
THANC

the

COOK



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** Easily locate low-sodium recipes and post-treatment friendly recipes in the handy index.*

Foreword

THANC the COOK is a compilation of tried and true recipes contributed by friends and relatives who support THANC, The Thyroid, Head and Neck Cancer Foundation, and their commitment to fund research and education in the early detection and treatment of thyroid and head and neck cancer.

Special thanks and acknowledgement is owed to several people: Mr. and Mrs. Arthur Torsiglieri for their generous financial support; Debbie Sweeney, who inspired the idea of this cookbook; Carol Graybeal, for her guidance and expertise in formatting the recipes, and to Jesse Fisher who made it happen.

And of course, to everyone who answered the call for recipes, thank you so much. I hope you will try the recipes and remember to THANC the COOK!

— Carm Sagendorf

Foreword

We are so grateful to Carmela Sagendorf, a former board member whose unique perspective as a caregiver of a head and neck cancer patient reinforced her dedication to the THANC Foundation. This cookbook melds Carmela's creative culinary mastery with her sincere desire to help the Foundation fulfill its mission.

Since its incorporation in April 2003, the THANC Foundation has undertaken and supported groundbreaking research and education in the prevention and treatment of thyroid and head and neck cancer; advanced new therapies; and alleviated the suffering and functional impairment of patients who have undergone treatment. Every year, our mission has guided us to sponsor programs for the continuing education of medical professionals, for community awareness and education, as well as patient outreach and support programs.

Through innovative health information technology programs such as the Thyroid Cancer Care Collaborative, the reach of our mission broadens and the strength of our commitment to patients magnifies. Through our involvement in the global Head and Neck Research Network, outcomes research has extended our capacity to directly improve the lives of patients receiving treatment. Our newest initiative, the Head & Neck Cancer Guide, is a support website that provides detailed information and guidance for patients and their caregivers of all ages. Such advances are only possible because of thoughtful contributions from people like you.



Icon Legend



Professional Chef

Recipes that we received from culinary professionals.



Heart Healthy

Foods that are high in soluble fiber and low in fat, sodium and other ingredients that may foster heart disease.



Thyroid Healthy

Recipes low in iodine with a good amount of fiber that use coconut oil in place of other oils—due to its anti-inflammatory properties.



Head & Neck Treatment Friendly

These recipes are easy to eat, have a higher caloric value to maintain weight, and contain little or no irritating spices.



Gluten Free

Recipes without gluten, which is a protein composite found in wheat (including kamut & spelt), barley, rye and triticale, but can also be found in processed & canned foods.



Vegetarian

Recipes that exclude meat: beef, pork, chicken, lamb, or fish. These recipes may use animal products (i.e. milk, cheese, eggs).



Vegan

Recipes that strictly exclude meat and all animal products.

APPETIZERS & BEVERAGES

Wasabi Dip

CONTRIBUTED BY PENNY HOLMAN

- 8 oz Cream cheese
- Wasabi powder, to taste
- 2 T Sesame seeds
- ½ BUNCH Scallions, chopped
- 2 T Soy sauce
- Rice crackers

Cut cream cheese horizontally down the center. Mix wasabi powder with water to make a paste. Spread wasabi paste between cream cheese layers. Top with sesame seeds, scallions, soy sauce.

Serve with rice crackers.

Nana's Meatless "Meatballs"

CONTRIBUTED BY GAIL LOGAN

- 2 T Salt
- 3 Eggplants, large; peeled & cut into quarters
- 4 Stale bread slices
- 1 Egg
- ½ c Pecorino cheese, grated
- 2 Garlic cloves, minced
- ¼ c Parsley, minced
- Salt, to taste
- Red pepper flakes, to taste
- Marinara sauce, bottled

Preheat oven to 350°F. Oil a baking pan; set aside.

Bring 6 quarts of water to a boil. Add 2 tablespoons salt. Add eggplant quarters and cook until soft. With a slotted spoon, remove the eggplant; place in a colander to drain; squeeze to remove excess water. Set aside to cool.

Soak the bread in the boiled water until soft. Drain and squeeze excess water. Chop the cooled eggplant and add the drained bread crumbs, egg, ½ cup Pecorino cheese, garlic, parsley, salt and red pepper flakes to taste. Mix until mixture holds its shape. If too soft, add bread crumbs gradually until desired consistency.

Drop by mounds onto a baking pan which has been oiled. Spoon marinara sauce over each mound; bake for 20–25 minutes.

Alternative presentation:

The eggplant mixture may also be formed into balls, rolled in breadcrumbs, and sautéed. To sauté, add 1 to 2 tablespoons olive oil to a sauté pan. Heat the oil, then add the "meatballs," cooking until golden brown.

Serve plain or with marinara sauce.

Grilled Vegetable Anti Pasti

GF

CONTRIBUTED BY CARM SAGENDORF

- 2 Red bell peppers, halved & seeded
- 2 Green bell peppers, halved & seeded
- 2 Yellow squash, cut in rounds
- 2 Zucchini, cut in rounds
- 1 Japanese eggplant, cut in rounds
- 3 Portobello mushrooms
- 2 Red onions, sliced
- 1 Asparagus bunch, trimmed
- $\frac{1}{4}$ c Olive oil, plus 2 tablespoons
- 3 T Balsamic vinegar
- Kosher salt, to taste
- Black pepper, to taste
- Garlic powder, to taste
- Onion powder, to taste

Prepare the barbecue (medium-high heat). Brush the vegetables with $\frac{1}{4}$ cup of the oil to coat lightly. Sprinkle the vegetables with salt and pepper. Working in batches, grill the vegetables until tender and lightly charred. Set the vegetables aside. Whisk the remaining 2 tablespoons of oil, balsamic vinegar, salt and pepper, garlic powder, and onion powder. Drizzle the seasoning mixture over. The amount of oil and seasonings you use is a matter of taste.

Adjust to your liking.

FOR THE ANTI PASTI

- Provolone, sliced
- Mozzarella, sliced
- Prosciutto, thinly sliced
- Imported Ham, thinly sliced
- Genoa Salami
- Black & Green olives
- Pepper Jack cheese, cubed
- Muenster cheese, cubed

Phyllo-Wrapped Asparagus with Prosciutto



CONTRIBUTED BY CINDY GIANNATASIO

- 3 oz Prosciutto, thinly sliced, cut into 30 strips
- 30 Asparagus spears, trimmed
- 10 SHEETS Phyllo dough, thawed (14 × 9 inch)
- Cooking spray

Preheat oven to 450°F.

Wrap 1 prosciutto strip around each asparagus spear, barber pole style.

Place 1 phyllo sheet on a work surface. Cover remaining phyllo sheets to prevent drying. Coat phyllo with cooking spray. Cut dough crosswise into thirds to form 3 (4-²/₃ × 9 inch) rectangles.

Arrange 1 asparagus spear across 1 short end of each rectangle; roll up jelly-roll fashion. Arrange rolls on a baking sheet; coat rolls with cooking spray.

Repeat procedure with remaining phyllo, asparagus, and cooking spray.

Bake at 450°F for 10 minutes or until phyllo is golden and crisp.

Serve warm or at room temperature.

Honey Mustard & Prosciutto Angel Wings

CONTRIBUTED BY ANNE TORSIGLIERI BERNARD

- 1 SHEET Puff pastry, store-bought, thawed
- 2 tsp Dijon mustard
- 4 T Honey
- 2-½ oz Prosciutto (*Parma ham*), thinly sliced
- 3 T Parmesan cheese, grated, divided
- 1 Egg yolk, large

Preheat oven to 400°F and place a rack in the center.

Using a rolling pin, roll the pastry to a 6 × 4 inch rectangle. Trim uneven edges.

In a small mixing bowl, combine mustard and honey; brush evenly over the pastry. Cover with prosciutto slices and sprinkle with two tablespoons Parmesan cheese. Tightly roll the long side of the pastry to the center then turn and roll the other long side to meet in the center of the pastry. Refrigerate until firm, about 20 minutes.

Using a brush, coat the pastry with the egg mixture (1 large egg beaten with 1 tablespoon of water) on all sides. Cut pastry roll crosswise into ½-inch thick slices.

Place slices on a rimmed baking sheet lined with parchment paper. Place in the preheated oven and bake until crisp and golden, about 10 minutes. Remove from oven and immediately sprinkle remaining parmesan over the angel wings. Cool on a wire rack.

Serve warm or at room temperature

Yields about 20 wings.

Reuben Pigs in Blankets

CONTRIBUTED BY LISA ZARKOSKI

- ½ c Sauerkraut, drained & roughly chopped
- 3 T Pickle relish
- 8 oz Crescent rolls dough
- ½ c Swiss cheese, shredded
- 24 Beef cocktail franks
- 1 Egg, large; lightly beaten
- Caraway seeds, for topping
- Spicy brown mustard and/or Thousand Island dressing, for dipping (*optional*)

Preheat oven to 350°F. Line a baking sheet with parchment paper.

Combine the sauerkraut and the relish in a small bowl; set aside.

Unroll the crescent dough and pinch the seams together with your fingers. Cut the dough in half lengthwise, and then slice each half crosswise into 12 strips.

