



Thyroid Cancer Canada's LID Recipes

*a compilation of easy and nutritious recipes
for those being treated with radioactive iodine.*

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*This collection is a companion publication to
Thyroid Cancer Canada's Low Iodine Diet,
available on the TCC website, or in hard copy by request.*

www.thyroidcancercanada.org

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Introduction

The following is a selection of recipes that have been contributed to *Thyroid Cancer Canada* (TCC) by various thyroid cancer patients since 2002. The ones included here were chosen as wholesome, as well as for their variety and ease. As these recipes originate from a variety of sources, we caution readers that this is purely an assembly of recipes, rather than a formal cookbook. We thank our generous members for sharing their recipes and experiences with us, so that others may benefit.

Disclaimer: Note that recipes provided here are listed for the convenience of patients preparing for RAI treatment with a Low Iodine Diet. TCC is not responsible for the appropriateness of the food ingredients nor for outcome of any recipe you may try from this list. We were not able to review each recipe given to us. You may not always achieve the results desired due to variations in ingredients, cooking temperatures, typos, errors, omissions, or individual cooking abilities. Additionally, please always use your best judgement when cooking with raw ingredients such as eggs or chicken.

If you regularly or occasionally cook and bake from scratch, you may find it convenient to adapt your regularly prepared meals to be LID-friendly and won't be in need of recipes. However, if you are like the thousands of patients undergoing radioactive iodine treatment who don't normally prepare their own meals, or even if you just need some inspiration, we hope the following is helpful. Most of the recipes suggested here are arranged one per page for ease of use.

Notes

1. Before you prepare any LID foods/meals, be sure to thoroughly read "*Thyroid Cancer Canada's Low Iodine Diet*" pamphlet including the introduction, food guide, shopping list and menu planner. It is available at www.thyroidcancercanada.org. It is also available **free** of charge as a full colour poster from TCC. Order your copy by submitting the Get Connected form on the **Join** button of the www.thyroidcancercanada.org website.
2. Some recipes specify "non-iodized salt" as an ingredient. As all table salt sold in Canada is iodized by regulation, you must substitute **non-iodized coarse salt** (such as *Windsor Coarse Salt* or *Sifto Coarse Salt*), or use table salt purchased in the USA (marked "**not a source of iodine**"), or leave salt out of the recipe.

3. **Note that all food ingredients in the provided recipes must be purchased in their unsalted form.** This especially applies to recipes that call for nuts and/or canned items. Be aware that **manufactures change the ingredients** in their products occasionally. Read all labels to check that they do not contain LID-restricted items.
4. Do not purchase items such as nuts or spices from a bulk bin (the bin may have previously stored salted items).
5. We have been advised that although *Bece! Vegan* margarine lists "salt" as an ingredient, that the salt they use is a non-iodized type. Therefore, you may use *Bece! Vegan* margarine. **Do not use other varieties of Bece! margarines**, as they contain LID-restricted ingredients. We don't know of any other brand of margarine sold in Canada that is LID-compatible. As well, in most recipes that call for the use of margarine, one can substitute vegetable oil in a 1:1 ratio.
6. A selection of recipes follows. This is not a professional cookbook. Recipes offered here have mainly been suggested by thyroid cancer patients or other home cooks. *TCC* cannot vouch for nor guarantee the reliability or tastiness of the foods suggested, although every effort has been made to select recipes that are simple, wholesome and tasty.

Helpful Hints

1. If you have a friend or relative that can help you (especially if you are hypothyroid) provide them with a copy of "TCC Low Iodine Diet" and this publication, and ask them to prepare a few dishes for you.
2. Do your LID shopping at least 1 week before you start the diet. Read the ingredient list on each package before purchasing (full directions available in the TCC Low Iodine Diet). Keep your special foods separate from the rest of your household supply. Let your family know that the foods you bought are your 'special stash'. When you start your diet, hide the family salt shaker so you don't accidentally use it.
3. Prepare your LID meals or baked goods well in advance and freeze them into meal-size portions. Cook in bulk and make several portions. For example, make a large stew, or roast a chicken, or make a roast beef. Divide into portions, and freeze each part into its own container. Each morning during your diet, you can thaw out one dinner and not worry about planning your evening meal.
4. If you don't have a bread making machine, ask a friend with one to make you one or two loaves of LID-friendly bread (i.e. no dairy, no soy, no salt).

5. Most of the recipes in this compilation specify measures using imperial measures. To convert measures to metric, use a web resource such as www.onlineconversion.com . For your convenience, a few conversions are including in the following Key Table.

Key Table	
tblsp	tablespoon
tsp	teaspoon
F	Fahrenheit
C	Celsius
Measure Conversions	
1 cup (US)	237 millilitres
1 tblsp	15 millilitres
1 tsp	5 millilitres

Breakfast Recipes



Egg White Omelette

Procedure

- 1 Fry vegetables such as green peppers, tomatoes, onions in 1 tbsp oil. Set aside.
- 2 Separate 4 eggs (discard the yolk or save it for other members of your family) or purchase “No Yolks” (egg whites in a carton).
- 3 Mix egg whites with 2 tbsp water, prepared vegetables, and pepper to taste.
- 4 Heat 1tbsp oil in pan.
- 5 Pour egg combination in pan and fry over medium heat.
- 6 Serve with toast, crackers and/or soup.

Fruity Banana Split

1	small banana	fresh berries and/or 1 tablespoon of all-fruit preserves
1/4 cup	homemade granola or granola cereal	1 tbsp chopped toasted nuts

Procedure

- 1 Halve the banana lengthwise
- 2 Top with about 1/4 cup homemade granola or granola cereal
- 3 Drizzle some fresh berries and/or 1 tablespoon of all-fruit preserves
- 4 Add chopped toasted nuts

Apple Muffins with Crumb Topping

1/2 cup all purpose flour
 3/8 cup sugar (1/4 cup + 2 tbsp)
 1 tsp baking powder
 1 tsp baking soda
 1 tsp ground cinnamon
 1/2 tsp ground allspice
 1/8 tsp ground cloves
 3/4 cup apple cider or apple juice
 1/3 cup canola oil
 1/2 cup grated apple

1/2 cup chopped apple
 1 tsp vanilla extract (optional)

Topping:

1/4 cup all purpose flour
 1/4 cup brown sugar
 1/2 cup ground cinnamon
 1/4 cup ground allspice
 pinch non-iodized salt (optional)
 3 tbsp canola oil



Procedure

- 1 Preheat oven to 375 F and oil muffin tin.
- 2 Prepare topping by mixing together all dry topping ingredients in small bowl. Drizzle oil in while mixing with your fingers until crumbs form.
- 3 In a large bowl, sift together flour, sugar, baking powder, baking soda, and spices. Create a well in the center and add apple cider or juice, oil and vanilla. Mix then fold in the grated and chopped apple.
- 4 Fill muffin cup 2/3 full, sprinkle with topping, bake for 22 minutes or until cooked through. Test with toothpick to make sure middle is solid.

Banana Chocolate Chip Muffins

2	cups	unbleached all-purpose flour	1	tsp	vanilla extract
1-1/2	tsp	baking soda	2/3	cup	dairy-free, salt-free, semi-sweet chocolate chips - e.g. <i>President's Choice</i> <i>The Decadent Semi-Sweet Chocolate</i> <i>Chips</i>
1/2	tsp	non-iodized salt (optional)			
1	cup	granulated sugar			
1/3	cup	canola oil			
4		very ripe bananas, mashed			
1/4	cup	water			



Procedure

- 1 Preheat oven to 350°F. Lightly grease your muffin tins.
- 2 In a medium bowl, mix the flour, optional non-iodized salt and baking soda.
- 3 In a large bowl, beat the sugar and the oil. Then add the mashed banana and chocolate chips. Stir in the water and vanilla until incorporated. Add flour mixture, a little at a time and stir until just incorporated.
- 4 Fill all 12 muffin cups evenly and bake about 30 minutes, until they are golden brown and a toothpick inserted in the middle of one or two comes out cleanly.

Oven Temperature: 350°F

Cooking Time: 30 minutes

Carrot Muffins

1 1/2	cups	flour	1	cup	homemade rice or nut milk (or <i>YŮ rice beverage</i>)
2	tsp	baking powder	1/4	cup	canola oil
1/2	tsp	baking soda	1	tsp	vanilla extract
1/2	tsp	ground cinnamon	2	cups	grated carrots
1/4	tsp	ground nutmeg -- or freshly grated	1/4	cup	chopped nuts (optional)
1/4	cup	sugar			

Procedure

- 1 Preheat the oven to 375° F.
- 2 Oil muffin tin with canola.
- 3 Sift together in a large bowl the flour, baking soda, baking powder, sugar, cinnamon, and nutmeg. Wash and peel carrots before grating.
- 4 Create a well in the center of the dry ingredients, then pour in the milk oil, and vanilla. Mix with a wooden spoon until just combined. DO NOT OVER MIX!
- 5 Fold in the grated carrots and nuts (if using).
- 6 Fill the muffin pans 3/4 full. Bake 12-15 minutes, or until a toothpick inserted in the center comes out clean.
- 7 Let cool on a rack a few minutes before removing from the tins.

Servings: 4

Oven Temperature: 375°F

Citrus Muffins

3/4	cup	vegetable oil	1	tsp	baking soda
1	cup	sugar	1	tsp	vanilla
3		egg whites *	1/4	cup	fresh citrus juice
1-1/2	cups	flour	2	tbsp	grated citrus rind
1	tsp	non-iodized salt			

Procedure

- 1 Line muffin pan with paper liners.
- 2 Combine oil, sugar, and egg whites. Mix well.
- 3 Add remaining ingredients and blend.
- 4 Pour into muffin pan. Bake at 350°F for 10 - 15 minutes
- 5 * if using egg whites in a carton, use equivalent of 2 eggs

Servings: 4

Oven Temperature: 350°F

Cornmeal Muffins

Muffins:

1	cup	flour
1	cup	cornmeal
1	tbsp	baking powder
4	tbsp	sugar
2	tsp	lemon zest
1/3	cup	canola oil

1	cup	homemade rice or nut milk (or <i>YŮ rice beverage</i>)
1	tbsp	lemon juice

Glaze:

3/4	cup	icing sugar
1	tbsp	lemon juice
1/2	tsp	lemon zest

Procedure

- 1 Preheat oven to 375 F.
- 2 In a large bowl, sift together dry ingredients. In a separate bowl, whisk together wet ingredients (oil, rice milk, lemon juice). Fold wet into dry, halfway through mixing add lemon zest and distribute well.
- 3 Oil muffin tins with canola. Fill each tin 2/3 full. Bake for 12-15 minutes, until a toothpick inserted in the center comes out clean. Let sit for 10 minutes and then remove from muffin tin to cool. If muffins are sticking in the tin, use a sharp knife to go around the edges and release them. Let cool completely before glazing.
- 4 To make glaze, combine icing sugar, zest and lemon juice. Drizzle over muffin. The glaze will become crunchy as it sets.
- 5 These muffins do not rise a lot - but have a crumbly texture with a crispy coating.
- 6 Variations: use lime or orange juice and zest

Oven Temperature: 375°F

Banana Walnut Pancakes

1 1/2	cups	flour	1	tsp	vanilla
1 1/2	tsp	baking powder	3		small bananas (1 1/2 cups), mashed really well with a fork or blended in a blender
1/2	tsp	baking soda			
1/8	tsp	cinnamon	1/2	cup	toasted walnuts, chopped
1 1/2	cups	YÜ Rice Beverage + 1 teaspoon vinegar (let sit for 5 minutes)			
1	tbsp	canola oil			



Procedure

- 1 Sift together flour, baking powder, baking soda, and cinnamon.
- 2 In a separate bowl, mix bananas, rice milk, canola, and vanilla until smooth. Pour wet into dry and mix but do not over mix. Fold in the toasted walnuts.
- 3 Brush a large non-stick skillet with canola oil. Working in batches of 3, pour 1/4 cup batter per pancake into hot skillet and cook until bubbles appear on surface and undersides are golden brown, 1 to 2 minutes. Flip pancakes with a spatula and cook until golden brown and cooked through, 1 to 2 minutes more. Transfer to a large plate and loosely cover to keep warm, then make more pancakes, brushing skillet with oil or spray for each batch.
- 4 Serve with maple syrup, berry sauce, or a sprinkle of cinnamon sugar or icing sugar.

Servings: 4

Matzoh French Toast

Matzoh (plain type, i.e. not egg matzoh or other)
egg whites (or egg whites in a carton substitute)

vegetable oil
powdered sugar, cinnamon.

Procedure

- 1 Break matzoh into quarters
- 2 Place under warm water for 10 seconds.
- 3 As you would with bread, soak the matzoh crackers in egg whites
- 4 Let it soften-up for a while, then fry in oiled frying pan
- 5 Serve with powdered sugar, cinnamon.

Orange-spice Pancakes

1 ¼	cup	all purpose flour		pinch	cloves and nutmeg	
1	tsp	baking powder		1/2	tsp	freshly grated orange peel (zest)
1/4	tsp	baking soda		3/4	cup	orange juice
1/4	tsp	cinnamon		2	tbsp	golden raisins (optional)

Procedure

- 1 Lightly oil a frying pan and begin heating it on medium-high.
- 2 Mix all dry ingredients and add the orange zest, juice and raisins. Mix until just combined. Don't over mix or pancakes will be tough.
- 3 Use one-quarter cup of batter per pancake. Cook until tops are beginning to bubble. Turn and cook a few more minutes until the underside is golden and the inside cooked. Serve immediately.

Yield: 5 pancakes

Pancakes

1 1/4	cup	flour	2	tbsp	sugar or maple syrup
2	tsp	baking powder	1	tsp	vanilla (optional)
2	tbsp	canola oil	1/2	tsp	non-iodized salt (optional)
1/3	cup	water			Oil for the pan.
1 1/4	cup	<i>YÜ Rice Beverage</i>			



Procedure

- 1 Sift together flour, sugar and baking powder. In a separate bowl, combine all other ingredients. Add wet to dry, mix until just combined, do not over mix or pancakes will be tough, a couple of lumps are ok.
- 2 Working in batches, drop batter by 1/3 cup onto pan, spacing apart. Cook pancakes until brown on bottom and bubbles form on top, about 3 minutes. Turn pancakes over and cook until bottoms are brown and pancakes are barely firm to touch - don't overcook or they become tough. Transfer to plates. Repeat with remaining batter, adding more oil to the pan as needed.
- 3 If adding berries or sliced bananas, have ready about a cup of the ingredients. Drop a few on top of the pancake batter about 1 minute after you've poured it into the pan.

Vegetable Fritters

1	cup	of cooked mixed vegetables (peas, corn, cubes of carrot, onion, celery)	1	tsp	baking powder
				pinch	of red pepper flakes
1/2	cup	flour	1/2	cup	water
1	tsp	sugar			



Procedure

- 1 Mix dry ingredients and add water to form a batter. Toss in vegetables and combine well. Drop by the tablespoon into an oiled skillet and cook until light brown on both sides. Serve with salsa or ketchup.

Lunch Possibilities



Basic Bread & Buns

Remember yeast needs to be fresh to rise. Make sure the yeast you use is not past its expiry date. Also yeast rises best between 80-90 F - too hot or too cold it won't turn out well.

The yeast mixture:

		1/2 cup	sugar
1 cup	lukewarm water	1/2 cup	canola oil (or another type of oil)
1 tsp	sugar	9 cups	flour (approx)
2 tbsp	traditional yeast (2 pkgs)		

The dough

2 cups	lukewarm water
--------	----------------



Procedure

- 1 Combine the ingredients for the yeast mixture and let stand and bubble for about 15 minutes.
- 2 NOTE: You can use white flour or a mixture of whole wheat and white flours in any combination. The flour types are interchangeable.
- 3 Add the flour to the mixture one cup at a time until you have dough that feels like your ear lobe. Knead the dough for about 5-8 minutes, sprinkling with extra flour if it gets sticky.
- 4 Put the dough in a large bowl, cover it with a cloth and put it someplace warm to rise for 2 hours.
- 5 Take the dough out, punch it down and shape into 3 loaves.
- 6 Place loaves into oiled pans.
- 7 Cover with a tea towel and let rise 1 hour and 15 minutes.

