heat layer of oil in pan
Season fish fillet or pieces with seasoning
Place fish pieces in hot pan, cook until golden on both sides. Serve with fresh lime wedges.

Roma Style Fish

Select fresh water only, lake trout, carp, river perch or river bass

Heat oven to 350-375 degrees or broil if preferred.

Lightly oil oven proof dish or pan. Place fillet on top.
Drizzle with excellent quality olive oil and squeeze fresh lemon juice over fish. Grate fresh black pepper and bake until almost done (easily flakes). Fillets cook quickly, check after 5 minutes.

Remove from oven, as the fish rests for 3 minutes squeeze more lemon juice and sprinkle with fresh chopped parsley. Fish will continue to cook, remove from oven before it is done to prevent drying out the fish flesh. Serve with a pinch of non-iodized additive free Kosher or sea salt.

Note: Select fish carefully, no salt water or other kinds of fish

Baked Fish and Veggies

Any fresh water fish: Carp, River Trout, or Brook Trout. All vegetables should be fresh, not canned.

4 lbs. of fish, either whole or fillets

3 tablespoons of oil (canola or olive oil)

1 medium onion - diced

3 carrots diced

2 large potatoes - scrubbed and par-boiled whole, for about 20 minutes; when cool, cut into quarters or large chunks

1/2 lb. string beans cut into 1 inch pieces

garlic, parsley, basil, tarragon, paprika seasoning

1/4 cup of quick cooking oatmeal cereal for coating fish

Preheat oven to 400 degrees.

Put 2 tablespoons of oil in a large roasting pan (I like an oblong glass roasting pan) Put all veggies in and sprinkle with seasoning.

Toss to coat with oil and spices.

Use the remaining oil to brush both sides of the fish.

Sprinkle seasoning on fish and then sprinkle with oatmeal. Set fish aside. Cover veggies with silver foil and bake for 20 minutes.

Very carefully, remove foil from veggies, mix and place fish on top of veggies and sprinkle with any of the oatmeal that fell off of fish.

Bake 20 minutes more and then test fish for doneness. If it is flaky and firm, it is done. Baste with liquid in roasting pan and then put the dish under the broiler to brown a little. If fish is not finished, bake for 5 minutes longer and check again; when done, place under broiler to finish.

Serve with lemon slices.

For a little different flavor, add 1 cup diced tomatoes to veggies

Desserts

Baked Peaches

Juice of 1 lime

½ tsp of freshly grated nutmeg

2 Tbsp brown sugar

1 oz or 2 Tbsp walnut or almond oil

1 oz chopped toasted nuts (hazelnuts, walnuts, pecans)

4 ripe peaches halved and stone removed

1. Preheat oven to 375 degrees
2. Mix together lime juice, nutmeg, sugar, and oil.
3. Place peaches, cut side up in baking dish so they fit snugly. Divide the sugar mixture between the peach halves.
4. Bake 20 minutes until the syrup is bubbling and there are golden-brown flecks on the peaches. Baste peaches occasionally with juices while cooking.

Sprinkle toasted nuts over peaches and serve warm. Serves 4.

See sweet ripen sautéed plantains as dessert (p 13 can duplicate here)

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Microwave Nutty Apple

4 small Red or Golden Delicious Apples, cored

2 teaspoons sugar, divided

2 tablespoons chunky peanut butter (no salt),

Ground cinnamon

Into each of four 6-ounce custard cups place one apple; sprinkle core cavity of each apple with 1/4 teaspoon sugar, fill each with 1 1/2 teaspoons peanut butter, and top each with 1/4 teaspoon sugar. Sprinkle each apple with an equal amount of cinnamon and microwave on High for 3 to 4 minutes. *

Makes 4 servings, 1 apple each.

* Timing may be different in your microwave oven. To ensure good results, be sure to check for doneness while cooking.

RESOURCES: *Where to find ingredients*

Herbs

- ✦ Fresh herbs sold in supermarkets. Better value for quality and price at farmer's markets or fresh produce stands or stores.
- ✦ Dried herbs found in supermarkets, organic food and gourmet stores, ethnic markets like Italian, Asian, Caribbean, or Indian stores.

Hard to find items? Maybe not.

Due to the diversity in cuisines and cultures many specialty herbs and spices are now sold in grocery stores with other common spices. Turmeric is sold under many brands, for example McCormick, in many grocery stores. Others like Fenugreek, not a common American spice, may be found at an Asian or Indian market.

Some large supermarkets and ethnic stores are international carrying specialty items from several different continents or countries.

Shopping Tips

- ✦ Specialty stores may have higher quality and better prices of herbs and spices direct from a region, an authentic version. An advantage of shopping at specialty food stores may be tastings and instructions of use.
- ✦ High quality herbs and spices can also be found in non-grocery stores like Home Goods, Marshalls or TJ Maxx. The best vanilla extracts at relative inexpensive prices are sold at these stores.
- ✦ Must inspect and read ingredient label to check for additives, preservatives, and salt.
- ✦ Select single ingredient herbs and spice packages. Special herb/spice mixtures like Italian seasoning or a Tex-Mex rub can easily be mixed at home.

Oils:

Most supermarkets carry a variety of oils. Health food markets and organic stores may carry a larger variety of olive, nut, sesame or truffle oils.

Coconut oil is very popular for a variety of uses, make sure to select dietary or for cooking and check label for no additives or preservatives.