Spread about 1 teaspoon of the sauerkraut-relish mixture on each strip of dough, leaving a ½ inch border on one short end. Sprinkle with the cheese. Place 1 frank on each strip of dough and roll the dough around the frank, pressing lightly to seal. Transfer to the baking sheet seam-side down; brush with the beaten egg and sprinkle with caraway seeds.

Bake until the dough is golden brown, about 15 minutes. Serve with mustard and/or Thousand Island dressing.

Buffalo Chicken Dip

CONTRIBUTED BY KAREN MAIORANO

- 20 oz CAN Chunk chicken, drained
- $\frac{3}{4}$ c Hot sauce
- 16 oz Cream cheese, softened
- 1 c Ranch dressing
- 1- $\frac{1}{2}$ c Cheddar cheese, shredded & divided

Preheat oven to 350°F.

Heat the chicken and hot sauce in a skillet over medium heat. Stir in cream cheese and ranch dressing. Cook stirring until well blended and warm.

Add $\frac{3}{4}$ cup of shredded cheddar cheese and mix well. Pour into a baking dish. Sprinkle remainder of cheese on top and cover.

Bake for 15–20 minutes until hot and bubbly.

Serve with bread or crackers.

Buffalo Shrimp

CONTRIBUTED BY MICHAEL DAVITA

- 1 lb Shrimp, medium to large
- ½ c Flour
- 1 T Paprika
- ¼ tsp Cayenne pepper
- ½ c White vinegar
- ½ c Margarine
- 2 T Hot sauce
- ⅛ tsp Worcestershire sauce
- ½ T to 1 T Paprika
- ⅛ tsp Celery seed
- ⅛ tsp Garlic salt & Black pepper, for each
- Oil, for frying
- Buffalo sauce, or your favorite

Peel and remove veins from shrimp, leaving tail on. Dry thoroughly on paper towels.

Mix flour, paprika, and cayenne pepper together in a bowl. Hold shrimp by tail and dip into vinegar and then into flour mixture. Set aside.

Melt margarine with hot sauce, Worcestershire sauce, paprika, celery seed, garlic salt and black pepper; keep warm.

Heat 1 inch of oil in a skillet. Fry shrimp, a few at a time, turning to cook both sides. Drain on paper towels. Quickly dip fried shrimp into hot sauce.

Serve with Buffalo sauce.

Cajun Shrimp

GF

CONTRIBUTED BY BECKY WAFER

- 1/2 c Olive oil
- 2 T Cajun seasoning
- 2 T Lemon juice
- 2 T Parsley, freshly chopped
- 1 T Honey
- 2 T Soy sauce
- PINCH Cayenne pepper
- 1-1/2 lb Shrimp, raw & cleaned

Whisk all ingredients (except shrimp) thoroughly in a 13 × 9 inch glass Pyrex dish. Add shrimp, tossing to cover. Keep in a single layer. Marinate at room temperature for 1 hour, flipping shrimp a few times to marinate evenly.

Place baking dish in a preheated 425°F oven and bake for 10–12 minutes, being careful not to overcook.

Remove shrimp with a slotted spoon, draining off marinade and serve with toothpicks.

Spicy Shrimp with Remoulade

- 48 Shrimp, large; peeled & deveined
(about 1-½ lbs)
- 1 T Olive oil
- 2 tsp Ground cumin
- 2 tsp Paprika
- 1 tsp Coriander, ground
- ½ tsp Garlic powder
- ¼ tsp Salt
- ⅛ tsp Black pepper

Combine spices in a bowl. Add shrimp and toss well.

Heat oil in a large skillet over medium high heat. Add shrimp and cook about 2 minutes; turn over, cook for another 2 minutes. (Cooking time depends on if the shrimp are at room temperature or straight from refrigerator; if cold, they may take an extra minute per side; they are done when they have a distinct “C” shape.)

Do not crowd pan; may need to do two batches. Serve with sauce.

REMOULADE SAUCE

- ¼ c Mayonnaise
- ¼ c Plain yogurt
- 1 tsp Grated lime zest
- 1-½ tsp Lime juice, fresh
- 1 tsp Capers, chopped
- DASH Ground red pepper

Combine all ingredients.



SHRIMP SCAMPI

Shrimp Scampi

CONTRIBUTED BY DEBBIE RAPP

- 2 lb Shrimp, uncooked, shell-on (12–15 per lb)
- 2 T Olive oil
- 2 T White wine
- Salt & Pepper, to taste
- 4 Garlic cloves, finely chopped
- $\frac{1}{4}$ c Shallots, chopped
- 1 tsp Rosemary
- 1 tsp Lemon zest
- $\frac{1}{4}$ tsp Red pepper flakes
- 2 T Lemon juice
- 1 Egg yolk
- 12 T Butter, unsalted, room temperature
- $\frac{2}{3}$ c Panko crumbs (*japanese breadcrumbs*)

Preheat oven to 450°F.

Peel and devein shrimp; butterfly them, leaving tails on.

In a bowl, combine oil, wine, salt, pepper and shrimp.

While shrimp marinates, combine the chopped garlic, shallots, rosemary, lemon zest, red pepper flakes, lemon juice, egg yolk, butter, and panko crumbs. Mix well.

Arrange shrimp tail up, in a gratin dish with the marinade. Place butter mixture on each shrimp and bake for 10–12 minutes.

Can be made ahead and baked as your guests arrive.

Roasted Baby Potatoes



CONTRIBUTED BY KRIS HALPERN

- 3 lb Red potatoes, very small
- $\frac{1}{4}$ c Olive oil
- 2 tsp Kosher salt
- 2 tsp Dill, dried
- 2 tsp Parsley flakes, dried
- 1 tsp Black pepper, ground
- 1 tsp Garlic powder

Preheat oven to 400°F.

Line a rimmed baking sheet with aluminum foil; set aside.

In a large bowl, whisk together olive oil, kosher salt, dill, parsley, pepper, and garlic powder. Add potatoes to oil mixture, turning to coat.

Spread the potatoes in a single layer on baking pan. Bake for 20–25 minutes or until fork tender. Cool in pan for 5 minutes.

Serve on forks/picks with your favorite dip; my favorite is below.

Serves 12.

RANCH DIP

- 1 pkg Ranch salad dressing/dip
- 8 oz Cream cheese, softened
- 16 oz Sour cream

Mix all together in a bowl and chill.

Mini Zucchini Bites



CONTRIBUTED BY ROZ POCARO

- 1 T Olive oil
- 1 Onion, finely chopped
- 3 Bacon slices, finely sliced
- 1 Carrot, grated
- 1 Zucchini, large; grated
- 3 Eggs
- 1 c Parmesan cheese
- ¼ c Light cream
- Salt & Pepper, to taste
- ½ c Flour, self-rising

Preheat oven to 350°F. Grease and flour miniature muffin tin.

Heat the oil in a sauté pan. Add the onion and sauté until translucent. Add the bacon and fry until it starts to get brown. Add the carrot and zucchini; cook for 2 minutes. Transfer mixture to a bowl. Allow to cool.

Beat the eggs, cheese, and cream together; season to taste. Stir the egg mixture into the cooled zucchini mixture. Stir in the flour. Spoon the mixture in prepared muffin tin.

Bake for 15–20 minutes.

The Best & Easiest Stuffed Mushrooms



GF

CONTRIBUTED BY BAMBI WINKLER

- 1 lb Sausage (*mild, sweet, or hot, according to taste*)
- 8 oz Cream cheese, room temperature
- 2 lbs Mushrooms, large

Preheat oven to 400°F.

Remove sausage casing and cook sausage in a frying pan until done, about 10 minutes. Drain fat and crumble.

Clean mushrooms and carefully remove stems and gills. Mushrooms should look like empty bowls. Reserve stems.

Finely chop reserved stems to measure 2 cups. Discard remainder. If you do not have 2 cups, that is okay. Combine sausage, cream cheese, and chopped mushroom stems. Spoon mixture into the mushroom caps, mounding about $\frac{3}{4}$ inch above the top of the cap. Place on a large baking sheet.

Bake for 20 minutes.

Marinated Mushrooms & Artichoke Hearts



CONTRIBUTED BY DIANE SAVINO

- 2 pkg Artichoke hearts, frozen
- 2 lb Mushrooms, small
- ½ c Water
- 1 c Apple cider vinegar
- ½ c Salad oil
- 1 Garlic clove, halved
- 1-½ tsp Salt
- ½ tsp Peppercorns
- ½ tsp Thyme
- ½ tsp Oregano

Cook artichoke hearts until just tender and drain. Slice mushrooms in half through the stems. Combine with artichoke hearts.

Combine water with vinegar, oil, garlic, salt, peppercorns, and herbs. Add artichoke hearts and mushrooms and toss lightly. Refrigerate, covered, overnight. Stir occasionally. Drain before serving.

Bruschetta



CONTRIBUTED BY ROZ POCARO

- 1 LOAF Italian bread, halved lengthwise
- 4 Plum tomatoes, seeded & chopped
- 1 T Fresh basil, chopped
- 1/4 c Parsley, chopped
- 1/4 c Extra virgin olive oil
- 2 Garlic cloves, finely chopped
- Salt & Pepper, to taste
- 8 oz Artichoke hearts, marinated & quartered
- 1/2 c Black olives, sliced
- 4 oz Feta cheese, crumbled

In a bowl, combine all ingredients except bread and feta cheese. Mix well.