- 8 If you are making hamburger buns/rolls - roll out the dough to 1/2 inch thick and cut rounds using a water glass. Place on an oiled cookie sheet and cover with a tea towel to rise 1 hour and 15 minutes.
- 9 To bake loaves. Preheat oven to 400 F. Bake 15-20 minutes until they are golden and sound hollow when tapped.
- 10 To bake buns. Preheat oven to 425F. Bake 8-15 minutes. Watch closely because they can burn quickly.

Servings: 30

Yield: 3 loaves of bread or 30 buns

Oven Temperature: 400°F

Cooking Time: 15 minutes

Author Notes

VARIATIONS:

HERB BREAD: add 1-2 tbsp dried herbs (thyme, sage, basil, oregano etc)

SPICE BREAD: add 1 tsp cinnamon & 1 tsp cloves & 1/2 tsp nutmeg

- serve toasted with honey

Lavash (Cracker Bread)

2	tbsp	package dry yeast	2	cups	whole wheat flour
1 1/2	cups	warm water			Toasted sesame seeds
1	tsp	non-iodized salt (optional)			Flax seeds
2	cups	all-purpose flour			

Procedure

- 1 Sprinkle yeast into warm water in a large bowl and stir until dissolved. Add non-salt, if desired. Combine all-purpose and whole wheat flours and add enough to yeast mixture to make a stiff dough. Turn out on a floured surface and knead until smooth and elastic, about 10 minutes.
- 2 Shape into a ball. Place in an oiled bowl and turn to grease top. Cover and let rise until doubled in bulk, about 1 1/2 hours.
- 3 Punch down and let rise again until doubled, about 30 minutes.
- 4 Divide dough into 8 pieces and roll each out on lightly floured surface to very thin circle about 9 inches in diameter. Place one at a time on baking sheet and sprinkle with sesame seeds and flax seeds. Bake at 400 F for 5 to 6 minutes, or until bread appears dry, lightly browned, and blistered.
- 5 Optional step to make breads more crispy – turn over and put palest side under broiler until lightly browned. Store in dry place.

Yield: 8 cracker breads

Oven Temperature: 400°F

Norene Gilletz's Bread Machine Recipe

- | | | | | | |
|---|------|--|-------|------|--|
| 1 | cup | water | 1 | tsp | non-iodized salt |
| 1 | pkg | yeast (about 1 tbsp, but use a little less if using bread machine yeast) | 2 3/4 | cups | flour (or use half whole wheat. If you use whole wheat, the bread will be more dense.) |
| 3 | tbsp | sugar | | | |
| 3 | tbsp | oil | | | |



Procedure

- 1 For the bread machine, you add liquid ingredients first, then add dry ingredients. Salt and yeast shouldn't touch each other or the water.
- 2 Select appropriate setting for the bread machine and you'll have bread in a few hours!
- 3 Also check Norene's cookbook "Norene's Healthy Kitchen" for bread machine tips.

Soda Bread

3	cups	flour	2 1/2	cups	water
1	tbsp	baking powder	2	tbsp	oil
1/2	tsp	non-iodized salt (optional)	1/4 to 1/2	cup	sesame seeds (optional)



Procedure

- 1 Preheat the oven to 350F (175 C).
- 2 Lightly oil a 9 inch loaf pan and set aside.
- 3 In a large bowl, stir together flour, baking powder and optional non-iodized salt. Add the water, oil, and sesame seeds and gently stir dough until "just mixed". Don't over mix or dough becomes tough.
- 4 Pour evenly into loaf pan and bake for 45-50 minutes or until a toothpick or knife comes out clean.
- 5 Let cool on a rack for 10-15 minutes before removing from pan.

Yield: 1 loaf.

Burgers with Roasted Garlic and Rosemary

1	whole bulb	garlic	4	hamburger buns (homemade, LID-friendly)
1	lb	ground meat (beef, turkey, chicken)	4	tomato slices
1		zucchini, ends trimmed and coarsely grated	4	lettuce leaves
2	tbsp	chopped fresh rosemary	4	red onion slices
1/2	tsp	cracked black pepper		

Procedure

- 1 Preheat oven to 400 degrees F.
- 2 Wrap garlic in foil, place in oven and roast 45 minutes, until tender. When cool enough to handle, peel away foil and squeeze cloves from papery skin. Transfer to a large bowl and add ground meat, zucchini, rosemary and cracked pepper. Mix well to combine. Shape mixture into 4 equal patties.
- 3 Preheat grill or broiler. Grill or broil burgers (if broiling, use a baking sheet) 5 minutes per side for medium doneness. Arrange burgers on buns and top with tomato, lettuce and onion.

Fake 'n Bake Burgers

This recipe was supplied by Norene Gilletz .

4	medium	potatoes (or 3 sweet potatoes)	2		unpeeled zucchini, grated (about 2 cups)
2	medium	onions, chopped	1/4	cup	minced dill &/or parsley
1		green pepper, chopped	4		egg whites
1		red pepper, chopped	1	cup	matzo meal (or salt-free bread crumbs)
2	cloves	garlic, crushed			<i>Windsor Coarse Salt</i> & pepper, to taste
2	tsp	olive or vegetable oil	1	tbsp	additional oil (approximately)
3		carrots, peeled & grated (about 1 cup)			

Procedure

- 1 Peel potatoes and cut into chunks. Boil in non-iodized salted water until tender, 15 to 20 minutes. Drain well and mash. You should have about 2 cups.
- 2 While potatoes are cooking, prepare remaining veggies. In a large non-stick skillet (or microwave), cook onions, peppers and garlic in 2 teaspoons oil for 5 minutes, until softened. Add carrots and zucchini. Cook 3 or 4 minutes longer. Cool slightly. Add remaining ingredients except additional oil. Mix well.
- 3 Preheat oven to 375°F. Spray a foil-lined baking sheet with non-stick spray. Form mixture into patties. (An ice cream scoop or 1/4 cup measure works well.) Oil your fingertips, then lightly oil the tops of patties, flattening them slightly. Bake uncovered at 375°F for 10 to 12 minutes. Turn patties over and bake 10 minutes longer.
- 4 These reheat and/or freeze well.

Yield: about 18 patties

Oven Temperature: 375°F

Author Notes

- Variations:

Add a 10-ounce package (300 g) chopped cooked spinach, squeezed dry, to cooked vegetables. If desired, substitute chopped mushrooms for zucchini and add a dash of thyme. Be creative and try various vegetables. Leftover veggies are great!

- Mini Burgers: Prepare Fake 'n Bake Burger mixture and make small patties. Bake 15 to 20 minutes (or brown for 3 to 4 minutes per side in a little oil in a non-stick skillet.) You'll get about 60 minis.
- Grain Burgers: Follow recipe for Fake 'n Bake Burgers, but instead of potatoes, substitute 2 cups leftover cooked rice, bulgur, millet, couscous or quinoa. Cooked grain should be moist and sticky. Process using Steel Knife of food processor until fine. Combine with remaining ingredients. Bake as directed, or sauté for 4 to 5 minutes per side in a little oil.

Herb Portobello Burgers

Serve as a side dish or as burger in a bun

4	large Portobello mushrooms	1 1/2	tbsp	extra virgin olive oil
2	cloves garlic, sliced into very thin slivers	3	tbsp	balsamic vinegar
1	tsp fresh rosemary or 1/2 tsp. dried, (optional)			non-iodized salt (optional) and freshly ground black pepper, to taste
1	tsp fresh thyme or 1/2 tsp. dried, (optional)			



Procedure

- 1 Preheat broiler or grill pan.
- 2 Wipe mushrooms with damp cloth. Remove stems. With paring knife, make slits in tops of caps. Stuff slivers of garlic and herbs (if using) into slits.
- 3 In small bowl, whisk together oil and vinegar with salt and pepper to taste. Brush mushrooms with oil mixture. Place mushrooms, cap-side down, on pan and broil or grill until soft and brown, about 3 to 5 minutes per side.

Servings: 4

Peanut Butter And Apple Sandwich

2 tbsp no-salt natural peanut butter

1 tsp of honey (optional)

2 slices LID bread

½ small crisp apple – like Royal Gala or Granny Smith – cored and thinly sliced

Procedure

1 Mix honey and peanut butter and spread on the bread.

2 Top with apple slices and remaining slice of bread.

Peanut Butter-Orange Sandwich Spread

Filling can be made the day before using. Store tightly covered in the refrigerator. Stir lightly before making sandwiches.

1 cup no-salt Peanut butter, crunchy

2 tbsp honey

1/4 tsp non-iodized salt (optional)

1 cup oranges, peeled and finely diced

Procedure

1 Thoroughly mix peanut butter, honey, and salt. Stir in oranges. Chill.

2 Use about 1/3 cup filling per sandwich.

Portobello Burgers

Vinaigrette

- 3 tbsp vinegar (balsamic, or red wine, or other of your choice)
- 10 tbsp olive oil (or another oil)
- 1 tbsp fresh herb (or 1 tsp dry) (e.g. rosemary, basil, chives etc)

Burgers

- 4 crusty LID rolls
- 4 portobello mushrooms (burger size)
- toppings for your burger (sliced tomato, lettuce, onions etc)

Procedure

Vinaigrette:

- 1 Combine the ingredients. Let sit on the counter for half an hour for the flavours to blend.

Burgers

- 1 Brush off mushrooms to clean. If the gills are really black, use a teaspoon to scrape them out. If light brown & not mushy, just leave them in.
- 2 Brush mushrooms on both sides with vinaigrette. Sprinkle with pepper if you wish.
- 3 FOR GRILL: Place mushrooms, dark gill side down. Close grill or cover mushrooms with small metal roasting pan; cook until mushrooms begin to soften, brushing with vinaigrette once, about 5 minutes. Turn mushrooms over. Cover; grill until tender when pierced with knife, about 5 minutes longer.
- 4 FOR OVEN: Preheat oven to 400 F. Use a roasting pan with a lid. Oil the bottom of the roasting pan. Put in mushrooms, dark gill side down and bake approximately 5 minutes, basting once with vinaigrette. Turn the mushrooms over & bake approximately another 5 minutes longer.
- 5 Cut the rolls in half. Brush cut sides of rolls with vinaigrette. Place rolls on grill or in oven, cut side down. Grill until lightly toasted, about 1 minute. Transfer to plates & assemble burgers with toppings.

Servings: 4

Turkey And Watercress Club Sandwich

1	tbsp	olive oil	1/4	cup	olive oil
2	tbsp	fresh lemon juice	3/4	cup	watercress leaves plus about 1 cup tender sprigs
3/4	tsp	freshly ground black pepper	12		1/2-inch slices of LID bread, toasted lightly
1		garlic clove, minced	3		roma tomatoes, sliced
3/4	lb	turkey cutlets (each about 1/3 inch thick)			



Procedure

- 1 In a shallow dish whisk oil and 1 tablespoon of lemon juice with pepper and garlic and add turkey. Marinate turkey, turning once, 30 minutes. Discard marinade. Heat a well-seasoned ridged grill pan over moderately high heat until hot and grill turkey 3 minutes on each side, or until just cooked through. Cool turkey on a cutting board and cut into 4 portions.
- 2 In a small food processor or blender puree watercress leaves and olive oil until smooth and blend in remaining tablespoon lemon juice and optional non-iodized salt and pepper to taste.
- 3 Spread watercress mixture on 8 toast slices and top 4 with turkey and non-iodized salt and pepper to taste. Top turkey with 4 remaining watercress-spread toasts, covered sides up, and top each portion with tomatoes, and watercress sprigs. Top with remaining toasts.

Servings: 4

What's for Dinner?



Veggie Burgers

2 cups	cooked lentils	2	tbsp	walnut oil	
1 cup	Portobello mushrooms, minced	1/4	tsp	tarragon, minced	
1 cup	bulgur wheat			non-iodized salt	and freshly ground
2	cloves roasted garlic, pureed			pepper to taste	
1 cup	whole wheat LID bread crumbs				



Procedure

- 1 In a large mixing bowl, mash lentils until smooth. Add all other ingredients and mix until thoroughly combined. Refrigerate for at least 2 hours.
- 2 Form into burgers (add a little water if necessary).
- 3 Brush the burgers with olive oil and grill for 6 minutes on each side or until done.
- 4 Serve hot with your favorite LID condiments.
- 5 Serve with pita bread or homemade LID hamburger roll

Servings: 6

Orange Balsamic Vinaigrette

This recipe was supplied by Norene Gilletz.

Wonderful on mixed salad greens. It also makes a yummy marinade for boneless chicken breasts.

1/4 cup	olive or canola oil	2 tbsp	minced fresh basil (or 1/2 tsp. dried)
6 tbsp	orange juice	1 tbsp	sugar
1/4 cup	balsamic vinegar		<i>Windsor Coarse Salt</i> & pepper, to taste
1-2 cloves	garlic, crushed		

Procedure

- 1 Combine all ingredients and mix well. Dressing will keep in the refrigerator about 2 weeks.

Yield: about 3/4 cup

Romaine Salad with Dressing

		romaine lettuce	1	tsp	non-iodized salt (optional)
1/4	cup	white vinegar	1/2		small red onion, chopped
1/2	cup	vegetable oil		pinch	dry mustard
1/4	cup	white sugar	2	tbsp	water

Procedure

- 1 Wash and tear romaine lettuce into bite size pieces Add fresh orange or Clementine slices
- 2 Mix the ingredients in a blender
- 3 Refrigerate until ready to toss salad. Top salad with 1 cup toasted sliced almonds

Super Salsa

This recipe was supplied by Norene Gilletz and served as the basis of Thyroid Cancer Canada’s Low Iodine Diet Lunch ‘n Learn Event on May 29, 2010

This fresh salsa makes a delicious dip for crudité’s or Pita or Tortilla Chips or is great with grilled fish, chicken or burgers.

4–5	large	ripe tomatoes (or 8 Italian plum tomatoes), finely chopped	1/4	cup	green onions, chopped
2	cloves	garlic, crushed	2	tsp	olive oil, to taste
1/2	cup	coriander/cilantro or parsley, minced	2	tbsp	fresh lemon juice, to taste
1		jalapeno pepper, seeded & minced			<i>Windsor Coarse Salt</i> & pepper, to taste
2	tbsp	fresh basil, minced (or 1 tsp. dried)		dash	of cayenne or hot pepper sauce (unsalted type)
			1	tbsp	salt-free tomato paste, optional

Procedure

- 1 Combine all ingredients except tomato paste and mix well. If mixture seems watery, add tomato paste. Season to taste. Salsa keeps for 2 to 3 days in the refrigerator in a tightly closed container. Do not freeze.

Yield: 3

Author Notes

- Italian plum tomatoes make a thicker salsa than regular tomatoes because they’re firmer, with less seeds and juice.
- Don’t rub your eyes after handling hot peppers. It’s a smart idea to wear rubber gloves. Don’t forget to remove the gloves before touching your eyes . . . or you’ll be yelling “eye, eye, eye!”