Place bread on a baking sheet and cover each half with the mixture. Top with the feta cheese.

Place baking sheet under the broiler and toast until golden and feta cheese melts. Remove from oven and cut into slices.

Grilled & Seasoned Pita Bread



CONTRIBUTED BY DAVID DECKER
EXECUTIVE CHEF, FAIRMOUNT COUNTRY CLUB

- 4 pcs Pita bread, fresh
- 15 oz Chick peas
 - 1 Garlic clove
 - 2 Red pepper strips, roasted
- Cold water, as needed
- Lemon juice
- Salt & Pepper, to taste
- Parsley, chopped
- Extra virgin olive oil
- Oregano, dried

For the hummus, remove the chick peas from the can and rinse under cold water. In a food processor, add the garlic, roasted red pepper, and chick peas; pulse. Add cold water as needed to make a smooth consistency. Season the hummus with lemon juice, salt and pepper. Finish with some chopped fresh flat leaf parsley.

Heat the grill or sauté pan. Brush the pita with olive oil and season with salt, pepper, and oregano. Place the pita on the grill or sauté pan and cook until golden brown. Cut the pita into wedges and serve warm with the hummus.

Cheesy French Bread



CONTRIBUTED BY ANNMARIE BAIRD

- 1 LOAF French or Italian bread
- 8–10 oz Extra sharp cheddar cheese, shredded
- 1 Onion, medium; finely chopped
- 15 oz Black olives, canned, sliced
- 3 T Mayonnaise
- ¼ tsp Black pepper

Combine the shredded extra sharp cheddar cheese, the chopped onion, the sliced olives, pepper and mayonnaise. Cut the loaf of bread down the middle so you have two long halves. Spread cheese mixture on both halves.

Bake at 350°F until cheese melts (about 12–15 minutes). Slice and serve hot.

Sugar Coated Pecans

CONTRIBUTED BY MARIE GIANNATASIO

- 1 Egg white
- 1 T Water
- 1 lb Pecan halves
- 1 c Sugar, white
- ¾ tsp Salt
- ½ tsp Cinnamon, ground

Preheat oven to 250°F. Grease one baking sheet.

In a mixing bowl, whip together the egg white and water until frothy.

In a separate bowl, mix together sugar, salt, and cinnamon. Add pecans to egg whites; stir to coat the nuts evenly. Remove the nuts from the egg mixture and toss them in the sugar mixture until coated. Spread the nuts out on the prepared baking sheet.

Bake for 1 hour, stirring every 15 minutes.

Start-Your-Day Smoothie



CONTRIBUTED BY KRISTINE COLLINS

1 c Bananas

1 c Strawberries

$\frac{1}{2}$ c Spinach, fresh

$\frac{3}{4}$ c Granola

1 c Rice milk

Put all ingredients in a blender and blend until combined. *Almond milk, coconut milk, or vanilla milk may be substituted for rice milk.*

Yields approximately 2 pints—about 2 to 3 servings.

ROBIN

STORIES OF COURAGE

Eating became a challenge after my surgery, due to two radiation treatments and a persistent tumor near my right jaw. At first, I was on a feeding tube and not allowed to eat anything by mouth for 6 weeks. I believe this compromised my ability to swallow. Once six weeks had passed and I was allowed to “eat” again, it was very difficult.

I began to figure out what I could and couldn't eat. The most difficult part of this for me is that I like to eat socially. I like to enjoy a meal with family and friends. But I have learned that I can't talk and eat. It takes a while for the food to make its way down my throat. Taking a drink of water doesn't help, though my family thinks it should! I'm lucky to have a talkative family who can keep the conversation flowing, when I cannot contribute. I'm also lucky that they can practically read my mind to contribute for me!

The best way for me to get my nutrition is through smoothies or pureed soups. It's amazing what can be put in a smoothie; kale, spinach or other greens, fruit (bananas, pineapple, mangos, berries), yogurt, protein powder (if desired), peanut butter (my favorite), etc. A good blender, such as, Vitamix, is essential. Soups are great too. Any soup can be

placed in the blender and pureed and the flavors, vitamins, and nutrients are all still there. Fish is another food I have been able to eat successfully.

My best advice is to be patient. Don't rush through meals. It is nice to have your family sit with you at the dinner table a little longer than usual to allow you time

Banana-Berry Smoothie



CONTRIBUTED BY ROBIN

- 1 c Ice
- ½ Banana
- ½ c Fruit: strawberries, blueberries, frozen mango or peaches
- ½ c Yogurt
- ½ c Fruit juice, water, or milk
- 1 tsp Flax seed and/or chia seeds (*optional*)

Blend all ingredients together.

Makes approximately 24 oz—about 2 servings.

Variations can be made. Pineapple is a great smoothie fruit. Peanut butter or Carnation instant breakfast powder is a great addition with banana, if more protein is desired. Kale or spinach is good, but a great blender is needed to incorporate fibrous, leafy vegetables. Grapes and apples are good staples and sweeteners.

Vanilla Lemonade



CONTRIBUTED BY KATIE THIEMAN

- 4 c Water, divided
- 2 c Sugar
- 1 Vanilla bean, split
- 3 c Lemon juice, fresh

In a medium saucepan, combine 2 cups water, sugar, and vanilla bean; bring to a boil over medium-high heat; boil for 2 minutes.

Remove from heat, and cool completely.

Stir in lemon juice and remaining 2 cups water; refrigerate. Serve chilled over ice. Garnish with maraschino cherries, fresh mint, and lemon slices, if desired.

Egg Nog



CONTRIBUTED BY JENNIFER SUSWAL

- 6 Eggs
- 1- $\frac{1}{4}$ c Sugar, divided
- 1 pt Whipping cream
- 2 c Milk
- $\frac{1}{4}$ tsp Salt
- Nutmeg

Separate eggs and beat 6 egg whites until stiff. Add $\frac{1}{4}$ cup sugar and beat until it resembles meringue.

Beat 6 egg yolks and remaining $\frac{1}{4}$ cup sugar. Add $\frac{1}{4}$ teaspoon salt.

Combine the egg white mixture and egg yolk mixture and beat well. Add 1 pint of whipping cream and 2 cups milk. Beat well.

Sprinkle with nutmeg.

If using rum, add it just before serving.



VANILLA LEMONADE

SALADS

Kumquat-Hazelnut Arugula Salad



GF



CONTRIBUTED BY CHEF JESSE SCHENKER

- $\frac{3}{4}$ c Kumquats, whole
- $\frac{1}{4}$ c Extra virgin olive oil
- Kosher salt, to taste
- 1 Juice of one Meyer lemon (*regular lemon may be substituted*)
- $\frac{1}{2}$ lb Arugula
- $\frac{3}{4}$ c Hazelnuts, toasted & skins removed
- 1 BUNCH Mint, fresh, washed & picked

Preheat oven to 400°F.

Place a shallow pan of water on the bottom oven rack to prevent kumquats from drying out. Toss kumquats with a teaspoon of oil and a pinch of salt. Place them in a baking pan on an upper rack. Roast for 10 minutes.

In the meantime, whisk together $\frac{1}{4}$ cup extra virgin olive oil and lemon juice. Season to taste. Set aside.

In a large bowl, combine the arugula, hazelnuts, mint, and kumquats. Dress with approximately $\frac{1}{4}$ cup of the reserved vinaigrette, or to taste.

Toss well. Season to taste.

Serves 4–6.

California Fall Salad

GF 

CONTRIBUTED BY DARYLE POWERS

DRESSING

- $\frac{1}{4}$ c Cranberries, fresh
- $\frac{1}{2}$ c White balsamic vinegar
- 1 T Red onion, chopped
- 1 tsp Dijon mustard
- 2 tsp Sugar, granulated
- $\frac{1}{4}$ c Olive oil
- $\frac{1}{8}$ tsp Kosher salt
- Black pepper, to taste

SALAD

- 10 c Baby greens, mixed
- 2 Red Anjou pears
- $\frac{1}{2}$ c Walnuts, candied (*or plain*); chopped
- $\frac{1}{2}$ c Gorgonzola cheese, crumbled

Puree cranberries in a food processor until smooth. Add vinegar, onion, sugar, and mustard; process until well blended. With the processor running, gradually add oil and process until well blended. Transfer to medium bowl; season to taste with salt and pepper.

Dressing may be made a day ahead and refrigerated. Bring to room temperature and whisk before using.

Serves 6.

Cranberry-Walnut-Feta Salad

GF 

CONTRIBUTED BY LUISA SAGENDORF

- 4 c Mixed salad greens (*I use leaf lettuce and spring mix*)
- 1-½ c Dried cranberries
- 8 oz Feta cheese, crumbled
- 1 c Walnuts, toasted
- 4 T White balsamic vinegar
- 1 T Honey
- 1 tsp Dijon mustard
- Black pepper, to taste
- ½ c Extra virgin olive oil

Toss greens, cranberries, cheese, and walnuts in a large bowl. Mix vinegar, honey, mustard, and pepper with wire whisk until well blended. Gradually add olive oil, whisking constantly until well blended. Pour over salad. Toss to coat.