- Mediterranean Salsa: Follow recipe for Super Salsa, but add 6 pitted and chopped black olives and 3 tablespoons drained capers. Use 1 tablespoon each of lemon juice and balsamic vinegar.
- Salsa Salad Dressing: Combine leftover salsa with a little salt-free tomato juice in the food processor. Process with six or eight on/off turns, or until combined.
- Speedy Salsa Gazpacho: Combine 1/2 cup of chopped cucumber, 1/2 cup chopped green pepper, 1 1/2 cups salt-free tomato juice and 2 cups of salsa. Add crushed garlic, coarse salt and freshly ground pepper. Serve chilled.
- Salsa Supper in a Snap: Cut several large squares of cooking parchment or aluminum foil. Place a boneless chicken breast fillet on each square. Top each one with a spoonful of salsa. Seal packets tightly. Arrange on a baking sheet and place in a preheated 400°F oven. Chicken breasts take 20 to 25 minutes. Easy and good!

Fresh Tomato Salsa

3 medium tomatoes -- chopped
1/2 cup sliced green onions
1/2 cup chopped green bell pepper
3 tbsp lime juice

2 tbsp snipped fresh cilantro
1 tbsp finely chopped jalapeno pepper
1 tsp finely chopped garlic
1/2 tsp non-iodized salt (optional)

Procedure

1 In a bowl, mix all ingredients.

Yield: 3 1/2 cups

Fruit Ketchup

This recipe will work for a fruit that can be cooked down to a smooth consistency – like nectarines, peaches, and mangos.

1 1/2	cups	fruit – peeled and finely chopped e.g. 4 peaches or 6 nectarines, or 1 medium mango	2	tblsp	cider vinegar
			1/2	tsp	finely grated ginger or 1/2 tsp citrus zest (orange, lemon or lime) (Optional)
2	tblsp	sugar			

Procedure

- 1 Put fruit into a small saucepan, and mash it with a fork or a masher until pulpy--it doesn't have to be completely smooth.
- 2 Place the pan over medium heat until fruit begins to simmer. Turn the heat to low, and simmer, uncovered, for 5 minutes, stirring occasionally. Add the sugar and vinegar.
- 3 Continue to let the mixture simmer gently, for another 10 minutes, stirring once or twice during this time. Remove the pan from the heat, and let it cool. Transfer to a tightly covered container and refrigerate. Serve cold.

Ketchup

1/4 cup	white onion, diced	1/4 tsp	cloves OR 1/4 tsp allspice
2	cloves garlic	1/8 tsp	pepper
1 5 1/2 oz can	salt-free tomato paste	1/8 tsp	cayenne
2/3 cup	apple cider vinegar (or use white vinegar if you prefer)		
2 tbsp	water		

Procedure

- 1 In a food processor or blender, finely mince onion and garlic. Add remaining ingredients and whirl till well combined – approximately 10 seconds. Check consistency. If you want it thinner, add a tbsp of water at a time and mix until desired consistency.
- 2 Store in a jar in the refrigerator. Remember to stir before serving.
- 3 Can be frozen.
- 4 Variation: Instead of cloves or allspice add 1/4 tsp of Italian seasonings (basil and oregano).

Yield: 1 1/4 cups

Peanut Sauce

Goes well with rice noodles

1	cup	of unsweetened orange juice	1/2	inch	ginger root peeled and finely chopped
1/2	cup	chunky just-peanuts peanut butter	1	tsp	non-iodized salt (optional)
2		garlic cloves finely chopped			hot pepper

Procedure

- 1 Stir ingredients to break down the peanut butter. Warm in microwave, but don't let it boil or the peanut butter will solidify. Cover and store for a few days so the flavours can come out and meld.

Thai Peanut Sauce

1/2	cup	no salt peanut butter	1 1/2	tsp	garlic, minced
2	tbsp	canola or olive oil [can substitute water]		pinch	of cayenne pepper or red pepper flakes (optional)
2-3	tsp	lime juice	1	tsp	grated ginger root (optional)
1	tbsp	maple syrup or sugar	3-5	tbsp	water to give desired consistency

Procedure

1 In a blender or food processor, place all of the ingredients, and blend until smooth. Transfer to an airtight container and store in the refrigerator.

Yield: 1 1/2 cups

Basic Vegetable Broth

10	cups	water	2		fresh parsley sprigs
2		medium onions, quartered	2		bay leaf
4		carrots, or 2 sweet potatoes, peeled and thickly sliced	1/2	tsp	non-iodized salt (optional)
4		cloves garlic, unpeeled and smashed	6		peppercorns
2		large white potatoes, thickly sliced	6		allspice berries
4		celery ribs, coarsely chopped	1	cup	mushroom stems (optional)

Procedure

- 1 Combine all of the ingredients in a large soup pot and cover with a tight fitting lid. On high heat, bring the stock to a boil and then lower the heat and simmer for 1 hour.
- 2 Strain the stock through a large colander or sieve, pressing out as much liquid as possible. If not using right away, can refrigerate in a sealed container for a few days, or freeze up to 6 months.

Broccoli & Sweet Potato Soup

This recipe was supplied by Norene Gilletz .

2	large	onions, chopped	7	cups	vegetable broth (homemade or <i>PC Blue Menu Chicken Broth</i>)
2	stalks	celery, chopped	1/2	cup	chopped parsley
1	tbsp	canola oil	2	tbsp	fresh basil or dill, chopped
3		carrots, chopped	1	cup	water (or oat milk)
1	bunch	broccoli (about 4 cups, cut up)	1	tsp	<i>Becel Vegan</i> margarine (see LID pamphlet for details of this product)
2	medium	medium potatoes, peeled & cut up			<i>Windsor Coarse Salt</i> & pepper, to taste
2	medium	sweet potatoes, peeled & cut up			

Procedure

- 1 In a large soup pot, sauté onions and celery in oil for 5 to 7 minutes, until softened. If necessary, add a little water to prevent burning. Add carrots. Cook 3 to 4 minutes longer, stirring occasionally.
- 2 Add broccoli, potatoes, sweet potatoes and broth. Bring to a boil, reduce heat and simmer for 20 to 25 minutes. Add parsley and basil. Purée part or all of the soup. Add milk and margarine. Season to taste.
- 3 Reheats and/or freezes well

Servings: 10

Butternut Squash and Sage Soup

	olive oil	1/2tsp	ground or freshly grated nutmeg
2	medium	butternut squash, about 1 kg (2 lb) total	
6		unpeeled garlic cloves	1 tsp non-iodized salt, to taste
2		large onions, peeled and quartered	black pepper
1/4	cup	water	Optional topping
3	cups	apple juice or vegetable broth	2 tsp oil
1/2	tsp	dried thyme	fresh sage leaves, sliced on the diagonal (approximately 20 leaves)

Procedure

- 1 Wash squash, dry and cut in half – removing seeds. Prick the skin of the squash in several places & put on an oiled baking sheet. Hide garlic cloves under the squash. Add to the pan the quartered onions, tossed with a bit of oil.
- 2 Pour the water into the bottom of the pan, cover with aluminum foil and bake for 45 minutes. Uncover and bake for 8 to 10 minutes more, until the squash is tender and the onions are soft. When the squash is cool enough to handle, scoop out the flesh. Squeeze the garlic cloves out of their skins and discard the skins.
- 3 In batches in a blender, combine the baked vegetables, apple juice or stock, thyme, nutmeg, salt and pepper and puree until smooth. Pour the soup into a pot and heat gently - do not boil hard.
- 4 Optional topping: In a small skillet, warm 2 teaspoons of oil over low heat and sauté the sage leaves until curled. Top each bowl of soup with the sage leaves.

Servings: 4 Oven Temperature: 400°F

Chilled Spicy Tomato Soup

3		medium tomatoes, diced	1		clove of garlic, minced
1		green onion, finely chopped	1	tsp	ground cumin
1		stalk celery, diced	1/2	tsp	paprika
4	cups	no salt tomato juice	1/4	tsp	cinnamon
1/4	cup	orange juice	2	tbsp	lemon juice (or more to taste)
1	tbsp	olive oil			No-salt hot pepper sauce (optional)

Procedure

- 1 In a large bowl combine tomatoes, celery, green onion, and juices.
- 2 In a small pan, warm the oil, sauté the garlic and spices. Be careful not to burn them - they scorch easily. Add spice mixture to the soup.
- 3 Add lemon juice and pepper sauce to taste.
- 4 Chill & serve.

Creamless Cream of Broccoli Soup

1	medium	onion, chopped	1	small	potato, chopped
1	clove	garlic, crushed	2 1/2	cups	light homemade vegetable stock or water
1	tbsp	vegetable oil			plain salt and pepper, to taste
1		bay leaf	1/2		lemon, juiced
1	lb	green broccoli, chopped			

Procedure

- 1 Sauté onion and garlic in the oil until soft, 3 to 4 minutes.
- 2 Add bay leaf, broccoli, potato, and stock.
- 3 Simmer gently, covered for about 10 minutes, until the broccoli is tender, but still bright green.
- 4 Remove bay leaf and let cool.
- 5 Puree in a blender (stop blending before it's totally smooth).
- 6 Season to taste; add lemon juice and return to pan to reheat if necessary.

Servings: 4

Finn Vegetable Stew

2	tbsp	oil	2	tsp	non-iodized salt (optional)
3	cups	chopped onion	3		bay leaves
3	cloves	garlic, minced	1	tbsp	minced fresh thyme and/or dill (or 1 tsp. dried)
1	cup	diced potatoes	1/4	cup	cider vinegar or balsamic vinegar
1	cup	diced carrots	5	cups	carefully rinsed & chopped beet greens or chard or spinach
1	cup	diced parsnips			non-iodized salt & pepper to taste
2	cup	diced turnip			
2	cups	peeled & diced beets			
7	cups	water or homemade broth of your choice			

Procedure

- 1 In the soup pot, heat oil, onions and garlic – until the onions are soft. Add next ingredients through herbs. Cover and bring to a simmer; then cook on medium-low heat for 10-15 minutes.
- 2 Add the vinegar and greens. Gently simmer 5 to 8 minutes until greens are just tender but still bright green.
- 3 Add non-iodized salt and pepper. Remember to find and discard bay leaves before serving.

Servings: 4

Garlic & Vegetable Broth

10	cups	water	2	potatoes, thickly sliced
3		whole heads of garlic	4	celery stalks, thickly sliced
3		bay leaves	2	medium carrots, peeled and thickly sliced
8		whole black peppercorns	1/2	tsp dried thyme or 6 fresh thyme sprigs
1/2	tsp	non-iodized salt	4	fresh parsley sprigs

Procedure

- 1 Remove papery skins from garlic heads and break apart into cloves (no need to peel them).
- 2 Combine all ingredients in a large pot and bring to a boil.
- 3 Cover, lower heat, and simmer for 1 hour.
- 4 Strain the stock through a large colander or sieve, pressing out as much liquid as possible.
- 5 If not using right away, can refrigerate in a sealed container for a few days, or freeze up to 6 months.

Gazpacho

a lovely cold soup for summer lunches.

	chop finely:	3	tblsp	marjoram	
1/2	bunch of celery	1	tblsp	parsley	
1/2	1 onion	1	tblsp	pepper	
	add:	1	tblsp	non-iodized salt	
2	tblsp	1/2	cup	of fresh lemon juice	
3	tblsp	1/2	cup	olive oil	
1	tblsp			8-12 large peeled tomatoes	
1	tblsp			if desired: 2-3 cloves of chopped garlic	



Procedure

- 1 Put everything into a large pot and blend with a handblender, blend moderately leaving some chunks.
- 2 If you don't have a hand blender, use a food-processor to loosely chop the ingredients.

Indonesian Squash Soup

4	cups	squash (butternut or acorn, or add some sweet potato or carrot), cubed	1	tsp	ground cumin
			1/2	tsp	crushed chilies
1		onion, sliced	2	tbsp	fresh grated ginger
2		cloves of garlic, sliced	1/4		peanut butter (creamy or crunchy)
4-5	cups	Basic Vegetable Broth			juice of one lime

Procedure

- 1 Simmer squash, onion, garlic in stock approximately 15 minutes until squash is soft. Cool. Using blender or immersion hand-held blender, puree the whole mixture. Return soup to stove top and stir in spices, peanut butter and lime juice.
- 2 To serve garnish with cubes of tomato or green onion or toasted nuts.

Maple Sweet Potato Soup

2	large	sweet potatoes (yams)	2	tbsp	maple syrup
1	tsp	oil	1	tbsp	lemon juice
2	cup	chopped onion	2	tsp	nutmeg
4	2	cups			pepper and non-iodized salt to taste (optional)

Procedure

- 1 Roast whole unpeeled sweet potatoes in oven until brown and soft (oven about 350 degrees F). This can be done a day or two ahead while roasting something else in the oven. When cool, peel the skin off - it should be quite loose.
- 2 Heat oil and add onion and sweet potato. Sauté until onion is translucent (about 4 minutes).
- 3 Add remaining ingredients. Simmer for 20 minutes. Puree if you want a smooth soup, or mash if you prefer chunky.
- 4 Options: use butternut squash or pumpkin instead of sweet potato or honey instead of maple syrup.

Yield: 5 cups

Mushroom Barley Soup

1/2	cup	uncooked barley	1	lb	mushrooms sliced (use different types if desired)
6 1/2	cups	water or broth	1/2 to 1	tsp	non-iodized salt
1 to 2	tbsp	oil	5	tbsp	dry sherry
1 1/2	cups	chopped onion			freshly ground black pepper
4	cloves	garlic, minced			

Procedure

- 1 Place the barley and 1 1/2 cups of the liquid in a soup pot. Simmer until barley is tender – approximately 45 minutes. Different types of barley need different cooking times, check instructions on the package.
- 2 Sauté the onions and oil for about 5 minutes over low heat. Add garlic, mushrooms, and optional non-iodized salt. Cover and cook, stirring occasionally, until everything is very tender – approximately 10 minutes. Stir in sherry.
- 3 Add the sauté with all its liquid to the cooked barley, along with the remaining 5 cups of liquid. Simmer, partially covered another 15-20 minutes over very low heat. Adjust seasonings if needed.

Servings: 4

Pasta & Peas Soup

8-10 cups vegetable or garlic broth
3 cups peas

2 cup cooked small pasta (no salt, no egg yolk)

Procedure

- 1 Warm broth, add peas. Simmer until peas are cooked. Add cooked pasta.

Potato & Pepper Soup

1	onion, chopped	1	red pepper, chopped
4	cloves garlic, minced	2	fresh tomatoes, chopped
3	tbsp oil	1	tsp paprika
2	stalks celery, chopped	1	tsp cinnamon
2	carrots, chopped	½	tsp ground cloves
2	potatoes, peeled and cubed		non-iodized salt and black pepper, to taste
1	green pepper, chopped	8	cups Basic Vegetable Broth

Procedure

- 1 Sauté onion and garlic in the oil and add the celery, carrots, potatoes, tomatoes and spices. Cook for 5 minutes.
- 2 Add stock and simmer until the vegetables are tender – about 20-25 minutes.

Vegetable Soup

- | | | | | | |
|------|------|--|---|------|-------------------------|
| 8-10 | cups | Basic Vegetable Broth | 2 | cups | cooked pasta (optional) |
| 2-3 | cups | shredded vegetables of your choice (onions, carrots, green beans, zucchini, kale, turnips, sweet potato etc) | | | |

Procedure

- 1 Add vegetables to simmering broth. Cook for until vegetables are just tender but still have their bright colour. Add cooked pasta if using.

Vegetable Stock

2	medium	medium onions, sliced	5		cloves of garlic
2	medium	carrots, sliced	3		green onions
1		parsnip, sliced	2		bay leaves
1		stick celery, sliced	10		peppercorns
1		apple or pear, quartered	3/4	cup	chopped parsley
1	cup	of sliced mushrooms	2	quarts	water
1	medium	tomato			

Procedure

- 1 Boil all ingredients for one hour. Mash with potato masher. Strain liquid by pressing veggies with spatula or back of spoon. Stock will keep in fridge for approximately 3 days. It also freezes well.