Serves 4–6.

Fattouche (Lebanese Salad)



CONTRIBUTED BY ADIL AL-HUSSEINI

Fattouche is derived from the Arabic word *fatt*, meaning "crush."

- 1 pc Pita bread, stale
- 1 c Onion, coarsely chopped
- 4 Scallions, coarsely chopped
- 1 c Lettuce, chopped
- 1 c Parsley, finely chopped
- 1 Cucumber, medium; chopped
- 3 c Tomatoes, medium; chopped
- 1 T Mint, dried
- 2 Lemons, large; juiced
- ½ c Extra virgin olive oil
- Salt & Pepper, to taste
- 2 Garlic cloves, crushed

Break the bread into small pieces and place into a large mixing bowl. Add the chopped onion, scallions, lettuce, parsley, cucumber, tomatoes, and dried mint. Mix well; let stand for 10 minutes so the bread absorbs the juices.

Make a dressing by combining the lemon juice, olive oil, and garlic. Season with salt and pepper and pour over salad, tossing well.

Chill before serving.

Chicory Salad with Warm Bacon Vinaigrette

CONTRIBUTED BY JOAN REILLY

- 1 lb Bacon, sliced, cut into 1-inch pieces
- 2 T Shallots, chopped
- 1 T Dijon mustard
- 1-1/4 c White wine vinegar
- Salt & Pepper, to taste
- 1/2 c Olive oil
- 1-1/2 lbs Chicory or curly endive
- Croutons (*optional*)

Warm a sauté pan over low heat. Add the bacon and sauté until the fat is rendered and the bacon is crispy. Transfer the bacon to a paper towel lined plate to drain. Leave 2 tablespoons of rendered fat in the pan, discard the rest.

Add the shallots to the pan, stir in the mustard and vinegar, and season with salt and pepper. Slowly, whisk in the oil to make an emulsified dressing. Put the chicory or curly endive in a salad bowl; drizzle the dressing over the greens, add the bacon and croutons, if using, and toss.

Shoepeg Corn Salad



CONTRIBUTED BY KAREN F. OF SOUTH CAROLINA

- 16 oz White corn, thawed
- 1 Roasted red pepper, whole
- ½ c Green pepper, diced
- 1 c Onion, diced
- 2 Celery stalks, diced
- ½ c Sugar
- ½ c Vegetable oil
- ½ c White vinegar
- 1 tsp Salt
- ½ tsp Black pepper

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

ROASTED PEPPER

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

This recipe is from the free Low-Iodine Cookbook published by ThyCa: Thyroid Cancer Survivors' Association, Inc. (www.thyca.org) and is provided courtesy of ThyCa.

Citrus Green Salad with Honey-Orange Dressing



CONTRIBUTED BY ED SAGENDORF C.E.C.

- 2 pkgs Mixed salad greens
- 3 Clementine oranges, peeled & pith removed
- 1 Ruby red grapefruit, peeled & pith removed
- 1 c Red seedless grapes
- 1 c Pineapple chunks, fresh
- Walnuts, toasted & halved

Canned fruit may be used. Mandarin oranges can replace the clementines.

Combine the salad greens, oranges, grapefruit, grapes, and pineapple chunks in a large bowl. Arrange 2 cups salad on each of 6 plates; top with toasted walnuts; drizzle with Honey Orange Dressing.

Serves 6

HONEY ORANGE DRESSING:

- 1 pt Sour cream
- 1 pt Vanilla yogurt
- ½ c Honey
- ⅓ c Orange juice concentrate, undiluted
- ZEST of one Orange
- ZEST of one Lemon

Mix all ingredients. Adjust for consistency.

This dressing should be creamy and not too runny.

It's delicious on a green salad as well as a topping for fresh fruit.

Shrimp Caesar Salad

CONTRIBUTED BY MARILYN GROVE

- 1 lb Shrimp, medium, peeled & cleaned
- 1–2 Romaine lettuce heads
- 3 T Olive oil
- 3 Garlic cloves
- 3 c French bread cubes
- 2 T Mayonnaise
- ¼ c Lemon juice
- 1 tsp Worcestershire sauce
- ½ tsp Salt
- ¼ tsp Black pepper, freshly ground
- ½ c Olive oil
- Parmesan cheese, grated

Cook shrimp in boiling water until opaque. Remove and rinse under cold running water. Refrigerate.

Wash lettuce leaves and tear into bite-sized pieces. Pat dry; wrap in paper towels and refrigerate.

Heat 3 tablespoons oil in a shallow baking pan. Crush 2 cloves of garlic into pan, mixing with oil. Add bread cubes, tossing to coat with oil. Bake in a 300°F oven until crisp and light brown, about 30 minutes, stirring occasionally.

Cut remaining garlic clove in half and rub cut edges on inside of salad bowl. Put the lettuce in a salad bowl, toss with dressing (see below) to coat, add shrimp and grated Parmesan cheese. Toss to mix.

Serves 4.

CAESAR DRESSING

Blend 2 tablespoons mayonnaise in bowl until smooth. Add lemon juice, Worcestershire sauce and seasonings. Slowly whisk in ½ cup olive oil, beating until mixture is well blended.

Carmela's Broccoli Salad

- 3 HEADS Broccoli, florets cut into bite size pieces
- 5-6 Bacon slices, well cooked & crumbled
- 1 Red onion, medium; chopped
- ½ c Sunflower seeds
- 1 c Raisins
- 1 c Mayonnaise
- ½ c Sugar
- 2 T Vinegar

In a bowl, combine broccoli florets, crumbled bacon, onion, sunflower seeds and raisins. Mix the mayonnaise, sugar and vinegar. Toss with the broccoli mixture.

Let stand for 3 hours or overnight. Adjust the dressing according to your taste.

Depending on the size of the heads of broccoli, it might be necessary to use more or less dressing.

Grammy's Creamy Coleslaw

CONTRIBUTED BY MARLENE STEGMAN



- 1 Cabbage head, finely chopped
- 1 Carrot, finely chopped
- 1 DASH Onion salt
- 1-½ c Mayonnaise
- 3 T Pickle juice (*any pickle juice will do*)

In a food processor, finely chop cabbage. Chop carrot. Combine cabbage and carrots in a large bowl. Add onion salt, mayonnaise and pickle juice. Cover and let sit in refrigerator for 1 hour before serving.

Tuna & White Bean Salad

CONTRIBUTED BY ANGELA MILLER

- 1 c Red onion, chopped
- 1 Lemon, juiced & zested (*or 1–2 T white vinegar*)
- 12 oz Tuna, packed in water
- 30 oz Cannellini beans, rinsed & drained
- 2 Tomatoes, small; seeded & chopped
- ½ c Parsley, chopped
- 1 tsp Oregano, dried
- Red pepper flakes, to taste
- ½ tsp Black pepper, freshly ground
- Salt, to taste
- Olive oil, to taste

Sprinkle some of the lemon juice over the chopped onions.

Drain the water from the tuna and put the tuna into a large bowl. Add the beans and tomatoes to the tuna and gently stir to combine.

Add the onions, herbs, black pepper, lemon zest and lemon juice; mix to combine. Add the red pepper flakes to taste. Add olive oil and salt to taste. Toss gently.

Taste and adjust seasonings to your preference. If salad seems a little dry, add more olive oil. If the salad needs more acid, add more lemon juice.

Chill before serving.

White Bean Salad



GF



CONTRIBUTED BY DR. STEPHEN SINATRA

- ½ lb White beans, dried; washed & soaked overnight (*or 3 cups canned beans*)
- 3-½ c Water
 - 1 Onion, medium; coarsely chopped
 - 2 Garlic cloves, chopped
 - 1 Red or Vidalia onion, medium; finely chopped
 - 1 Yellow or red pepper, chopped
 - 1 Garlic clove, minced
- ½ tsp Mustard, dried
- 1 T Flax or olive oil
 - Lemon juice, to taste
 - Balsamic vinegar, to taste
- 1 BUNCH Parsley, chopped

Drain the beans and place in a pot with the water, onion, and garlic. Bring to a boil, reduce the heat, and simmer for 1-½ hours, or until tender. Drain and reserve ¼ cup of the cooking liquid. Mix together the Vidalia onion, red or yellow pepper, minced garlic, mustard, oil, lemon juice, and vinegar together with the reserved cooking liquid. Add to the warm beans and toss with parsley.

Serves 3-4

Nutrition Facts (per serving)	
Calories	270
Fat	4.5 g
Sodium	30 mg
Carbs	45 g
Fiber	16 g
Protein	14 g

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Grilled Potato Salad



CONTRIBUTED BY DENISE CHRISTY

- 1 pkg Onion soup mix
- $\frac{1}{3}$ c Olive oil
- 2 T Red wine vinegar
- 1 tsp Garlic, chopped
- 2 lb Potatoes, small; cut into 1-inch pieces
- 2 Red or Green peppers, medium; coarsely chopped
- 2 T Basil, freshly chopped
- Black pepper, freshly ground

In a large bowl, blend onion soup mix, oil, vinegar, and garlic. Stir in potatoes and peppers.