Winter Minestrone

1 1/2	cups	chopped onions	2	tsp	ground fennel seeds
5		garlic cloves, minced	2	tsp	dried oregano
1	cup	diced celery	1/4	tsp	dried chili flakes
2	tbsp	red wine (or sherry)	1	tsp	freshly ground dried rosemary OR 1 fresh rosemary sprig
1	tsp	non-iodized salt	3	cups	fresh tomatoes -- chopped or pureed
1	cup	diced carrots	2-3	cups	water
1	cup	diced parsnips	1/2	cup	dry red wine -- (optional)
1	cup	chopped fennel bulb	3/4	cup	chopped fresh parsley
1 1/2	cups	cubed sweet potatoes	1 1/2	cups	cooked drained kidney beans (optional). Note canned beans may have salt. Check the label, or prepare and cook packaged beans.

Procedure

- 1 In a large soup pot, sauté the onions, garlic, and celery in wine on low heat for 8 minutes. Stir in the non-iodized salt, carrots, parsnips, and chopped fennel bulb. Cover and continue to cook for 10 minutes.
- 2 Add the sweet potatoes, ground fennel, oregano, red pepper flakes, and rosemary and simmer for about 5 minutes. Add the tomatoes, water, and the wine. Cover and simmer for 20 minutes or until all vegetables are tender.
- 3 Add the cooked beans at the end, if using, and top with parsley. Servings: 6

Yukon Gold & Mushroom Soup

2	tbsp	oil	2		small bay leaves
1	small	onion, chopped	1/2	tsp	nutmeg
2		stalks celery, chopped		dash	pepper
3	cups	diced and peeled Yukon gold potatoes (4 large)	4	cups	diced mushrooms (shiitake, button, oyster, chanterelles)
3	cups	Vegetable Stock or Basic Vegetable Broth	2	tbsp	fresh parsley

Procedure

- 1 Sauté onion, celery and potatoes, stirring until slightly softened but not coloured.
- 2 Add stock, bay leaves, nutmeg. Simmer 20 minutes until potatoes are done. Discard bay leaves. Purée soup in blender or with hand-held.
- 3 In a skillet sauté mushrooms until no liquid remains. Add to soup and sprinkle with parsley before serving in individual bowls.

Servings: 6

Slow Cooker Beans

If you have a slow cooker, cooking your own beans is very easy. Chick peas are a bit more of an effort, but you can cook up a batch of Romano beans, put them in the fridge and just tossed them with rice or pasta and added herbs for another quick meal. You can also fry up with mushrooms for vegetables.

Procedure

- 1 Put romano beans in slow cooker unsoaked.
- 2 Cover with hot water.
- 3 Turn heat to "low" setting.
- 4 Cook for 3 1/2 to 4 1/2 hours.
- 5 Check after 3 hours to see if they are soft yet. The age of the beans will affect the cooking time, so there is no exact time.

Balsamic Steaks

1/2	lb	grape or cherry tomatoes, halved if desired (1 pint)	4		Rib-eye steaks, at room temperature
1	tbsp	fresh lemon juice	1/2	cup	balsamic vinegar
3	tbsp	extra-virgin olive oil	1/2	tsp	granulated sugar
		non-iodized salt (optional) + pepper	2	cups	baby arugula

Procedure

- 1 In serving bowl, combine tomatoes, lemon juice and 1 tablespoon oil. Toss.
- 2 Heat large cast-iron skillet over high 10 minutes.
- 3 Generously season steaks with iodine-free salt and pepper.
- 4 Add remaining 2 tablespoons oil to hot skillet; add steaks. Cook until nicely browned and medium-rare, about 3 minutes per side, depending on thickness.
- 5 Transfer steaks to cutting board. Cover loosely with foil; let stand 5 minutes.
- 6 Meanwhile, discard oil from skillet. Return skillet to medium-high heat. Add vinegar and sugar. (Pan will still be very hot.) Cook 10 to 30 seconds, until sugar dissolves and liquid is warm.
- 7 To serve, toss arugula with tomato mixture. Divide over 4 plates. Add 1 steak to each plate. Drizzle each with balsamic sauce.

Servings: 4

Beef & Pepper Stir-Fry

8	oz	inside-round marinating steak cut into thin strips	2		cloves of garlic, minced
4		green onions, sliced	1	tsp	grated ginger root
6		mushrooms, sliced	2	tbsp	water
1		green pepper, sliced	2	tbsp	orange juice (fresh is best)
1/2		red pepper, sliced	2	tbsp	balsamic vinegar
2		stalk celery, sliced	2	tsp	cornstarch
2	tsp	canola (or other oil)			

Procedure

- 1 Prepare sauce in a small bowl: water, juice, vinegar and cornstarch.
- 2 Stir fry beef and remove from pan. Add oil and cook garlic, ginger and vegetables. Add back beef to pan. Pour sauce over the meat and vegetables, cook 3 minutes until sauce is thick.

Servings: 4

Chili

1	package	ground beef, chicken or turkey - cooked	1	clove garlic minced
4		diced tomatoes (unsalted) or can of PC unsalted tomatoes (drain first)	1/3 cup	sliced fresh mushrooms
1		diced red pepper	1/4 cup	corn kernels
1		diced yellow pepper	1	can Heinz unsalted tomato sauce
1		diced green pepper	2	peeled and diced potatoes
1/4	cup	diced red onions		No-salt hot pepper sauce or other spicy condiment to taste



Procedure

- 1 Combine all ingredients in a large pot (remember to precook the meat)
- 2 At medium heat bring to a simmer and stir. Lower heat to low/med stir occasionally for 1hr.
- 3 Great with unsalted tortillas chips, served over basmati rice, or on its own.

Author Notes

If you can't find unsalted tortillas, substitute with *Miss Vickies Unsalted* Potato Chips, or *Kettle Brand Unsalted* Potato Chips

Flank Steak

1 lb	flank steak	2	cloves of garlic, minced
1 tsp	lemon rind, grated	1/2 tsp	oregano
2 tbsp	olive oil	dash	pepper
1 tbsp	fresh lemon juice		

Procedure

- 1 Marinade steak at least 1/2 hour. Grill 6 minutes per side (medium) or broil 4-5 minutes per side (medium).

A white bowl filled with a light-colored soup. Several dumplings are visible, along with small pieces of orange and green vegetables. The soup is garnished with green herbs.

Chicken

- ## Dumplings

- 1 In a bowl mix flour, salt and baking powder. Gradually add cold water.
- 2 Drop the mixture into the stew, a spoonful at a time 7 minutes before the stew is ready to serve. Cover to steam.

Baked Crispy Chicken Fingers

- | | | | | |
|---|-----|--------------------|---|---------------------------------------|
| 1 | cup | flour | 4 | boneless and skinless chicken breasts |
| 1 | cup | oatmeal | | pepper |
| 3 | | egg whites, beaten | | non-iodized salt (optional) |



Procedure

- 1 Pre heat oven to 400°F
- 2 Make an assembly line: one dish with flour, a dish with the beaten egg whites and a third dish with the oats.
- 3 Slice chicken into ½ inch wide strips.
- 4 Take a slice of chicken and dip into the flour – shake-off excess. Dip into the egg whites and then finally roll in the oats. Place on a baking sheet.
- 5 Bake for 15-20 minutes at 400°F until golden brown and completely baked.

Oven Temperature: 400°F

Baked Spice Chicken

1	tsp	each ground cumin and coriander	pinch	cayenne pepper
1/2	tsp	cinnamon	8	chicken drumsticks or 4 chicken breasts (2 lb/1 kg)
1/2	tsp	grated lemon rind		
1/4	tsp	each non-iodized salt and pepper (optional)		



Procedure

- 1 In large bowl, combine cumin, coriander, cinnamon, lemon rind, salt, pepper and cayenne. Add chicken; turn to coat.
- 2 Place chicken on foil-lined rimmed baking sheet; bake in 425°F (220°C) oven until juices run clear when chicken is pierced and skin is browned and crispy, about 30 minutes.

Citrus Glazed Chicken Wings

½ cup	cornstarch	2 lbs	chicken wings
2 tsp	water	½ cup	fresh lime juice
2	egg whites, slightly beaten	½	fresh cup orange juice
1 tbsp	canola oil	1/2 cup	sugar



Procedure

- 1 Combine cornstarch and water. Reserve 2 teaspoons.
- 2 In a separate bowl, beat egg whites slightly.
- 3 Dip chicken wings in egg whites, then in remaining cornstarch mixture. Lightly grease a large cooking sheet. Place wings on pan in a single layer, meaty side down. Bake at 400 degrees until lightly browned on bottom about 30 minutes.
- 4 Turn wings and bake 20 minutes more to brown other side. In a saucepan, mix lime juice, orange juice and sugar. Bring to a boil and stir in the reserved cornstarch and water. Boil several minutes, stirring constantly, until glaze thickens. Brush glaze over chicken wings. Continue baking until glaze bubbles, about 5 minutes.

Oven Temperature: 400°F

Easy Herb Baked Chicken

SEASONED FLOUR

- 1/2 cup whole wheat flour
- 1/4 cup cornmeal
- 1 tsp black pepper
- 2 tsp basil
- 2 tsp thyme
- 1 tsp oregano
- 1 tsp tarragon

- 1 tsp paprika
- 1 tsp mustard powder

CHICKEN

- 4 skinless chicken drumsticks
- 4 skinless chicken thighs
- 4 tbsp herb-seasoned flour
- 3/4 cup water

Procedure

SEASONED FLOUR

- 1 Combine all ingredients in a jar with a lid. Cover and shake.
- 2 Store extra in the freezer.

CHICKEN

- 1 Remove skin from chicken and trim any excess fat.
- 2 Place chicken pieces on a plate and sprinkle with herb seasoned flour. Roll in the seasoned flour to coat top and bottom of pieces.

- 3 Arrange breaded chicken pieces in a shallow baking dish that has been lightly coated with oil. Pour warm water down side of pan, not directly on chicken.
- 4 Bake uncovered in a 375°F (190°C) oven for 45 minutes or until chicken is no longer pink inside and nicely browned. Baste occasionally with liquid in pan to brown top of chicken. Add more water if there's not enough liquid in pan for basting.

Gingered Chicken Breast

1	tbsp	fresh lemon juice	2	cloves	garlic
1 1/2	tsp	finely grated fresh ginger	4		boneless, skinless chicken breast halves
1/2	tsp	freshly ground black pepper			

Procedure

- 1 Combine the lemon juice, ginger, pepper, and garlic in a small bowl. Place the chicken breasts in a deep bowl. Pour the ginger mixture over the breasts, turning once to coat both sides. Cover, and refrigerate for 30 minutes to 2 hours.
- 2 Spray a large non-stick skillet with cooking spray. Heat the skillet on medium-high until hot. Add the chicken. Cook, turning once, until cooked, about 8 minutes.

Lemon Chicken Stir-Fry

1	tblsp	lemon zest	2	tblsp	sherry (optional)
1/4	cup	fresh lemon juice	3		chicken breasts, sliced
1	tsp	sugar	2	cups	sliced mushrooms (various types: button, cremini, shitake, oyster)
3	tsp	cornstarch	1		red pepper, sliced
1/2	cup	broth (homemade or <i>PC Blue Menu chicken broth</i>)	1/4	cup	green onions, cut on the diagonal



Procedure

- 1 Slice chicken and marinate in 1 tsp of sherry for at least half an hour.
- 2 Put zest of lemon aside. Obtain 1/4 cup of lemon juice (approx one small lemon) and add sugar and 3 tsp cornstarch. Stir well and then add to 1/2 cup broth and sherry.
- 3 Stir-fry chicken until cooked and remove from pan. Stir-fry mushrooms & peppers. Add back cooked chicken and lemon sauce. Simmer 3 minutes until sauce is thickened. Just before serving, garnish with green onion.

Lemon Dill Chicken in a Pouch

This recipe was supplied by Norene Gilletz and served as the basis of Thyroid Cancer Canada's Low Iodine Diet Lunch 'n Learn Event on May 29, 2010

This is a perfect dish for one person or for a crowd. For a large quantity, multiply all ingredients. Easy and versatile! Cold leftovers are delicious thinly sliced and served on a crusty roll or in a salad.

- | | | | | |
|---|--|-----|------|--|
| 1 | boneless, skinless chicken breast, trimmed of fat (1/4 lb/125 g) | | | paprika, to taste |
| | <i>Windsor Coarse Salt</i> , if desired | 1 | tsp | fresh dill, minced (or 1/2 tsp. dried) |
| | freshly ground pepper, to taste | 1/2 | tsp | olive or canola oil |
| | | 1-2 | tbsp | fresh lemon juice |

Procedure

- 1 Place chicken in a bowl and sprinkle it with seasonings. Rub with dill, oil and lemon juice. Let marinate for 30 minutes at room temperature, or cover and refrigerate up to 24 hours.
- 2 Cut a large square of foil or parchment paper. Place chicken on the foil and drizzle lightly with the marinade. Seal package by crimping edges closed. (If preparing several portions, make individual packages.) Place on a baking sheet and bake in a preheated 400°F oven for 20 to 25 minutes. (Use a toaster oven for 1 or 2 portions.) To serve, place pouch on a serving plate and cut open at the table.
- 3 Best served immediately, but if you make a large quantity, leftovers can be reheated. Cooked chicken might be too dry if frozen. (Read Time-Saving Secret, below.)

Servings: 1

Oven Temperature: 400°F

Author Notes

- Forget-about-the-Pouch Version: Place marinated breasts on a lightly greased baking sheet. Bake uncovered at 400°F for 20 minutes.
- Grilled or Broiled Lemon Chicken: Preheat grill or broiler. Prepare chicken as directed in Step 1. Remove chicken from marinade and pat dry. Grill or broil over medium-high heat, allowing 5 to 6 minutes per side. Baste often with marinade. Do not overcook or chicken will be dry.
- Microwave Method: In Step 2, wrap marinated chicken breasts in parchment paper. Cook 3 minutes on HIGH for 1 single breast, 4 to 4 1/2 minutes for 2 single breasts, and 6 to 7 minutes for 4 single breasts (1 to 1 1/4 pounds). When done, chicken juices should run clear.

Orange Glazed Chicken Breasts

- | | | | | |
|---|------------------------------------|-----|-----|---------------------------------------|
| 2 | boneless, skinless chicken breasts | 1/2 | cup | orange juice (fresh squeezed is best) |
| 1 | tsp olive oil | 1 | tsp | fresh thyme leaves or 1/2 tsp dry |
| 3 | garlic cloves thinly sliced | | | |



Procedure

- 1 Heat olive oil in a non-stick pan. Add the garlic and cook until softened but not brown (a few seconds). Place the chicken on top of the garlic and cook about 4 minutes. Turn the chicken over and add the orange juice and thyme. Cook until the chicken is cooked through and the orange juice is slightly reduced, approximately another 10 minutes. Remove the chicken from the pan and place on a cutting board. Reduce the orange juice more at this time, if necessary. Slice chicken into thin strips. Pour sauce over chicken.
- 2 Garnish with chopped green onions or chopped nuts if desired. Serve immediately.

Roasted Chicken with Apples & Onions

1	6- to 7-pound	roasting chicken	1/4	tsp	ground black pepper
2	tbsp	chopped fresh rosemary, or 2	4		McIntosh apples, cored and cut into thick slices but not peeled
		teaspoons dried			
2	tbsp	chopped fresh thyme, or 2	2	small	red onions, cut into 2-inch pieces
		teaspoons dried			
1/2	tsp	salt	1/2	cup	chicken broth OR apple juice OR water



Procedure

- 1 Preheat oven to 450° F. Rinse chicken inside and out and pat dry. Coat with rosemary, thyme, salt and pepper. Transfer to a shallow roasting pan and surround with apples and onions, covering the bottom of the pan. Pour broth over apples and onions. Insert a meat thermometer deep into the thickest part of the thigh next to the body, not touching the bone.
- 2 Place chicken in oven and immediately reduce temperature to 325° F. Roast 20 minutes per pound, or until thermometer reads 180°–185° F, basting every 30 minutes after the first 30 minutes of cooking. Let chicken stand 10 minutes before carving.