Grease a 30 × 18 inch sheet of aluminum foil. Top with potato mixture and wrap foil loosely around potatoes, making a packet about 12 inches square; seal edges air tight.

Grill for 40 minutes or until the potatoes are tender. Shake package occasionally and turn over midway through cooking; spoon into serving bowl and toss with basil and pepper. Serve at room temperature.

Serves 8.

Chicken & White Bean Salad

CONTRIBUTED BY DAN GIANNATASIO

VINAIGRETTE

- 1 Garlic clove
- ½ tsp Salt
- 5 T Extra virgin olive oil
- 6 T Orange juice, fresh; plus more to taste
- ¼ c Red or white wine vinegar
- 1 T Dijon mustard

Mash the garlic with ¼ teaspoon salt to form a paste. Add the oil, 6 tablespoons orange juice, vinegar, and mustard. Whisk until well blended. Add up to 4 tablespoons more orange juice to mellow the flavor; taste and season with salt and pepper if desired. Set aside at room temperature.

SALAD

- 15 oz Cannellini beans, rinsed & drained
- 2-½ c Chicken breasts, poached
- 2 c Zucchini and/or summer squash, diced
- 1-½ c Celery, diced
- ¼ c Ricotta salata or feta cheese
- 1 c Basil, coarsely chopped
- Salt & Pepper to taste
- 2 c Romaine lettuce, torn
- 2 c Radicchio leaves, torn

In a large bowl, combine beans, poached chicken, zucchini, and/or summer squash, celery, and cheese until well blended. Add chopped basil and ¾ cups vinaigrette. Toss until well combined.

Toss the remaining vinaigrette with romaine and radicchio in a medium bowl. Serve the salad on the greens. Garnish with basil leaves.

To poach the chicken breasts, place boneless, skinless chicken breasts in a skillet. Add lightly salted water to cover and bring to a boil. Cover, reduce heat and simmer gently until chicken is cooked.

Rotisserie Chicken Salad

CONTRIBUTED BY DEBBIE FEKETE

- 4–5 c Rotisserie chicken, diced
- 1 c Celery, chopped
- 1 c Red grapes, halved
- ½ c Cranberries, dried
- ½ c Walnuts, toasted & chopped
- 1 c Mayonnaise
- Salt & Pepper to taste

Add chicken to a large bowl with the rest of the ingredients. Toss to combine. Serve on a bed of lettuce.

Serves 4–6.

Lee's Chicken Waldorf Salad

CONTRIBUTED BY LEE KIRWAN

- ⅓ c Mayonnaise
- 1 T Lemon juice
- ½ tsp Salt
- ⅛ tsp Pepper
- 1 Onion, small; chopped
- 1 Celery stalk, chopped
- 1 c Seedless grapes, cut into halves
- ¼ c Cranberries, dried
- 2 c Chicken, cooked & cut into bite-size pieces
- ½ c Walnuts, coarsely chopped

In a large bowl, whisk mayonnaise, lemon juice, salt, pepper, chopped onion, chopped celery, grapes, and cranberries. Add chicken pieces and walnuts. Stir to blend.

Serves 4.

Hot Chicken Salad

CONTRIBUTED BY MARIE SARAFIN

- 4 c Chicken breasts, cooked & cut in chunks
- 2-²/₃ c Celery, chopped
 - 1 Green bell pepper, chopped
 - 1 Onion, small; minced
- 1 jar Pimentos
 - Salt & Pepper, to taste
- 2 T Lemon juice
- 1 c Mayonnaise
- ¹/₂ c Cheddar cheese, shredded
- 1-¹/₂ c Potato chips, crushed
- ¹/₂ c Almonds, slivered

Preheat oven to 350°F.

In a large bowl, mix the celery, green pepper, onion, pimentos, salt, pepper, lemon juice, and mayonnaise. Add the chicken. Mix well to combine.

Place the chicken mixture in a 9 × 13 casserole dish. Sprinkle the cheddar cheese, crushed potato chips, and slivered almonds over all, in that order.

Bake for 30 minutes. Do not overcook. Overcooking will produce an oily rather than a creamy casserole.

Serves 8–10.

Sophie's Shrimp Cocktail Salad

CONTRIBUTED BY LISA JACOB

- 2 c Mayonnaise
- ½ BOTTLE Chili sauce
- 1 Green pepper, small; chopped
- 1 Red pepper, small; chopped
- 2 Green apples, small; peeled & cut into smallish chunks
- 1 lb Shrimp, cooked, shelled & cut into thirds

In a small bowl, combine the mayonnaise and chili sauce. Combine all other ingredients in another bowl and mix well. Add mayonnaise mixture and chill for 1 hour before serving.

Shrimp Mold

CONTRIBUTED BY DIANE SAVINO

- 10 oz Tomato soup
- 8 oz Cream cheese
- 1 pkt Gelatin, unflavored
- *1 lb Shrimp, large; cooked & cut into chunks
- ¼ c Green pepper, finely chopped
- 2 T Onion, finely chopped
- ½ c Celery, finely chopped
- ½ c Mayonnaise

**if using frozen shrimp, cook for 2 minutes in water with a tablespoon of vinegar.*

Dissolve the gelatin in ¼ cup of water. In a saucepan over medium heat, melt the soup and cream cheese. Stir, to blend. Add the dissolved gelatin, the cooked shrimp, green pepper, onion, celery, and mayonnaise. Stir to mix well.

Pour into a six-cup mold and refrigerate overnight. Unmold and serve with party rye bread or crackers.

Island Salmon Salad

- 4 Fresh salmon fillets (6 oz each)
- 1 T Olive oil
- 1 T Lime juice
- ½ tsp Jerk Seasoning (*below*)
- 6 c Mixed greens (*such as sorrel, spinach, romaine, radicchio, or leaf lettuce*); torn
- 2 Medium oranges, peeled & sectioned
- 1 c Strawberries, halved
- 1 Avocado, medium; halved, peeled, seeded & sliced
- 1 Mango, medium; seeded, peeled & sliced
- 1 Red onion, sliced; or to taste
- ¼ c Macadamia nuts or almonds, chopped & toasted
- Tarragon-Buttermilk Dressing (*opposite*)

Brush fish with oil, sprinkle with lime juice and ½ teaspoon seasoning.

Place in a greased grill basket. Grill for 4–6 minutes for each ½-inch on thickness or until easily flaked, turning once. Remove skin and break fish into bite-sized pieces.

Alternatively, broil in oven or use a grill pan on the stove.

JERK SEASONING

- 2 T Sugar
- 1 T Thyme, dried
- 1 T Allspice
- ½ T Black pepper, ground
- ½ tsp Salt
- ½ tsp Red pepper, ground
- ½ tsp Nutmeg, ground
- ½ tsp Cloves, ground

Combine well. This can easily be halved but it is also delicious on pork or chicken. Store in an air tight container.

Combine fish, greens, oranges, strawberries, avocado, mango, onion and nuts in a large bowl; toss gently. Drizzle with dressing.

Serve in taco bowls if desired. Taco bowls are festive for company but extra work. Grease an oven proof pyrex bowl. Mold an 10-inch flour tortilla into it and place a ball of tin foil in tortilla so it doesn't puff.

Bake at 350°F for 15–20 minutes or until light brown.

Remove foil ball and cool “bowl.”

TARRAGON-BUTTERMILK DRESSING

1/3 c Buttermilk

2 T Light mayonnaise

1 tsp Tarragon, fresh (*or dill*)

Combine buttermilk, light mayonnaise, and snipped fresh tarragon or dill. (*This is good, but Ken's Lite Honey Mustard is just as good.*)

Crab Salad Topper

CONTRIBUTED BY NANCY SAGENDORF

- 2 oz Lemon juice, fresh
- 1-½ tsp Dijon mustard
- ¼ c Shallots or green onions, chopped
- ½ tsp Salt
- ½ tsp Pepper
- ¼ tsp Oregano
- ⅔ c Extra virgin olive oil
- 1 lb Crabmeat
- 6 oz Artichoke hearts, drained & quartered
- ½ c Black olives, sliced
- 7 oz Red peppers, roasted
- 6 c Mixed greens
- ½ c Feta cheese, crumbled

For the dressing, in a large bowl, whisk together lemon juice, mustard, shallots or green onions, salt, pepper, and oregano. Gradually whisk in oil. Reserve ⅓ cup dressing.

In the same large bowl with dressing, add crabmeat, artichokes, olives, and roasted peppers. Stir to mix.

Place the greens and the feta cheese in a salad bowl. Drizzle with reserved ⅓ cup dressing and mix lightly to coat the leaves. Mound the crab salad on top.

Tortellini Salad with Fruit & Yogurt



CONTRIBUTED BY ROBIN GIANATASIO

- 8 oz Cheese tortellini, cooked & cooled
- 10 oz Mandarin oranges, drained
- 1 c Grapes
- 2 Kiwis peeled, sliced & halved
- 10 Strawberries, halved
- ½ c Plain Greek yogurt
- 1 T Honey
- 1 T Lemon juice
- ½ tsp Poppy seeds

In a large bowl, combine the cooled tortellini, mandarin oranges, grapes, kiwis, and strawberries.