Oven Temperature: 325°F

Country Ribs

3	lbs	country-style pork ribs	2	cloves	garlic, minced
1	cup	pure maple syrup	1/4	tsp	salt
1/2	cup	applesauce	1/4	tsp	pepper
1/4	cup	no-salt ketchup or 1 medium tomato pureed	1/4	tsp	paprika
3	tbsp	lemon juice	1/4	tsp	ground cinnamon



Procedure

- 1 Place ribs in dutch oven. Cover with water and bring to a boil reduce heat and simmer for 10 minutes drain.
- 2 Place ribs in greased 13x9x2 inch baking dish combine remaining ingredients and pour 1/2 of it over the ribs. Bake uncovered at 325 for 1-1/2 hours or until the meat is tender, basting often with the remaining sauce.

Oven Temperature: 325°F

Herbed Pork Chops

- | | | | | |
|---|--|---|------|---------------------------------|
| 4 | pork loin chops (make sure no salt added during packaging) | 2 | tbsp | olive oil |
| | | 1 | tsp | each of dried thyme and oregano |
| 2 | tbsp fresh parsley | | dash | pepper |



Procedure

- 1 Rub oil/herb mixture into chops. Grill or broil 8-10 minutes or until done.

Seasoned Rice

1/2 cup rice (white, jasmine, brown etc)
1 cup water (or stock)

1 tsp any favourite spice or seasoning

Procedure

- 1 Rinse rice.
- 2 Add spice to water or stock.
- 3 Bring to boil, turn down to a simmer & cook until done. (20-30 minutes depending upon type of rice used)

Tabouli (Bulgur Salad)

1/2 cup	bulgur wheat	1/4 cup	minced red onion
1/2 cup	boiling water	1 stalk	celery, chopped
3 tbsp	olive oil	1 small	pepper, (any colour) chopped
3 tbsp	lemon juice	1 medium	tomato, diced
2 cloves	garlic, minced	1/4 cup	chopped nuts (walnut, almond, hazelnut) (optional)
1 tbsp	fresh mint (1 tsp dried)		
2 tbsp	fresh dill (2 tsp dried)		



Procedure

- 1 Pour the boiling water over the bulgur & let sit for half an hour.
- 2 Prepare the dressing: oil, lemon juice, garlic, spices.
- 3 Chop the vegetables.
- 4 Mix everything together, except the nuts. Just before serving, top the salad with the chopped nuts.

Servings: 4

Couscous & Mushroom Casserole

This recipe was supplied by Norene Gilletz and served as the basis of Thyroid Cancer Canada's Low Iodine Diet Lunch 'n Learn Event on May 29, 2010.

1 cup	couscous	1 cup	mushrooms, sliced
2 cups	water, chicken or vegetable broth (salt-free or homemade)	1 cup	cooked chickpeas or black-eyed peas, drained & well-rinsed
6	green onions, chopped	1	medium carrot, grated
1	red &/or green pepper, chopped		Windsor Coarse Salt & pepper, to taste
3 cloves	garlic, minced	1/2 tsp	dried basil
2 tsp	olive or canola oil	2 tbsps	minced fresh dill (or 1 tsp. dried)

Procedure

Microwave Method:

- 1 Combine couscous and water or broth in a 2-quart microsafe casserole and let stand. (Water will be absorbed by the couscous.) Combine green onions, peppers, garlic and oil in a microsafe bowl. Microwave uncovered on HIGH 3 to 4 minutes, until softened. Stir in mushrooms and cook 2 minutes longer. Add to couscous along with chickpeas, carrot and seasonings. Microwave covered on HIGH for 5 minutes, or until remaining liquid is absorbed. Fluff with a fork to separate the grains. Adjust seasonings to taste.

Conventional Method:

- 1 In a large saucepan or skillet, sauté green onions, peppers and garlic in oil until softened. Add mushrooms and sauté 3 to 4 minutes longer. Add water or broth and bring to a boil. Stir in couscous along with remaining ingredients. Bring back to a boil, cover and simmer until all the liquid is absorbed, about 5 to 10 minutes. Fluff with a fork to separate the grains. Adjust seasonings to taste. (If mixture seems dry, add a little extra liquid.)
- 2 Freezes and/or reheats well.

Yield: 6 servings of approximately 3/4 cup each

Easy Italian Meat Sauce

3	tblsp	olive or canola oil	1/2	cup	vegetable broth or water
1		carrot, grated (about 1/2 cup)	1		dried bay leaf
1		onion, chopped	1/2	tsp	dried thyme
3		garlic cloves, chopped	1/4	tsp	ground nutmeg
3/4	lb	ground beef	1	lb	fettuccine (no salt, eggs or dairy in pasta)
1		can (28 oz) whole tomatoes (no-salt type)			

Procedure

- 1 Heat oil in a large saucepan over medium heat. Stir in carrot, onion, and garlic. Add ground beef, and cook until it turns from pink to brown, about 5 minutes.
- 2 Add tomatoes and their liquid, crushing them with the back of a large spoon. Stir in broth, bay leaf, thyme, and nutmeg. Simmer 20 minutes.
- 3 Meanwhile, in a large pot of boiling salted water, cook fettuccine until al dente according to package instructions, about 12 minutes. Reserve about 1/2 cup of the cooking water; drain fettuccine, and return to the warm pot. Add meat sauce, and toss.
- 4 Note: Reserve some of the pasta cooking water, and add a little to the sauce if it seems too thick. The water is ideal for adjusting the consistency of the sauce, and the starch in the water helps the sauce adhere to the pasta.

Pasta with Roasted Veggies

1	cup	pasta	10		cloves of garlic, chopped
1		medium green pepper (bite-sized chunks)	1/4	cup	olive oil
1		medium red pepper (bite-sized chunks)	2	tsp	fresh rosemary (1 tsp dried)
3	cups	of mushrooms, cleaned	2	tbsp	wine vinegar, or balsamic vinegar

Procedure

- 1 Cook the pasta
- 2 Toss cut vegetables with oil and rosemary.
- 3 Broil in the oven 10-12 minutes until light brown.
- 4 Toss broiled vegetables, pasta and vinegar.
- 5 Serve warm or room temperature.

Carrot Slaw

6 large carrots, shredded
2 tbsp extra virgin olive oil

1- ½ tbsp fresh lemon juice
¼ cup walnuts, chopped and lightly toasted

Procedure

- 1 Toss carrots with oil in bowl. Add remaining ingredients and stir well.

Crunchy Celery Salad

1	bunch celery			Freshly ground pepper to taste
2	tbsp	red wine vinegar	1/2	cup flat-leaf parsley leaves
1/4	cup	extra-virgin olive oil	2 to 4	tbsp shredded mint leaves
1	tsp	non-iodized salt (optional)		



Procedure

- 1 Rinse and trim outer ribs of celery (about 6) and slice on diagonal. Place in medium serving bowl. Rinse and trim inner ribs (about 4) and chop coarsely, including leaves. Place in bowl.
- 2 Add vinegar and toss. Add oil, salt and pepper; toss. Just before serving, toss with parsley and mint.

Servings: 4

Cucumber & Red Onion Salad

- | | | | | |
|-----|--------------------------|---|-----|--------------------------------|
| 1 | red onion | 3 | tsp | rice vinegar, or white vinegar |
| 1/2 | English cucumber, sliced | 2 | tsp | sugar |



Procedure

- 1 Thinly slice red onion into rings. Pour one kettle of boiling water over onions to make them wilt. Drain excess water. Toss onion with cucumber, sugar and vinegar. Chill.

Easy Tomato Salad

- | | | | |
|---|-------|--|--|
| 2 | tblsp | olive oil | Freshly ground black pepper & non-iodized salt |
| 2 | | scallions, minced | (optional) |
| 3 | | fist-sized medium tomatoes (ripe but firm) | |



Procedure

- 1 Heat the olive oil in a small skillet over medium heat. Add the scallions, and sauté for about 4-5 minutes, or until the scallions are wilted. Set aside to cool for about 10 minutes.
- 2 Meanwhile, cut the tomatoes in half; squeeze out and discard the seeds. Cut the tomatoes into bite-sized chunks, and place them in a medium-sized glass or ceramic bowl.
- 3 Pour the scallions and oil over the tomatoes; add a dash of pepper and non-iodized salt if desired. Stir gently and serve right away at room temperature, or cover tightly.

Greek Salad

1 English cucumber, diced
1 green pepper, diced
1/2 onion, diced
2 tomatoes, diced

2 tbsp oil
1 tbsp red wine vinegar
dash dried oregano

Procedure

1 Whisk oil in dish, combine with vegetables.

Green Apple and Walnut Salad

6	large or 8 medium celery stalks	½ tsp	non-iodized salt (optional)
1/3 cup	roughly chopped walnuts	5 tbsp	extra-virgin olive oil
2 tbsp	freshly squeezed lemon juice		black pepper
2 tsp	dry mustard	1	large Granny Smith apple
1 clove	garlic, crushed	¼ cup	minced celery leaves
2 tsp	honey		



Procedure

- 1 Peel away and discard any tough fibres from the celery stalks. Trim the celery leaves and reserve. Cut the celery on the bias into 1/8 inch thick pieces about 1 inch in length. Transfer the celery pieces to a bowl of cold water and refrigerate.
- 2 In a small skillet over medium heat, toast the nuts for 3-4 minutes, shaking the pan for even browning. Transfer to a plate to cool.
- 3 In a salad bowl, combine the lemon juice, mustard, garlic, honey, and salt. Whisk in the oil and season with pepper.
- 4 Peel and quarter the apple. Core and cut each quarter into 2 wedges. Cut the wedges crosswise into thin slices. Add the apple slices to the dressing and toss.
- 5 Drain the chilled celery and dry in a salad spinner or blot dry with a paper towel.
- 6 Add the celery, celery leaves and walnuts to the apples and toss. Serve immediately or refrigerate for up to an hour.

Indonesian Salad

1/4	cup	cold water	1	medium	yellow onion -- thinly sliced
1/4	cup	white vinegar	3	cups	cabbage -- thinly sliced
1	tbsp	grated ginger root	1/2	cup	carrot -- finely shredded
3 1/2	tbsp	sugar	1	cups	cucumber -- thinly sliced

Procedure

- 1 Combine all the ingredients and refrigerate to blend the flavours.

Mango Tomato Salad

1	large	ripe mango, peeled and diced			juice and zest of 1 lemon
3		Roma tomatoes, quartered	1	dash	non-iodized salt (optional)
1/2		small red onion, peeled and chopped	1	dash	fresh ground black pepper

Procedure

- 1 Combine all the ingredients

Mennonite Corn Salad

4		cobs of corn, husked	5	tbsp	vinegar
1/2	cup	barley	3	tbsp	olive oil
2	large	field tomatoes, cubed	1	tsp	cumin
1/2		sweet green pepper, chopped	1/4	cup	chopped fresh parsley
4		green onions, sliced			non-iodized salt and pepper (optional)
2		medium cloves garlic, minced			

Procedure

- 1 With sharp knife, cut kernels from cobs to make 2 cups; set aside.
- 2 In large saucepan over medium heat, cover and cook barley in 2 cups boiling water 25 to 45 minutes or until tender (barley will still be slightly chewy). Add corn kernels during last 10 minutes; drain, if any liquid remains, and cool. Gently stir in tomatoes, green pepper, onions and garlic.
- 3 Whisk together vinegar, oil, cumin, salt and pepper; pour over corn mixture. Stir in parsley and toss well to combine. Cover and refrigerate for several hours for flavour development.

Servings: 4

Potato Salad

4	large	Yukon Gold potatoes (about 2 lb/900 g), cooked, peeled, diced into 1/2-inch cubes	1/4	cup	olive oil
			3	tblsp	lemon juice
1/2	cup	finely chopped green onions	1	tblsp	white vinegar
1/4	cup	finely chopped cilantro or parsley	2	cloves	garlic, crushed
2	tblsp	finely chopped mint	1/2	tsp	each: pepper, cumin



Procedure

- 1 Combine potatoes, onions, cilantro or parsley and mint in salad bowl.
- 2 In small bowl, stir together remaining ingredients. Gently stir into potato mixture. Refrigerate until chilled. Toss and serve.

Rainbow Tabbouleh Salad

This recipe was supplied by Norene Gilletz and served as the basis of Thyroid Cancer Canada's Low Iodine Diet Lunch 'n Learn Event on May 29, 2010

1/3	cup	bulgur or couscous	1/4	cup	grated carrots
2/3	cup	boiling water	1/2		English cucumber, seeded & diced
2	cups	minced flat-leaf or curly parsley	1/4–1/3	cup	olive oil (to taste)
1	cup	mint leaves	1/4–1/3	cup	fresh lemon juice (to taste)
1		green & 1 red pepper			<i>Windsor Coarse Salt</i> & pepper, to taste
4		firm, ripe tomatoes	1	tblsp	fresh basil, chopped (or 1 tsp. dried)
4		green onions (scallions)			Fresh mint or basil leaves, to garnish
1/4	cup	red onion			

Procedure

- 1 In a small bowl, combine bulgur or couscous with boiling water. Let stand for 20 minutes to soften. (Couscous will take only 10 minutes.) Meanwhile, soak parsley and mint in cold salted water for 15 to 20 minutes. Drain and dry well. Trim off tough parsley stems. Remove mint leaves from stems.
- 2 Mince parsley and mint leaves. Chop vegetables. (Do this in the processor in batches, using on/off turns to retain texture.) Combine parsley, mint and vegetables in a large mixing bowl. Add drained bulgur or couscous, olive oil and lemon juice. Mix well. Add salt, pepper and basil. Allow to stand for at least 1/2 hour for flavors to blend. Garnish with fresh mint or basil leaves.
- 3 Leftovers will keep for 2 or 3 days in the refrigerator.

Servings: 8

South Seas Rice Salad

DRESSING

2	large	limes (fresh only!) squeezed, grate a bit of rind
3	tbsp	olive oil
1- 2	tbsp	sugar
1	tsp	ground cumin
1/2	tsp	red pepper flakes
1/2-1	tsp	non-iodized salt (optional)
1/4	tsp	cayenne

SALAD

6	cups	cooked long grain rice (optional: some wild rice)
1	large	or 2 small mangos cubed
1/2	small	red onion diced small
1	cup	of fresh peas (if using frozen make sure they don't contain salt)
1	cup	chopped coriander/parsley with some basil chopped fine
1/2	cup	unsalted cashews for sprinkling on top

Procedure

- 1 Mix dressing into warm rice, add peas. Can do this up to 1 day ahead. Keep refrigerated. Add parsley at last minute. Top with cashews.

Tomato & Cilantro Salad

Popular salad in Yemen, and versions can be found all over the Middle East.

5	tomatoes, quartered, thinly sliced	1	tbsp	white vinegar	
1	cup	chopped cilantro leaves	1	tsp	non-iodized salt (optional)
1	clove	garlic, crushed	1/2	tsp	pepper
3	tbsp	olive oil	1/8	tsp	cayenne
2	tbsp	lemon juice			

Procedure

- 1 In salad bowl, gently toss tomatoes and cilantro. In small bowl, thoroughly mix remaining ingredients. Pour over tomato mixture; gently toss just before serving.

Servings: 4

Walnut Salad

1	lb	mesclun or a combination of baby leaf lettuces & greens	2	tblsp	fresh lemon juice
1/2	cup	walnuts, toasted	1	tsp	honey
3	tblsp	walnut oil (or extra virgin olive oil)		dash	of pepper



Procedure

- 1 Place mesclun and walnuts in a large bowl. In a separate bowl, whisk together walnut or olive oil with lemon juice, honey, and pepper to make the dressing. Toss salad and divide onto salad plates.

Servings: 4

BBQ Vegetables

Marinade:

- 5 tbsp olive oil
- 1 large clove of garlic, crushed
- 2 tbsp fresh herbs (parsley, basil, thyme, tarragon
 - your choice)
- pepper & non-iodized salt (optional)

Vegetables:

- peppers - red, green, yellow or orange - cut in
large strips
- eggplant - thickly sliced
- sweet potato - thickly sliced
- onions - cut in half
- mushrooms - whole or cut in half



Procedure

- 1 Prepare marinade. Brush onto cut vegetables and let sit for about hour.
- 2 Grill vegetables. Brush vegetables with more marinade and turn frequently while cooking.

Glazed Parsnips, Carrots & Pecans

3	parsnips cut into ½ inch coins	2	tsp	sugar
3	carrots cut into ½ inch coins		pinch	red pepper flakes
1	tbsp dried oregano	1/3	cup	pecans, roughly chopped
1	tbsp olive oil	¼	tsp	non-iodized salt
½	tsp ground ginger	¼	tsp	pepper
½	tsp cinnamon			

Procedure

- 1 Steam vegetables for approximately 10 minutes until done.
- 2 In a pan add oil, ginger, cinnamon, sugar and red pepper flakes to a frying pan and cook over medium heat. Bring to a boil, stirring constantly so the mixture doesn't burn. Once the sugar has dissolved, stir in the drained vegetables and pecans. Toss gently and let sit for 5 minutes.

Golden Roast Potatoes

- | | | | |
|---|--|-----|--|
| 6 | potatoes, peeled, cut into 1 inch chunks | 3 | cloves of garlic |
| 2 | tbsp olive oil | 1/2 | tsp dried herb (rosemary, sage, basil) |



Procedure

- 1 Toss and arrange on an oiled baking sheet.
- 2 Bake 375 F for 1 1/2 hours. Stir/flip over potatoes twice during baking.

Servings: 6

Green Beans with Toasted Pine Nuts

- | | | | |
|-----|------|---------------------------------------|---|
| 1 | lb | haricots verts or green beans | non-iodized salt and freshly ground black |
| 1/2 | cup | pine nuts, toasted and finely chopped | pepper |
| 3 | tbsp | olive oil | |



Procedure

- 1 Cook beans in a large pot of boiling salted water until crisp tender.
- 2 Drain and rinse with cold water.
- 3 Heat oil in a large sauté pan over medium heat.
- 4 Add the green beans and cook until just heated through, stir in pine nuts and season with salt and pepper to taste.

Author Notes

NOTE: ingredients and proportions are totally flexible. Consider adding a sprinkling of red pepper flakes, and substitute any nut or seed.

Homemade Potato Chips

This recipe was supplied by Norene Gilletz.

1 to 4 medium Idaho potatoes

Windsor Coarse Salt to taste

dried basil, oregano, garlic powder and/or cayenne, if desired

Procedure

1 Scrub potatoes thoroughly; dry well. Slice paper thin, either in the food processor or by hand. You should get about 24 slices from each potato.

Microwave Method:

1 Place 12 slices at a time on a microsafe rack. Sprinkle lightly with desired seasonings. Microwave on HIGH for 4 minutes, or until dry and crunchy. Watch carefully because cooking time depends on moisture content of potatoes. If necessary, microwave 30 seconds longer and check again. Repeat until crispy. Repeat with remaining potato slices.

Conventional Method (for a large batch):

1 Preheat oven to 450 degrees F. Spray a baking sheet lightly with non-stick spray (LID-safe). Place potato slices in a single layer on pan. Sprinkle lightly with seasonings. Bake at 450 F about 15 to 20 minutes, until crispy and golden.

2 Do not freeze

Yield: calculate 1/2 potato as 1 serving

Oven Temperature: 450°F

Italian Vegetable Stew

- | | | | | | |
|---|--------|--|---|-------|---|
| 2 | cups | mushrooms | 2 | large | potatoes cut into 1x2-inch pieces |
| 1 | tbsp | extra-virgin olive oil | 2 | cups | zucchini, cut into 1/2-inch rounds |
| 1 | large | onion, thinly sliced | 2 | | small (or one large) sweet red or yellow peppers, seeded and cut into 1x2-inch strips |
| 5 | cloves | garlic, minced | | | non-iodized salt and black pepper to taste. |
| 1 | cloves | stalk celery, thinly sliced | | | |
| ½ | cup | fresh basil, chopped | | | |
| 4 | | ripe plum tomatoes, passed through a manual food mill, or peeled and chopped finely in the food processor [enough to make 3-4 cups of puree] | | | |



Procedure

- 1 Clean mushrooms. Leave whole if they are small or cut to be in similar size to the other vegetables.
- 2 Heat the oil in a large pot. Add the onion, garlic, and celery. Stir-cook over high heat for about 4 minutes, adding a little water as necessary to prevent sticking. Add the basil and cook for a minutes. Add the tomatoes.
- 3 When mixture starts to simmer, add potatoes. Stir, bring to a boil, then turn down and simmer, covered, for 8-10 minutes. Add the zucchini and peppers and simmer 5-8 minutes more, or until all of the vegetables are tender.
- 4 Taste and adjust seasonings before serving.

Servings: 4

Oven Roasted Potato Fries

- | | | | |
|------|--------------------------------------|-------|--|
| 2 lb | Yukon gold potatoes, cut into wedges | 1 tsp | paprika |
| 3 | sprigs of fresh thyme (1 tsp dry) | | non-iodized salt and pepper (optional) |
| | zest of 1 lemon | | olive oil |

Procedure

- 1 Preheat oven to 375 degrees F.
- 2 In a large roasting pan toss potatoes in olive oil. Add thyme, lemon zest and paprika. Season with non-iodized salt and cracked black pepper.
- 3 Roast for 40 to 45 minutes or until potatoes are golden and tender. Toss occasionally to prevent potatoes from sticking.
- 4 Let cool 5 minutes before serving.

Oven Temperature: 375°F

Roasted Root Vegetables

You can use whatever combination of root vegetables you prefer: carrots, squash, turnips, potatoes etc.

2	fist-sized turnips	2	tblsp	olive oil
2	sweet potatoes, cut into wedges	1 ½	tsp	dried oregano
4	parsnips, cut into 3 inch sections	1		orange, juice and zest
1	large onion, sliced	2	tblsp	balsamic vinegar

Procedure

- 1 Preheat the oven to 425 F.
- 2 In a small dish stir together orange juice, zest and balsamic vinegar.
- 3 Toss vegetables with the olive oil and spread them out evenly on a cookie sheet. Sprinkle with the oregano. Roast for approximately 25 minutes and then turnover vegetables and roast for another 15 minutes until all vegetables are tender. Remove pan from the oven. Sprinkle roasted vegetables with mixture of juice, zest and balsamic vinegar.

Oven Temperature: 425°F

Simple & Good Ratatouille (Mediterranean Vegetable Stew)

This recipe was supplied by Norene Gilletz and served as the basis of Thyroid Cancer Canada's Low Iodine Diet Lunch 'n Learn Event on May 29, 2010

2	medium	eggplants (2 1/2 lb./1.2 kg)			<i>Windsor Coarse Salt</i> & pepper, to taste
2	medium	onions	1/2	tsp	dried basil
1		green pepper	1/2	tsp	dried oregano
1		red pepper	1/4	cup	balsamic or red wine vinegar
1	medium	zucchini	2	tbsp	brown sugar (to taste)
2	cups	mushrooms	2	5.5 oz. cans	tomato paste (salt-free)
4	cloves	garlic, minced	1/2	cup	water
1-2	tbsp	olive oil			

Procedure

- 1 Spray a large, heavy-bottomed pot with nonstick spray. Dice vegetables (do not peel eggplant). Add oil to pot and heat on medium heat. Add vegetables and sauté for 10 to 15 minutes, stirring often. If necessary, add a little water to prevent sticking.
- 2 Add seasonings, vinegar, brown sugar, tomato paste and water. Simmer covered for 25 to 30 min-add a little water. Adjust seasonings to taste. Serve hot or cold.
- 3 Mixture keeps up to 10 days in the refrigerator or freezes well.

Yield: 8 to 10 servings

Vegetarian Harvest Oven Stir-fry

This recipe was supplied by Norene Gilletz .

1	medium	eggplant, unpeeled	2	cups	sliced mushrooms (try shiitake or portobello)
1	medium	red pepper	4	cloves	garlic, crushed
1	medium	yellow pepper	1	tbsp	olive oil
1	medium	green pepper	2	tbsp	balsamic or red wine vinegar
1	medium	Spanish onion (about 2 cups)			<i>Windsor Coarse Salt</i> and pepper, to taste
2	medium	zucchini, unpeeled	2	tbsp	fresh chopped rosemary or basil (or 1 tsp. dried)

Procedure

- 1 Preheat oven to 425°F. Cut eggplant, peppers, onion and zucchini into narrow strips. Combine all ingredients in a large bowl. (May be prepared in advance, covered and refrigerated for 3 or 4 hours.) Spread in a thin layer on a large foil-lined baking sheet which has been sprayed with nonstick spray.
- 2 Place baking sheet on top rack of oven. Bake uncovered for 25 to 30 minutes, until tender-crisp and lightly browned, stirring once or twice.
- 3 This dish reheats well either in the microwave or conventional oven. Veggies will become soggy if frozen.

Servings: 6

Oven Temperature: 425°F

For Your Sweet Tooth



Almond Banana Milk

1 cup Almond Milk (page 122)

1 medium banana, peeled and cut in chunks

Procedure

1 Combine together in a blender or food processor and blend until creamy. Serve immediately.

Servings: 1

Almond Milk

1/2 cup blanched unsalted almonds
1 tbsp maple syrup

2 cups cold water

Procedure

- 1 In a large food processor blender, grind nuts until fine, about 20 to 25 seconds. (Don't over process or you'll get nut butter!) Add maple syrup to water and stir to dissolve. While machine is running slowly add water through the feed tube of the processor or the opening of the blender lid. Process for 2 minutes, until well blended.
- 2 Place a fine strainer over a large bowl. For a smoother texture, line strainer with cheesecloth or a paper coffee filter. Slowly pour Almond Milk into strainer and let it drain through. To speed up the draining process, stir it a few times, pressing down on the almonds with the back of a spoon.
- 3 Store Almond Milk in a covered jar or pitcher in the refrigerator. Stir before using. Store almond pulp in a separate container; refrigerate or freeze. Yield: about 2 cups Almond Milk and 1/3 cup ground almond pulp. Keeps 4 to 5 days in the refrigerator.

Servings: 2
Yield: 2 cups

Author Notes

- * The ratio of water to nuts will determine the thickness of the nut milk. For a thicker mixture, use less water. This will produce a perfect replacement for heavy cream to pour over your favorite berries.
- * Buy almonds in bulk for maximum freshness and minimum cost. Store almonds (or any nuts) in the refrigerator or freezer to prevent them from becoming rancid. One pound of almonds yields about 4 cups.

Cashew Milk

See Almond Milk (page 122) Recipe

Procedure

- 1 Follow the recipe for Almond Milk, but substitute unsalted cashews for almonds. For a thicker liquid the consistency of heavy cream, just use less water - pour it over berries for a delicious treat. Cashew Milk makes an excellent alternative to coconut milk in curries and doesn't contain the saturated fat or coconut.

LID-Friendly, Healthy Drink

2 cups Kale (substitute) spinach, romaine or leafy green)
 1/2 English cucumber
 2 stalks of celery
 1/2 inch or teaspoon ginger root
 1 bunch parsley (fist full)
 1/2 cup water

Juice of 1 lime
 Juice of 1/2 lemon
 for sweetness I add any one of the following - apple, pear, pineapple, mango, strawberries

Procedure

1 After everything is combined in a blender, this recipe makes 28 to 30 ounces. Drink will keep up to two days.

Mochachino Iced Coffee

1	cup	cold brewed coffee	1/4- 1/2	tsp	cinnamon
1	cup	<i>YŮ Rice Beverage</i> or Almond Milk (page 122)		pinch	of fresh ground nutmeg
2	tbsp	cocoa powder	2		glasses - 1/2 full of ice
1	tbsp	sugar			
1	tsp	vanilla (optional)			

Procedure

- 1 Blender all the ingredients except the ice and process for 1-2 minutes or until frothy. Fill 2 tall glasses half-full with ice and then pour the coffee mixture over the ice, dividing it evenly between the glasses. Serve immediately.

Servings: 2

Pink Lady

1 ruby red grapefruit
1 white grapefruit

1 cup steeped cranberry, berry or hibiscus herbal tea
sugar or honey to taste

Procedure

1 Juice the grapefruit and add to the tea. Add sweetener to taste.

Rice Milk

from Prabalini in India

3/4 cup	brown (or white) basmati rice	6 cups	water
1/3 cup	nuts (almonds, or raw cashews)	3 tbsp	sugar (optional)
6	cardamom pods- seeds coarsely crushed (optional)		

Procedure

- 1 Soak almonds in warm water for about 30 minutes and then peel the skins. Grind rice to a fine meal, using a blender or spice grinder, like a semolina (cream of wheat) texture is achieved.
- 2 Combine the rice meal, almonds and cardamom (if using). Add about 4 cups of water and mix. Keep the mixture covered and let sit overnight.
- 3 Next morning, place the mixture and sugar in a blender. Gradually adding two cups of water, blend to smooth. Pour the rice milk through a sieve or cheesecloth filter into a bowl. Gently squeezing/stirring, extract the milk. Refrigerate the rice milk for about 15 minutes.
- 4 If you wish, add lemon or orange juice and bananas to the milk and blend to make a smoothie.

Servings: 6

Note: *YÜ Rice Beverage* is available for purchase in major supermarkets and health food stores, for those who prefer to buy ready-made products

Classic Lemonade

1 3/4 cups white sugar
8 cups water

1 1/2 cups lemon juice

Procedure

- 1 In a small saucepan, combine sugar and 1 cup water. Bring to boil and stir to dissolve sugar. Allow to cool to room temperature, then cover and refrigerate until chilled.
- 2 Remove seeds from lemon juice, but leave pulp. In pitcher, stir together chilled syrup, lemon juice and remaining 7 cups water.

Berry Blaster

½ cup frozen blueberries
½ cup strawberries

Optional Ingredients

1 tsp honey
1 tsp flax oil
1 drop vanilla



Procedure

- 1 Pour in enough juice or herbal tea (cranberry, orange, berry, hibiscus) to cover the fruit
- 2 add a teaspoon of honey (optional)
- 3 add a teaspoon of flax oil (optional)
- 4 drop of vanilla (optional)
- 5 Puree in a blender until smooth.

Blueberry Smoothie

1 cup frozen blueberries
1 cup orange juice

1/2 cup ice cubes
honey or sugar to taste

Procedure

1 Puree in a blender until smooth.

Dairy-free Smoothie

This recipe was supplied by Norene Gilletz

Tip: If both the banana and strawberries are frozen, you'll get a thicker smoothie.

1 frozen banana, cut in chunks

1 cup strawberries (fresh or frozen)

1 cup apple or orange juice

Procedure

1 Combine all ingredients in a blender or food processor and blend until thick and creamy. Serve immediately.

Yield: 1 to 2 servings.

Author Notes

Variations: Instead of strawberries, substitute peeled peaches, nectarines, mango, papaya, or pineapple, cut in chunks. Use cranberry or pineapple juice as the liquid. For natural sweetness and a flavor boost, add 2 or 3 large pitted dates.