In a separate small bowl, mix the Greek yogurt, honey, lemon juice and poppy seeds. Add the yogurt dressing to tortellini and fruit. Toss to combine. Refrigerate before serving.

Pasta Salad



CONTRIBUTED BY KAREN F. OF SOUTH CAROLINA

- 6 oz Spaghetti, or other pasta
- 1 Garlic clove, minced
- 3 T Onion, minced
- 1/4 c Vegetable oil
- 1/4 c White vinegar
- 1 tsp Sugar
- 1 tsp Oregano, dried
- 1/4 tsp Black pepper
- 1 tsp Salt
- 1 pkg Pea pods, thawed
- 1 c Garbanzo beans, cooked
- 1/2 c Corn, thawed

Cook, drain and rinse pasta. Combine pasta, beans, corn, and pea pods. Sauté garlic and onion in oil until tender. Add vinegar, sugar, oregano, salt, and pepper. Pour over pasta/vegetable mix. Mix well and refrigerate 6 hours before serving.

NOTE: Pea pods, beans, and corn may be substituted with any vegetable you may have on hand. If you are using fresh vegetables, it is a good idea to blanch them.

This recipe is from the free Low-Iodine Cookbook published by ThyCa: Thyroid Cancer Survivors' Association, Inc. (www.thyca.org) and is provided courtesy of ThyCa.

Pasta & Pea Salad with Marjoram-Scented Vinaigrette



CONTRIBUTED BY LEAH G. OF FLORIDA

- ½ lb Pasta
- 1 c Peas, thawed
- ½ c Chicken broth, homemade
- 4 T Red wine vinegar
- ½ tsp Dry mustard
- 2 tsp Marjoram, freshly minced
- Salt & pepper, to taste

Cook the pasta according to package directions, drain, and combine with peas. Combine the remaining ingredients in bowl and whisk together. While the pasta is still slightly warm, pour the dressing over the pasta and peas, toss, and let salad rest for one hour. Serve at room temperature.

Small tubular pasta works best. Fresh oregano can be substituted for marjoram.

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Carrot-Raisin Salad



CONTRIBUTED BY CAROL HAILEY

- 2 lbs Carrots, peeled & trimmed
- 1 c Raisins
- 1 c Crushed pineapple, drained
- 1 c Mayonnaise
- ½ c Confectioner's sugar

Grate carrots, using the large hole in the grater. In a bowl, combine carrots, raisins and pineapple.

In a small bowl, mix mayonnaise and confectioner's sugar until well blended. Pour over carrot mixture and toss lightly.

Cover and refrigerate at least 2 hours before serving.

SOUPS

Matzo Ball Soup



CONTRIBUTED BY AMY OYER

CHICKEN SOUP

- 1 Soup chicken or roasting chicken (4-1½ lb), cut into quarters
- 6 White onions, small
- 8 Celery stalks, chopped
- 10 SPRIGS Flat leaf parsley, chopped
- 7-8 Carrots, peeled and halved
- 1 Parsnip, medium; peeled & roughly chopped
- 1 Turnip, medium; peeled & roughly chopped
- 1 T Black peppercorns, whole
- 2 T Kosher salt
- 6 SPRIGS Dill

Place the quartered chicken, onions, celery, parsley, carrots, parsnip, turnip, peppercorn, and salt in a 12-quart stock pot. Add 20 cups of cold water and bring to a boil over high heat, skimming off foam as it forms.

Turn down the heat to a simmer; half cover and cook for 2 hours. Add the dill and simmer an additional 45 minutes. Let cool. Pour soup through a fine sieve to get a clear broth. Chill overnight.

Remove any fat that has congealed on top of the soup. When ready to serve, reheat to boiling, simmer and add matzo balls a few minutes before serving.

MATZO BALLS

- 5 Eggs, large
- 1 tsp Kosher salt
- 3 T Chicken fat or butter
- 4 T Hot water
- 1 c Matzo meal (*plus 2 tablespoons*)

In a mixing bowl whisk together the eggs, salt, chicken fat or butter and water. Whisk in the matzo meal and whisk until smooth. Cover and refrigerate for 30 minutes.

Bring 5 quarts water to a boil with 1-½ tablespoons kosher salt. Remove matzo ball dough from the refrigerator. With wet hands form the dough into walnut size balls. Place them into the boiling water. Turn down the heat to simmer, cover tightly and cook for an additional 35–40 minutes or until the matzo balls have risen to the top.

Occasionally a matzo ball will stick on the bottom of the pot. Gently nudge them with a spoon to loosen.

Using a slotted spoon, remove the matzo balls from the boiling water and place them directly into the simmering chicken soup.

Avgolemono (Greek Lemon Soup)



CONTRIBUTED BY STEVE CHRISTY

- 8 c Chicken stock
- 1 c Orzo pasta, or rice
- 4 Eggs, separated
- 3 Lemons, juiced
- Salt & Pepper, to taste

Bring stock to a boil and add orzo or rice. Simmer until tender, about 20 minutes. Season the stock to taste with salt and pepper.

When the orzo or rice is almost done, whisk the egg whites in a separate bowl until medium peaks form. Add egg yolks and lemon juice, whisking continuously.

When the orzo or rice is finished, transfer 2 cups of the hot stock to the egg/lemon mixture, adding very slowly in a constant stream and beating vigorously to prevent the eggs from solidifying. Take the soup off the heat and add the beaten mixture back into the pot, whisking to incorporate.

Serve immediately with ground black pepper.

Red Lentil Soup with Lemon



- 3 T Olive oil, more for drizzling
- 1 Onion, large; chopped
- 2 Garlic cloves, minced
- 1 T Tomato paste
- 1 tsp Cumin
- ½ tsp Salt
- ¼ tsp Black pepper, freshly ground
- PINCH Chili powder or cayenne, to taste
- 1 qt Chicken or vegetable stock
- 2 c Water, more if needed
- 1 lb Red lentils, washed & picked over
 - 1 Carrot, large; peeled & diced
 - ½ Lemon, juiced, to taste
- 3 T Cilantro, freshly chopped

In a large pot, heat 3 tablespoons olive oil over high heat. Add onion and garlic, and sauté until golden, about 4 minutes.

Stir in tomato paste, cumin, salt, pepper and chili powder or cayenne, and sauté for 2 minutes longer.

Add stock, 2 cups water (or more to cover lentils by about ½ inch), lentils and carrot. Bring to a simmer, then partially cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. (Check after 15 minutes to see if more liquid is needed). Taste and add salt if needed.

Puree ½ the soup and add it back to the pot if you like a smoother texture. I prefer the chunky texture and do not puree.

Stir in lemon juice and cilantro. Serve drizzled with good olive oil (*I don't do this step*) and dusted lightly with chili powder if desired.

It is even better the next day.

Sausage & Lentil Soup



CONTRIBUTED CHARLOTTE BONNANE

- 1 T Olive oil
 - 1 Carrot, diced
 - 2 Celery stalks, diced
 - 1 Onion, chopped
 - 2 Garlic cloves, crushed
- 1 lb Hot Italian sausage, casings removed
- 8 c Chicken stock
- 30 oz Whole tomatoes
- 2 c Lentils, dried
- Salt & Pepper, to taste
- ½ tsp Oregano
- ½ tsp Thyme
- ½ tsp Fennel seeds
- 1 Bay leaf

In a large stockpot, heat olive oil, carrot, celery, onion, and garlic; sauté until tender. Remove vegetables from the pot, and then add the sausage to brown; drain off fat. Return the vegetables to the pot. Add the 8 cups of chicken broth.

Break up two cans of whole tomatoes by squeezing them with your hands; then add them to the soup with their juice. Add 2 cups of dried lentils which have been washed according to package directions. Season with the salt and pepper, oregano, thyme, fennel seeds and bay leaf. Simmer until the lentils are tender, 30–45 minutes.

Remove $\frac{1}{3}$ of the soup and puree it using a hand held blender, then return it to the pot. Continue to simmer 5–10 minutes. Correct seasonings and remove bay leaf.

Brazilian Black Bean Soup

CONTRIBUTED BY MARGARET KOPP

- 1 T Canola oil
- ¼ lb Chorizo sausage, chopped
- ⅓ lb Ham, cooked & chopped
 - 1 Onion, medium; chopped
 - 2 Garlic cloves, minced
- 1 lb Sweet potatoes, peeled & diced
 - 1 Red bell pepper, large; diced
- 29 oz Tomatoes, diced with juice
 - 1 Green chili pepper, small; diced
- 1-½ c Water
- 32 oz Black beans, rinsed & drained
 - 1 Mango, peeled, seeded & diced
- ¼ c Cilantro, freshly chopped
- ¼ tsp Salt

Heat the oil in a large pot over medium heat and cook the chorizo and ham 2–3 minutes. Place the onion in the pot and cook until tender. Stir in the garlic and cook until tender, then mix in the sweet potatoes, bell pepper, tomatoes with juice, chili pepper, and water. Bring to a boil, reduce heat to low, cover and simmer 15 minutes, until sweet potatoes are cooked. Stir the beans into the pot, and cook uncovered until heated through.