Almost Sinful Brownies

1 ¼	cups	white sugar	4	egg whites, lightly beaten	
9	tbsp	cocoa powder	1	tsp	vanilla
1/2	cup	apple sauce	1	cup	oatmeal (any variety, uncooked)
1/4	cup	oil + 3 tbsp oil (e.g. canola)	1	cup	all purpose flour
			1	tsp	baking powder



Procedure

- 1 Heat oven to 180°C (350°F). Lightly spray bottom only of 30x22 cm (13"x9") baking pan with no-stick cooking spray.
- 2 Mix sugar and cocoa. Stir in apple sauce, oil, egg whites, and vanilla; mix well. Add combined oats, flour, and baking powder; mix well. Spread evenly in prepared pan. Bake 22 to 25 minutes or until centre is almost set and edges pull away from sides of pan. (Do not over bake.) Cool completely. Sprinkle with icing sugar just before serving, if desired. Cut into bars. Store loosely covered.

Yield: 24 bars

Oven Temperature: 350°F

Apple Coffeecake

1/3	cup	white sugar	1	orange (save 1 tsp orange rind)
2	tsp	ground cinnamon	3	egg whites
4		apples (peeled or unpeeled)	1	cup white sugar
1-3/4	cup	all-purpose flour	1/2	cup vegetable oil
2	tsp	baking powder		



Procedure

- 1 Combine 1/3 cup sugar and cinnamon; set aside. Slice 1 apple and toss with half of the brown sugar mixture; set aside. Dice remaining apples; set aside. Combine flour and baking powder; set aside. Grate 1 tsp (5 mL) rind from orange; squeeze out juice and set aside.
- 2 In bowl, beat together egg whites with 1 cup white sugar, oil, rind and juice until blended; add flour mixture and stir until just blended. Fold in diced apples. Spread half of the batter in an oiled and floured 9-inch (23 cm) springform pan; sprinkle with remaining sugar mixture. Cover with remaining batter.
- 3 Arrange reserved sliced apple mixture in pinwheel design on top. Bake in 350°F (180°C) oven for about 70 minutes or until cake tester comes out clean. Let cool on rack. Can be made ahead and frozen.
- 4 Variation: Pear Orange Coffeecake. Substitute 4 Pears (ripe but firm and peeled) for apples.

Oven Temperature: 350°F

Baked Apples

Apples

- 4 Macintosh apples - peeled and sliced
- 1 tsp cinnamon
- 1 tbsp brown sugar

Crisp Topping

- 1/2 cup rolled oats (depends on how many rolled oats you like)
- 1/4 cup all purpose flour
- 1/4 cup brown sugar
- 2 tsp cinnamon
- 2 tbsp canola oil (replaces butter) .. might need more or less.

Procedure

- 1 Mix the Apple ingredients well and place in a baking pan
- 2 Mix the Topping ingredients together in a bowl, then add the canola oil and work into the mixture with your hands. Then sprinkle it on top of the apples in the baking pan.
- 3 Bake at 350 for 30-40 minutes...

Oven Temperature: 350°F

Banana Chocolate Cake

1 1/2	cups	flour	2		bananas, mashed
1/3	cup	cocoa powder	4.5	tbsp	oil (e.g. canola)
1	tsp	baking soda	3/4	cup	cold water
1/2	tsp	non-iodized salt (optional)	1	tsp	vanilla extract
1	cup	sugar	1	tbsp	vinegar



Procedure

- 1 Preheat oven to 375 F.
- 2 In an ungreased 8-inch or 9-inch square baking dish, stir-in dry ingredients.
- 3 Put all liquid ingredients except the vinegar into a 2-cup measuring cup and whisk into the dry ingredients. When the batter is smooth, add in the vinegar and stir until well-combined.
- 4 Bake at 375 F for approximately 25-30 minutes.

Oven Temperature: 375°F

Coffee Pecan Brownies

1 cup	canola oil	1 cup	of flour
4 oz	pure unsweetened baking chocolate (melted)	pinch	non-iodized salt
2 cups	white sugar	1 tsp	vanilla
4	egg whites	1 cup	large pecan pieces (toast them first)
2 tbsp	instant coffee (optional)		

Procedure

- 1 Mix all together:
- 2 Preheat oven to 350 degrees. Line a 9x13 pan with aluminum foil and scoop in the mixture. Bake for 20-25 minutes (ovens vary a huge amount: when they smell good take them out and consume!)
- 3 Don't forget to peel the alum. foil off before eating of course!
- 4 Suggest eating ALOT of these while warm to elevate mood, energy and good humor!
- 5 Drizzle in a bit of chocolate liqueur or some other favorite liquid

Oven Temperature: 350°F

Fudgy Brownies

1	cup	sugar	1/3	cup	unsweetened cocoa powder
1	cup	flour	1/2	tsp	baking powder
1	tbsp	ground flax seed	1/2	tsp	vanilla (optional)
1/4	cup	canola oil	1/4	tsp	non-iodized salt (optional)
1/3	cup	water			

Procedure

- 1 Lightly oil an 8 x 8 baking pan.
- 2 In a bowl, mix all dry ingredients: sugar, flour, ground flax, cocoa powder, baking powder, optional non-iodized salt. Stir well to evenly combine ingredients.
- 3 In a measuring cup, mix the wet ingredients: oil, water, optional vanilla. Add wet ingredients to dry ingredients. Do not over mix.
- 4 Bake at 350 F for about 20-25 minutes.

VARIATIONS:

- 1 Mocha: Replace water with cold coffee
- 2 Walnut: Add 1/3 cup chopped walnuts to the dough before baking.
- 3 Chocolate Chips: Add 1/3 cup non-dairy LID-compatible chocolate chips to the dough. e.g. *President's Choice The Decadent Semi Sweet Chocolate Chips* (always check the ingredients, just to make sure).
- 4 Peanut Butter Swirl: In a small bowl, combine 3 tablespoons peanut butter and 3 tablespoons maple syrup. Mix until smooth Drop spoonfuls onto brownie batter in the baking dish. With knife, swirl, but be careful not to fully combine.
- 5 Raspberry-Chocolate: Mix 3 tablespoons raspberry preserves into the wet ingredients (water, oil).

- 6 Chocolate Frosting: In a small bowl combine ½ cup non-dairy LID-friendly chocolate chips with 1 1/2 tablespoons of nut butter (peanut, almond, cashew) add approximately 3 tablespoons of water or rice milk (like *YÜ Rice Beverage*). Melt frosting in the microwave for 35-40 seconds, or put frosting over a bowl of warm water and stir until ingredients are melted and smooth. Frost brownies and let them sit for about 40 minutes for the frosting to firm up.

Oven Temperature: 350°F

Six Minute Chocolate Cake

1 1/2	cups	flour	1/2	cup	oil (e.g. canola)
1/3	cup	cocoa powder	1	cup	cold water or brewed coffee
1	tsp	baking soda	2	tsp	vanilla extract
1/2	tsp	non-iodized salt (optional)	2	tbsp	vinegar
1	cup	sugar			

Procedure

- 1 Preheat oven to 375 F.
- 2 In an ungreased 8-inch square baking dish, stir-in dry ingredients.
- 3 Put all liquid ingredients except the vinegar into a 2-cup measuring cup and whisk into the dry ingredients. When the batter is smooth, add in the vinegar and stir until well-combined.
- 4 Bake at 375 F for approximately 25-30 minutes.

Oven Temperature: 375°F

Spice Cake or Cupcakes

1	cup	<i>YÜ Rice Beverage</i> or homemade (e.g. Almond Milk (page 122))
1	tsp	apple cider vinegar
1 1/4	cups	unbleached flour
2	tbsp	corn starch
3/4	tsp	baking powder
1/2	tsp	non-iodized salt
1/3	cup	canola oil
3/4	cup	granulated sugar
2 1/4	tsp	vanilla extract

1/2	tsp	ground Cinnamon
1/2	tsp	ground cloves
1/2	tsp	ground nutmeg

Vanilla Butter Cream Frosting

1/2	cup	<i>Becel Vegan</i> margarine
2 1/2	cup	Sifted Powdered sugar
3	tbsp	<i>YÜ Rice Beverage</i> or homemade Almond Milk (page 122)
1 1/2	tsp	Pure Vanilla Extract

Procedure

- 1 Spray one layer cake pan with non stick all natural canola oil spray.
- 2 Whisk milk and vinegar, set aside to curdle.
- 3 In large bowl mix milk mixture, oil, sugar and vanilla. Sift flour, corn starch, baking powder, salt, cinnamon, cloves and nutmeg. Add gradually to the liquid ingredients.
- 4 Pour into cake pan or a 12 muffin tin lined with cupcake paper liners and bake at 350 approximately 20 or until tested done. Transfer to a cooling rack and let completely cool.

Vanilla Butter Cream Frosting

- 1 Cream Margarine, milk and vanilla into a creamy consistency. Gradually add the sugar, beating until light and fluffy. Add a splash more of milk as needed for spreading consistency.

2 If making a layer cake, split the layer in half, frost cut side, place top on and frost as for a regular layer cake. For cupcakes frost each as desired.

Yield: 12 cupcakes or one layer of cake

Oven Temperature: 350°F

Author Notes

You can make Spice Cake with butter cream frosting. In one layer pan by splitting the layer to make a "layer cake" frosting it on all sides like a regular cake.

Vanilla Cupcakes

1	cup	<i>YÜ Rice Beverage</i>	or homemade Almond Milk (page 122)	3/4	cup	granulated sugar
1	tsp	apple cider vinegar		2 1/4	tsp	vanilla extract
1 1/4	cups	unbleached flour				Vanilla Butter Cream Frosting
2	tbsp	corn starch		1/2	cup	<i>Becel Vegan</i> margarine
3/4	tsp	baking powder		2 1/2	cup	Sifted Powdered sugar
1/2	tsp	non-iodized salt		3	tbsp	<i>YÜ Rice Beverage</i> or homemade Almond Milk (page 122)
1/3	cup	canola oil		1 1/2	tsp	Pure Vanilla Extract

Procedure

Cupcakes

- 1 Spray one layer cake pan with non stick all natural canola oil spray.
- 2 Whisk milk and vinegar, set aside to curdle.
- 3 In large bowl mix milk mixture, oil, sugar and vanilla. Sift flour, corn starch, baking powder. Add gradually to the liquid ingredients.
- 4 Pour into cake pan or a 12 muffin tin lined with cupcake paper liners and bake at 350 approximately 20 or until tested done. Transfer to a cooling rack and let completely cool.

Vanilla Butter Cream Frosting

- 1 Cream Margarine, milk and vanilla into a creamy consistency. Gradually add the sugar. Beating until light and fluffy. Add a splash more of milk as needed for spreading consistency.
- 2 If making a layer cake, split the layer in half, frost cut side, place top on and frost as for a regular layer cake. For cupcakes frost each as desired.

Yield: 12 cupcakes Oven Temperature: 350°F

Vegan Chocolate Cupcakes

2 1/2	cups	flour	6	tbsp	apple sauce
1 1/2	cup	water	2	tsp	vinegar
1	cup	sugar	2	tsp	baking soda
3/4	cup	vegetable oil (e.g. canola)	1	tsp	vanilla
2/3	cup	cocoa	1/2	tsp	non-iodized salt (optional)



Procedure

- 1 Preheat oven to 375. In a large bowl, whisk together dry ingredients then thoroughly mix in all of the remaining ingredients. Fill 12 greased or papered cupcake wells 3/4 of the way through and bake 15 minutes or until a toothpick inserted in the center cupcake comes out clean.
- 2 Sprinkle with confectioners' sugar.

Yield: 12 cupcakes

Oven Temperature: 375°F

Caramel Matzoh Crunch

Most matzoh is made with flour and water only, but there are also some on the market with all sorts of added ingredients, so be sure to check the label and purchase the plain kind..

6		unsalted matzoh	1-1/4	cups	LID chocolate, chopped (or use chips)
1	cup	canola oil			
1-1/2	cups	brown sugar, firmly packed	1	tsp	vanilla



Procedure

- 1 Preheat oven to 375°F.
- 2 Line a large (or two smaller) cookie sheets completely with foil.
- 3 Cover the bottom of the sheet with baking parchment on top of the foil. This is very important since the mixture becomes sticky during baking.
- 4 Line the bottom of the cookie sheet evenly with the matzo, cutting extra pieces, as required, to fit any spaces.
- 5 In a 3-quart, heavy-bottomed saucepan, combine the oil and the sugar. Cook over medium heat, stirring constantly, until the mixture comes to a boil, about 2 to 4 minutes.
- 6 Boil for 3 minutes, stirring constantly. Remove from the heat, add vanilla, and pour mixture over the matzo, covering completely.
- 7 Place the baking sheet in the oven and immediately reduce the heat to 350°F. Bake for 15 minutes, checking every few minutes to make sure the mixture is not burning. If it seems to be browning too quickly, remove the pan from the oven, lower the heat to 325°F, and replace the pan.

- 8 Remove from the oven and sprinkle immediately with the chopped chocolate or chips.
- 9 Let stand for 5 minutes, then spread the melted chocolate over the matzo. Chill, still in the pan, in the freezer until set. Break into pieces
- 10 VARIATIONS: sprinkle slivered or chopped nuts on top as the chocolate sets.
- 11 Experiment with replacing vanilla with other flavorings (such as almond, orange, etc.)

Oven Temperature: 375°F

Chocolate Pudding

1 cup sugar
3 tbsp cocoa

6 tbsp unbleached flour
1/4 tsp non iodized salt (optional)

Procedure

- 1 Combine the ingredients in a stove pot:
- 2 Add 2 cups boiling water, stir. Continue to cook and gently simmer until mixture is thick. This happens quickly, so be careful. Using a whisk helps.
- 3 Remove from heat and add 1 teaspoon vanilla extract [or other extract, such as almond]
- 4 Pour into individual serving dishes.

Jumbleberry Crisp

This recipe was supplied by Norene Gilletz and served as the basis of Thyroid Cancer Canada's Low Iodine Diet Lunch 'n Learn Event on May 29, 2010

Filling:

1 1/2 cups strawberries, hulled & sliced
 2 cups blueberries
 1 1/2 cups cranberries &/or raspberries
 2 large apples, peeled, cored & sliced
 1/3 cup flour (whole-wheat or all-purpose)
 1/3 cup sugar (white or brown)
 1 tsp cinnamon

Topping:

1/3 cup brown sugar, packed
 1/2 cup flour (whole-wheat or all-purpose)
 3/4 cup quick-cooking oats
 1 tsp cinnamon
 1/4 cup canola oil

Procedure

- 1 Combine filling ingredients; mix well. Spray a 10-inch glass pie plate or ceramic quiche dish lightly with non-stick spray. Spread filling ingredients evenly in dish.
- 2 Combine topping ingredients (can be done quickly in the processor). Carefully spread topping over filling and press down slightly. Either bake at 375°F for 35 to 45 minutes until golden, or microwave uncovered on HIGH for 12 to 14 minutes, turning dish at half time. Serve hot or at room temperature.
- 3 Freezes well.

Servings: 10

Oven Temperature: 375°F

Author Notes

- Topping can be prepared ahead and frozen. No need to thaw before using!
- Prepare crisp as directed, but use 6 to 7 cups of assorted frozen berries and omit apples. Assemble in an aluminum pie plate, wrap well and freeze it unbaked. When you need a quick dessert, unwrap the frozen crisp and bake it without defrosting at 375°F about 45 minutes.
- If you are making this dessert in the microwave, place a large microsafe plate or a sheet of waxed paper under the cooking dish to catch any spills!
- Skinny Version: Reduce oil to 2 tablespoons and add 2 tablespoons water or apple juice to the topping mixture.
- Fruit Crisp: Substitute 6 to 7 cups of assorted sliced fresh (or frozen) fruits &/or berries (peaches, pears, nectarines, blackberries, etc.).

Strawberry Fluff

- | | | | |
|---|--|--------|--------------------|
| 2 | egg whites | 2 cups | fresh strawberries |
| 3 | tbsp confectioners sugar (or to taste) | | |



Procedure

- 1 Beat whites stiff, adding sugar gradually.
- 2 Mash strawberries in a bowl (or blender or food processor, but avoid pureeing them).
- 3 Add berries to egg white mixture and beat an additional 5-10 minutes.
- 4 Freeze.
- 5 NOTE: other variations say to refrigerate until serving, which sounds like it might lead to a fluffier, firmer texture.

Almond Macaroons

1 ¼ cups ground almonds
¾ cup sugar
1 tsp flour

2 egg whites
2 drops vanilla

Procedure

- 1 Preheat oven to 350 F. Mix the ground almonds, sugar and flour in a large bowl. Beat the egg whites until they form peaks and then fold them into the almond mixture with the vanilla. Drop by spoonfuls onto a baking sheet lined with parchment and bake in preheated oven until puffy and firm (approximately 20minutes).

Oven Temperature: 350°F

Apple Spice Cookies

2	cups	sifted all-purpose flour	1/2	cup	canola oil
1	tsp	baking soda	1 1/3	cups	packed brown sugar *
1/2	tsp	non-iodized salt	1/3	cup	apple juice
1	tsp	ground cinnamon	1	cup	chopped walnuts
1	tsp	ground cloves	1	cup	chopped apples
1	tsp	ground nutmeg	1	cup	raisins

Procedure

- 1 Cream together oil and brown sugar. Stir in flour, baking soda, salt and spices until dampened. Stir until smooth. Mixture will be very thick.
- 2 Stir in nuts, apples and raisins.
- 3 Drop by tablespoon 2 inches apart on a lightly greased cookie sheet.
- 4 Bake 8 to 10 minutes in a 400 degrees F (205 degrees C) oven. Let cool slightly, remove from cookie sheet.

Yield: 3 dozen cookies

Oven Temperature: 400°F

Banana Cookies

1	cup	quick oats	1/4	tsp	nutmeg
1	cup	ground oats (use a food processor or spice grinder)	1	tsp	baking powder
1/3	cup	sugar	1	cup	overripe banana, puréed (approximately 2 large bananas)
1/4	tsp	non-iodized salt (optional)	1	tsp	pure vanilla extract
1/2	tsp	cinnamon (or 1/4 tsp ground cardamom)	3– 3 1/2	tbsp	light oil, like canola



Procedure

- 1 Preheat oven to 350°F (176°C).
- 2 Mix dry ingredients in a bowl. Combine well.
- 3 In another bowl mix the wet ingredients: puréed banana, vanilla and canola oil.
- 4 Add the wet mixture to the dry mixture and ONLY stir until combined. Don't over-mix.
- 5 Drop large spoonfuls onto an oiled baking sheet. Bake for 12-15 minutes, until lightly golden. Remove from oven and let cool on pan for 1 minute, then transfer to a cooling rack.

Variations:

- 1 add 1/3 cup of nuts, sunflower seeds or chocolate chips

Yield: 12 cookies

Carrot Cookies

3/4	cup	all purpose unbleached flour	1/3	cup	non soy vegetable oil
1/2	tsp	baking powder			whites of 2 large eggs
1/2	tsp	non-iodized salt	1/3	cup	sugar
1	tsp	grated orange zest	1/3	cup	cooked and pureed carrots
1/2	tsp	ground cinnamon	1/4	cup	golden raisins

Procedure

- 1 Preheat the oven to 350 degrees. Lightly grease a cookie sheet.
- 2 In a mixing bowl whisk together the flour, baking powder, salt, orange zest, and cinnamon.
- 3 Mix the oil, egg whites and sugar together and beat in the pureed carrots and raisins.
- 4 Combine the wet with the dry ingredients.
- 5 Drop teaspoonfuls of dough onto the cookie sheet and space well apart.
- 6 Bake for 12 to 15 minutes or until golden brown.

Optional:

- 1 - make a glaze with powdered sugar and water (or lemon juice) and drizzle on top of cookies.

Yield: 2 1/2 dozen

Oven Temperature: 350°F

Chocolate Almond Apricot Clusters

Norene's Healthy Kitchen by Norene Gilletz

Chocolate lifts your spirits when you're feeling tired and overwhelmed. These no-bake treats are the perfect "pick-me-upper." Instead of nuts or apricots, substitute mini marshmallows.

10 oz (300 g) good-quality dark chocolate (bittersweet or semi-sweet dairy-free)	2 cups	toasted sliced or slivered almonds
	1 1/2 cups	(8 oz/250 g) cut-up dried apricots (scissors work best)
1 tbsp vegetable oil		

Procedure

- 1 Break up the chocolate into chunks and place in a large dry microwaveable bowl. Microwave, uncovered, on medium for 2 minutes, then stir. Continue microwaving on medium for 1 to 2 minutes longer, just until melted; stir well. Cool slightly before stirring in oil, almonds, and apricots.
- 2 Drop by teaspoonfuls onto parchment paper-lined baking sheets. Refrigerate for 30 to 45 minutes or until firm. Transfer to an airtight container, separating the layers with parchment or waxed paper. Yield: 48 pieces. Keeps for up to 2 to 3 weeks in the refrigerator, if you hide them well! Freezes well for up to 4 months.

Chocolate Chip Cookies (Despina's Famous)

2 1/4	cups	flour	3/4	cup	firmly packed brown sugar
1	tsp	baking soda	1	tsp	vanilla extract
1	tsp	non-iodized salt (optional)	6	tbsp	<i>Simply Egg Whites</i>
1	cup	<i>Golden Crisco</i> , at room temperature	2	cups	<i>PC Decadent Semi-Sweet Chocolate Chips</i>
3/4	cup	firmly packed brown or white sugar	1	cup	chopped unsalted nuts

Procedure

- 1 Preheat oven to 375°.
- 2 In a small bowl, combine the flour, baking soda and non iodized salt. Set aside for a minute.
- 3 In a large bowl, combine Crisco, white sugar, brown sugar, and vanilla. Beat until the mixture is creamy. Beat in the egg whites. Gradually add in the flour mixture. Stir in the chocolate chips and nuts.
- 4 Drop the cookie mixture by the tablespoonful on an ungreased cookie sheets. Bake for 9-11 minutes, until golden brown.

Yield: about 5 dozen 2 1/4" cookies

Oven Temperature: 375°F

Ginger Snap 'Granny' Cookies

3/4	cup	shortening	2	tsp	baking soda
1	cup	white granulated sugar	1	tsp	cinnamon
1/4	cup	fancy molasses	3/4	tsp	powdered ginger
1 3/4	cup	all purpose-flour	3/4	tsp	cloves



Procedure

- 1 Combine shortening, sugar, and molasses together in a large bowl. In a separate bowl, sift the flour, baking soda, cinnamon, ginger, and cloves together. Combine the two mixtures together until evenly blended. Dough should be slightly sticky. Roll into 1" balls and place on a greased cookie sheet. Bake at 375° F about 10 minutes.

Yield: 3 dozen

Oven Temperature: 375°F

Homestyle Chocolate Chip Cookies

With canola instead of margarine

1	cup	all-purpose flour	1- 1 1/2	tsp	vanilla extract
1	tsp	baking powder	1/4	cup	canola oil (a little generous 1/4 cup)
1/2	tsp	baking soda	1/3	cup	non-dairy LID-friendly chocolate chips (e.g. <i>PC Choice Decadent Semi Sweet Chocolate Chips</i>)
1/4	cup	sugar			
1/4	tsp	non-iodized salt (optional)			
1/3	cup	pure maple syrup			



Procedure

- 1 Preheat oven to 350°F (176°C).
- 2 In a bowl, sift in the flour, baking powder, and baking soda. Add the sugar and optional non-iodized salt, and stir until well combined. In a separate bowl, combine the maple syrup with vanilla, then stir in the oil until well combined.
- 3 Add the wet mixture to the dry, along with the chocolate chips, and stir through until just well combined (do not over mix).
- 4 Place large spoonfuls of the batter on a baking sheet lined with parchment paper and flatten a little.
- 5 Bake for 11 minutes, until just golden (if you bake for much longer, they will dry out). Let cool on the sheet for no more than 1 minute (again, to prevent drying), then transfer to a cooling rack.

Yield: 8-10 large cookies

Oven Temperature: 350°F

No Bake Chocolate Oatmeal Cookies

These vegan cookies are chewy and freeze well.

2/3 cup	maple syrup	1/2 cup	peanut butter
1/4 cup	oil	1 cup	rolled oats [not instant]
5 tbsp	unsweetened cocoa powder	2 tsp	vanilla extract
1 tsp	ground cinnamon		

Procedure

- 1 In a saucepan over medium heat combine the maple syrup, oil, cocoa and cinnamon. Boil for three minutes, stirring constantly. Remove from heat and stir in the peanut butter and vanilla until well blended. Then stir in the oats.
- 2 Drop by heaping spoonfuls onto waxed paper and chill to set, about 30 minutes.

Yield: 24 cookies

Peanut Butter Cookies

1 ½	cups	peanut butter (e.g. <i>PC Blue Menu Just Peanuts Peanut Butter</i>)	¾	cup	sugar
1/3	cup	<i>Becel Vegan</i> or canola oil	2	cups	flour
			½	tsp	baking powder
			½	tsp	non-iodized salt (optional)



Procedure

- 1 Combine peanut butter and margarine until smooth. You can soften the peanut butter by microwaving it for approximately 10 seconds and this makes it easier to combine with the other ingredients. Add the dry ingredients together in a separate bowl. Stir well and then add to the peanut butter mixture.
- 2 Roll into 1-inch balls or drop teaspoon-sized onto an ungreased cookie sheet. You can flatten the cookies with the back of a fork for the traditional 'crisscross' peanut butter cookie look, or just leave the tops smooth.
- 3 Bake 350F for 10-12 minutes.

Chocolate Swirl Option:

- 1 To one-half of the completed cookie dough, add 1/3 cup cocoa powder and mix well. Swirl chocolate batter with the remaining plain batter.

Oven Temperature: 350°F

Banana & Mango “Ice-Cream”

1 banana for each person
½ cup mango for each person

Sprinkle of honey or sugar to taste.

Procedure

- 1 Slice fruit and freeze on cookie sheet overnight. Remove from freezer and blend all the ingredients until they have the consistency of ice cream. Add sugar or honey to taste. Can re-chill blended fruit if needed –but don’t leave for over an hour or it will become like an ice block. Place in individual serving bowls and garnish with chopped nuts.

Servings: 1

Banana & Strawberry “Ice-Cream”

1 banana for each person.

sprinkle of honey or sugar – to taste

1/2 cup of strawberries for each person.

Procedure

- 1 Slice fruit; keep 1 whole strawberry per person for garnish. Place sliced fruit on a lightly oiled baking sheet and freeze overnight.
- 2 Remove from freezer and blend all the ingredients until they have the consistency of ice cream. Add sugar or honey to taste. Can re-chill blended fruit if needed –but don’t leave for over an hour or it will become like an ice block. Place in individual serving bowls and garnish with reserved strawberries.

Servings: 1

Banana Ice

One large banana makes one serving. Ripe bananas have more flavour. Figure out how many servings you want to make.

1 large banana

Procedure

- 1 Peel the bananas & cut them into slices (approx 1/2 inch each). Put them in a tray that can go in your freezer. Freeze for approximately 1 hour.
- 2 If you are going to leave them in the freezer longer, remove from them from the pan and put them in a freezer bag or air-tight container. They should keep for several weeks this way.
- 3 Just before serving, remove the frozen bananas and whirl them in your blender or food processor. Serve right away.
- 4 If you're feeling the need to be decadent, top the banana ice with a few chopped nuts or a teaspoon of jelly/jam.

Servings: 1

Easy Pineapple Sorbet

- 1 can (about 20 ounces) pineapple chunks packed in juice

Procedure

- 1 Pour the pineapple and juice into a long flat container and freeze. Prior to serving, take the container out of the fridge and let it sit at room temperature for about 10 minutes to soften. Use a fork to take out chunks of the block of frozen pineapple with juice. Process the pineapple chunks in a food processor or blender. Process in smaller batches if you have a smaller processor.
- 2 Serve immediately.
- 3 You can re-freeze any leftovers and re-process them again for serving.

Variations:

- 1 - add sweetener (sugar, honey, maple syrup)
- 2 - add other fruit or fruit juice - orange, lime, peach, mango, banana
- 3 - add *YÜ Rice Beverage* or some LID friendly homemade almond milk or coconut milk (2 tbsp or so)
- 4 - add some spice - cinnamon, nutmeg, whatever you want

Fudgsicles

3	cups	bananas, cut into 1-inch pieces	3	tbsp	sugar
2/3	cup	YÜ Rice Beverage or Almond Milk (page 122)	2	tsp	vanilla
3	tbsp	cocoa powder			

Procedure

- 1 In a food processor or blender, combine all of the ingredients, and process for 2-3 minutes to form a smooth puree. Fill 8 (3 oz.) frozen ice pop molds with the mixture and insert sticks. Freeze for at least 6 hours or overnight. Allow the fudgsicles to sit at room temperature for a minute so they are easier to remove from molds. Serve immediately.
- 2 Note: Mini paper cups and wooden sticks or spoons can be substituted for the frozen ice pop molds.

Yield: 8

Mochachino Iced Coffee

1	cup	cold brewed coffee	1	tsp	vanilla (optional)
1	cup	<i>YŮ Rice Beverage</i> or Almond Milk (page 122)	1/4- 1/2	tsp	cinnamon
2	tbsp	cocoa powder		pinch	of fresh ground nutmeg
1	tbsp	sugar	2		glasses - 1/2 full of ice



Procedure

- 1 Blender all the ingredients except the ice and process for 1-2 minutes or until frothy. Fill 2 tall glasses half-full with ice and then pour the coffee mixture over the ice, dividing it evenly between the glasses. Serve immediately.

Servings: 2

Peanut Butter & Banana Ice Cream

2	cups	FROZEN sliced bananas (2-3 medium bananas)	pinch	non-iodized salt (optional)
1/4	cup	no-salt nut butter (peanut, cashew, hazelnut macadamia...)		optional additions: cinnamon or nutmeg; vanilla, almond or hazelnut extract; toasted coarsely chopped nuts; some LID-friendly dark chocolate pieces
1	tbsp	sugar or maple syrup or honey (if bananas are really ripe, you may not need sweetener at all)		

Procedure

- 1 Roughly chop frozen bananas in a food processor. Add nut butter and taste. If sweetener is needed, add it. If you prefer a more frozen dessert, pop it in the freezer for 15 minutes to harden up.
- 2 Serve immediately and store remainder in the freezer.

Caramel Corn with Peanuts

3 ½ cups popped popcorn

1/2 tbsp non iodized salt

1 cup sugar

enough water to cover the sugar

1 cup peanuts, skins still on (buy them unsalted, and add your own non-iodized salt)

Procedure

- 1 Sprinkle popcorn with non-iodized salt and shake to distribute evenly.
- 2 Place sugar in a heavy-bottomed saucepan and add enough water to cover.
- 3 Cook until caramelized and golden then stir in the reserved popcorn and peanuts.
- 4 Pour onto greased sheet pan and break up slightly into clumps.

Yield: about 5 cups.

Popcorn Balls

1/2 cup honey

1/4 cup sugar

1 tbsp canola oil (or LID vegetable oil)

1/2 tsp cinnamon or 1 tsp vanilla (optional)

5 cups hot air-popped popcorn

Procedure

- 1 Oil for handling
- 2 Place air-popped popcorn in a large bowl and set aside.
- 3 In a 2-quart microwave-safe bowl, combine honey, sugar, cinnamon and 1 tablespoon oil. Cover with plastic wrap and microwave on high or to 275 degrees for 5-7 minutes.
- 4 Pour honey mixture over popcorn and stir to coat with a wooden spoon then set aside to cool.
- 5 After thoroughly washing your hands first, oil your hands then shape popcorn into balls.

Oven Temperature: 275°F

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for those being treated with radioactive iodine.*

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