Mix in the mango and cilantro and season with salt.

Black-Bean-Tomato Soup



- 4 Bacon slices, center-cut, chopped
- 1 c Yellow onion, chopped
- 1 c Celery, chopped (*can include leaves*)
- 1 c Carrots, diced
- 2 tsp Cumin, plus more for cream
- 1 tsp Chipotle Chili powder
- 4 Garlic cloves, minced
- ½ tsp Black pepper
- 2 15-OZ CANS Black beans, drained & rinsed
- 2 14.5-OZ CANS Diced tomatoes, not drained
- 28 oz Chicken stock

Cook bacon until crisp. Remove bacon, set aside, and remove all but 1 tablespoon grease. Add onion, celery and carrots to drippings and cook until tender, about 5 minutes. Stir in cumin, chili powder, and garlic; cook 1 minute.

Stir in crumbled bacon, pepper, beans, tomatoes, and stock; bring to boil.

Cover, reduce heat, and simmer 10 minutes. Place ½ soup in blender and blend to desired size (I like mine chunkier rather than smoother). Do same for last ½. Keep warm.

CREAM TOPPING

- ¼ c Plain non-fat yogurt
- 1 T Cilantro, fresh, minced
- ½ tsp Lime zest
- 1 T Lime juice, fresh

Combine yogurt, ¼ teaspoon cumin, cilantro, lime zest and juice in a small bowl. Drizzle cream over soup.

Cornbread or corn muffins are a terrific accompaniment.

Hearty Mixed Bean Soup



CONTRIBUTED BY HAZEL BROADFOOT

- 1 lb Dry beans, mixed
- ½ lb Italian sausage
 - 1 Onion, medium; chopped
- ½ c Celery, chopped
 - 1 Carrot, chopped
- 28 oz Whole tomatoes, chopped, with juice
 - 1 Lemon, juiced
 - 2 T Worcestershire sauce
 - 1 T Basil, dried
- 1 tsp Oregano, dried
 - 1 Garlic clove, minced
 - Salt & Pepper, to taste
 - Parmesan cheese, to taste

Soak the beans overnight in plenty of water. Rinse, removing any stones that can be found mixed with the beans. Drain. Add water to cover. Simmer gently for 1 hour.

Add all ingredients except cheese and Italian sausage. Simmer one more hour. Cook sausage. Dice and add to soup. Simmer two more hours. Adjust seasonings to taste.

Sprinkle with Parmesan cheese and serve.

This recipe can take a while, but it is well worth the time.

Chili



CONTRIBUTED BY KAREN F. OF SOUTH CAROLINA

- 1 lb Hamburger
- 1 Onion, large, diced
- 1 T Garlic powder (*or 2 T garlic cloves, fresh*)
- ½ T Chili powder
- ½ tsp Paprika
- ½ tsp Cayenne pepper, to taste
- 2 c Black beans
- 2 c Tomato, fresh

Brown hamburger and onion. Drain. Add all remaining ingredients and simmer 1 hour.

NOTE: To prepare fresh tomatoes, cut a small X in the bottom of the tomato and immerse in boiling water for 30 seconds. Remove and slip the skin off. Cut tomato in quarters and scoop out as many seeds as possible, reserving liquid. Dice.

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Parmesan Corn Chowder



CONTRIBUTED KATIE THIEMAN

- 2 c Water, boiling
- 2 c Potatoes, peeled & diced
- 1 c Carrots, sliced
- 1/2 c Celery, sliced
- 1/2 Red pepper, chopped
- 1/4 c Onion, chopped
- 1-1/2 tsp Salt
- 1-1/2 tsp Pepper
- 4 T Butter
- 1/4 c Flour
- 1/2 tsp Salt
- 2 c Milk
- 2 c Creamed corn
- 1-1/2 c Parmesan cheese

To boiling water, add potatoes, carrots, celery, red pepper, onion, and salt and pepper. Cover and simmer 10 minutes or until vegetables are tender. **DO NOT DRAIN.**

In a small saucepan, melt butter. Stir in flour and salt until smooth. Gradually stir in milk. Bring to a boil. Reduce heat; cook for 2 minutes or until thickened, stirring constantly.

Stir into the vegetable mixture. Add corn and Parmesan cheese; cook for 10 minutes longer or until chowder is heated through.

French Onion Soup



CONTRIBUTED BY CARM SAGENDORF

- 8 T Butter
- 3 Sweet onions, large; halved & sliced thinly
- 1 tsp Salt
- 1/4 tsp Sugar
- 1/2 c White wine
- 4 c Chicken stock, low sodium
- 4 c Beef stock, low sodium
- Worcestershire sauce, to taste
- 1 LOAF French baguette, thickly sliced
- 1/2 lb Provolone cheese, sliced

In a heavy soup pot, melt butter over medium-low heat. Turn heat to low, add onions and cook, covered, 20 minutes. Uncover, raise heat to moderate, add salt and sugar. Cook until onions have turned an even, deep golden brown, stirring occasionally. This could take up to 1 hour.

Remove from heat; pour in the wine; return to moderate heat and cook for five minutes allowing wine to reduce. Add broth and Worcestershire sauce. Reduce heat to low. Simmer, partially covered, 40–45 minutes.

Toast the bread slices. Place them on a baking sheet and cover with provolone cheese. Place under broiler until golden brown.

To serve, ladle soup in bowls, place bread with the melted cheese on top.

Minestrone Vegetable Soup



CONTRIBUTED BY NICK GIANNATASIO

- 1/4 c Extra virgin olive oil
- 3 Garlic cloves, minced
- 1 Onion, diced
- 4 Potatoes, medium; peeled & diced
- 2 Carrots, diced
- 1 Celery stalk, diced
- 30 oz Chicken stock
- 1 qt Water
- 1 tsp Oregano
- Salt & Pepper, to taste
- 30 oz Cannellini beans, with liquid
- Parmesan cheese, grated

In a large soup pot, sauté the garlic and onion in olive oil. Add diced carrots and celery; sauté for a few minutes. Add diced potatoes, chicken broth and 1 quart of water. Add oregano and salt and pepper. Bring to a boil. Simmer for 1/2 hour.

Add canned beans and simmer for another 10 minutes. Top each serving with a teaspoon of extra virgin olive oil and sprinkle with grated Parmesan cheese.

Minute Minestrone



CONTRIBUTED BY PRISCILLA URSINO

- 1-1/2 c Elbow macaroni or cheese tortellini
- 2 T Butter
- 1 Onion, chopped
- 1 Garlic clove, finely minced
- 1 lb Sweet Italian sausage, cut into 1 inch pieces
- 13 oz Chicken stock, plus enough water to make 2 cups
- 2 c Cabbage, finely shredded
- 19 oz Red kidney beans, drained
- 4 Tomatoes, ripe; chopped or 14 oz diced tomatoes
- 1 Carrot, pared & cut into coins
- 1/2 tsp Basil, dried
- Salt & Pepper, to taste

Cook pasta according to package directions. Drain.

While pasta cooks, melt butter, stir in onions and garlic; sauté briefly. Add sausage and cook over medium heat until lightly browned. Add diluted chicken broth, cabbage, kidney beans, tomatoes or sauce, carrots, dried basil, and salt and pepper to taste. Bring to a boil. Reduce heat and simmer about 10 minutes until carrots are tender. Stir in drained pasta. Serve immediately.

Serves 4–6.

Pasta e Fagioli



CONTRIBUTED BY DONNA SURANO

- 1/2 c Extra virgin olive oil
- 1 c Onion, diced
- 1/3 c Prosciutto or pancetta, diced (*bacon will do*)
- 2 Garlic cloves, peeled
- 4 c Beans, cooked; with 1 cup of their cooking liquid (*or 30 oz canned cannellini beans with their liquid*)
- 4 c Chicken stock
- Salt & Pepper, to taste
- 2 c Italian Plum tomatoes, well drained & chopped
- 1 lb Tubetti or other small macaroni, cooked
- 1/4 c Parmesan cheese, freshly grated (*optional*)

Combine oil, onion, prosciutto, and garlic in a large saucepan over medium heat. Sauté for about 5 minutes or until onions are translucent. Do not burn garlic.

Stir in beans and their liquid. Add broth and return to a boil; lower heat and simmer, uncovered for 10 minutes. Stir in pasta and cook for an additional 5 minutes.

Serve hot, sprinkled with grated cheese.

Potato Leek Soup



CONTRIBUTED BY NANCY DEMAKOS

- 2 T Butter
 - 1 Onion, large; chopped
 - 2 Leeks, chopped
- 2 T Flour
- 4 c Chicken or vegetable stock
 - 3 Potatoes, medium; peeled & cubed
 - Salt & Pepper, to taste
- 1 c Low fat milk
 - Chives (*optional*)

Melt butter in large saucepan over medium heat. Add onions and leeks, cook gently until soft. Stir in flour, cook for 2 minutes. Gradually stir in stock.

Add potatoes, bring to a boil, simmer gently for 30 minutes or until potatoes are soft. Stir in milk and seasonings. Puree soup in a blender or with a hand held blender.

Serve garnished with chopped chives.

Butternut Squash & Carrot Soup



GF

CONTRIBUTED BY MICHAEL DAVITA

- 3 c Butternut squash, peeled & diced
- 2 c Carrots, thinly sliced
- $\frac{3}{4}$ c Sweet onion, chopped
- 1 T Butter, or margarine
- 29 oz Chicken stock
- $\frac{1}{4}$ tsp White pepper, ground
- $\frac{1}{4}$ tsp Nutmeg, ground
- $\frac{1}{4}$ c Half & Half

In a large covered saucepan cook squash, carrots and onions in hot butter over medium heat about 8 minutes, stirring occasionally. Add broth. Bring to boiling; reduce heat. Simmer covered for 25–30 minutes or until vegetables are very tender. Cool slightly.

Place one third of the squash mixture in a food processor. Cover and process or blend until almost smooth. Repeat with remaining squash mixture.

Return all of the mixture to saucepan. Add white pepper and nutmeg. Bring just to a boil. Add half and half; heat through. Taste for seasonings.

If desired, sour cream can be used as a garnish along with toasted pumpkin seeds.

Cabbage Stew



CONTRIBUTED BY LEAH G. OF FLORIDA

- 1 Cabbage head, medium, coarsely chopped
- 4 Carrots, large, sliced
- 3 Potatoes, medium, cubed
- 1 Onion, medium, chopped
- 5 Garlic cloves
- ½ c White wine
- ½ c Water
- ½ tsp Thyme
- ½ tsp Sage
- ½ tsp White pepper or lemon
- Salt & Pepper, to taste

Put all in large Dutch oven; cover and bring to a boil; and then lower heat and simmer for about 30 minutes, until all is tender.

OPTIONAL: Add mushrooms, zucchini, or whatever you like.

This recipe is from the free Low-Iodine Cookbook published by ThyCa: Thyroid Cancer Survivors' Association, Inc. (www.thyca.org) and is provided courtesy of ThyCa.

Apple & Butternut Squash Soup



CONTRIBUTED BY ED SAGENDORF, C.E.C.

- 2 T Butter, melted
- 3 Shallots, chopped
- 2 Onions, medium; diced
- 2 tsp Salt
- 2 tsp Ginger
- 4 lbs Butternut squash (2 medium),
peeled & diced ($\frac{1}{2}$ -inch cubes)
- 3 Apples, peeled, cored & chopped
- $\frac{1}{2}$ c Sugar, granulated
- 5 c Chicken stock
- 1 Cinnamon stick
- 1 c Apple juice
- $\frac{1}{4}$ tsp Nutmeg
- $\frac{1}{2}$ tsp Black pepper
- $\frac{1}{2}$ c Greek yogurt

Melt butter and sauté onions and shallots until translucent, 3–4 minutes. Add salt and ginger; stir to incorporate.

In a 5 quart stockpot, on medium/low heat, add squash, apples, and sugar. Cover and let sweat for 15 minutes. Add chicken broth and cinnamon stick; cook for 25 minutes or until squash is very tender.

Puree in a blender or food processor. Stir in apple juice, nutmeg, pepper, and Greek yogurt. Adjust seasonings to personal preference.

Cream of Mushroom Soup



CONTRIBUTED BY DARYL POWERS

- 8 oz Mushrooms, fresh
- 2 T Onions, chopped
- 1 or 2 Garlic cloves, minced
- 2 T Butter
- 3 T Flour, divided
- 2 c Chicken stock
- 1 c Light cream or evaporated milk
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 1/4 tsp Nutmeg

Cut the mushrooms into slices. Melt butter in large frying pan. Add mushrooms, onions, and garlic. Cook until onions are soft.

Blend in 2 tablespoons flour and stir. Add the chicken broth and heat until slightly thickened, stirring frequently. To the cream, add 1 tablespoon flour, salt, pepper, and nutmeg. Add cream to soup. Heat to thicken, stirring frequently.

Strawberry-Cinnamon Soup



GF



CONTRIBUTED BY CHEF DEAN KROPPAUTHOR
OF THE TORTURED CHEF

This soup is very easy to make. I suggest using a powerful blender to liquefy the strawberries.

- 1 lb, or 4 c Strawberries, fresh or frozen
- 1 c Heavy cream
- 1 tsp Honey
- 1 c Vanilla yogurt, fat free
- 1 tsp Cinnamon

Wash strawberries in warm water.

Place all ingredients in a blender and pulse until smooth. Soup may be made ahead and refrigerated. It will thicken as it sets. You can also enjoy it as a smoothie.

Yields 4–6 bowls, or 8 cups.

For enhanced flavor, ½ banana or ½ cup mango may be substituted for ½ cup of the strawberries

Mee Suah Soup



CONTRIBUTED BY SHARON WEE

Mee Suah soup signifies long life in Chinese culture. It was a traditional birthday food in my family.

- 8 oz Pork, minced
- DASH Light soy sauce
- DASH White pepper
- 2 T Vegetable oil
- 2 Garlic cloves, minced
- 2 c Chicken stock (or 2 cups water
+ 1 cube chicken flavoring)
- 2 pkgs Fine rice vermicelli (*Mee Suah*)
- 1 Egg (*optional*)

Combine the minced pork, light soy sauce and white pepper; lightly fashion into meatballs. Set aside.

Heat a saucepan and add the oil. When the oil is glistening, add the minced garlic and fry until light brown and fragrant. Pour in the chicken broth or the water with the chicken flavoring. Bring to a gentle boil. Drop in the meatballs.

When the pork is cooked, add in the mee suah and cook until the noodles are soft. Crack the optional egg and pour into the saucepan. Season with salt, to taste.

Remove saucepan from heat and serve immediately as the mee suah tends to absorb all the liquid very quickly.

Turkey Soup with Kale



GF

CONTRIBUTED BY MELINA HOECKE

- 3-½ qt Water
- 2 Turkey drumsticks, large; skin removed
- 1 T Salt
- 1 Sweet onion, large; coarsely chopped
(preferably *Vidalia*)
- 4 c Carrots, sliced to ¼ inch
- 2 Roma tomatoes, seeded & freshly chopped
- 3 Sweet potatoes, medium; cut in quarters
- 4 Baby red potatoes, peeled & left whole
- 6 Celery stalks, sliced to ¼ inch
- 8 c Kale, cleaned & freshly chopped
Tender portion of kale stalks,
cut up (optional)

In an 8-quart stock pot, combine the turkey legs, water, and 1 tablespoon salt. Bring to a boil. Reduce heat and simmer about ¾ of an hour, skimming foam from surface. When clear, add the onion, carrot, Roma tomatoes, sweet potatoes, red potatoes, and celery. Simmer 1-½–2 hours. Remove drumsticks from pot, cool.

Remove the meat from the bone and cut into bite size pieces. Return meat to simmering pot. Add the kale and stalks, if using, and continue to simmer for 20–25 minutes. Taste for seasonings and adjust to your preference.

Italian Wedding Soup



CONTRIBUTED BY MARIE FORMICA GIANNATASIO

MEATBALLS

- $\frac{3}{4}$ lb Ground beef
- 2 Mild Italian sausages, casings removed
- $\frac{1}{2}$ c Bread crumbs, plain
- $\frac{1}{2}$ c Parmesan cheese, plus additional to sprinkle over soup
- 2 T Flat leaf parsley, freshly chopped
- 3 T Whole milk
- 1 Egg, beaten

Preheat oven to 350°F. Line a baking sheet with parchment paper.

Combine the ground beef, sausage, bread crumbs, Parmesan cheese, parsley, milk and egg in a bowl. Mix well. Shape the meat mixture into 1-inch diameter meat balls; place on baking sheet; bake for 25 minutes or until lightly browned.

SOUP

- 8 oz Mini pasta, shells, bow ties or ziti
- 4 qt Chicken stock
- 3 c Baby spinach

Cook the pasta according to package directions. Drain, rinse and set aside. Bring the chicken broth to a gentle boil. Add the cooked pasta and meatballs; simmer 1 minute. Add the spinach and bring back to a gentle boil. Cook for 1–2 minutes. Taste for salt seasoning and adjust.

Serve with plenty of Parmesan cheese.

Italian Sausage Soup



CONTRIBUTED BY ANN RITCHELLI

- 1- $\frac{1}{2}$ lbs Italian sausage
- 1- $\frac{1}{2}$ cups Onions, chopped
 - 2 Garlic cloves, minced
- 28 oz Italian style tomatoes, undrained
- 42 oz Beef stock
- 1 $\frac{1}{2}$ c Red wine
- 1 tsp Basil leaves
- $\frac{1}{4}$ tsp Black pepper
 - 2 Zucchini, medium; sliced
- 1- $\frac{1}{2}$ c Bow pasta, small (*or your favorite pasta*)
 - 1 Green pepper, medium; chopped
- $\frac{1}{4}$ c Parsley, chopped
- Parmesan cheese, grated, to taste

Remove sausage from casing. Brown, then drain. Add onions and garlic; cook and stir till tender. Add tomatoes, broth, wine, basil, and pepper. Cover, simmer 30 minutes.

Stir in remaining ingredients. Cover, simmer 20 minutes longer, or until pasta is tender. Season to taste. Sprinkle with Parmesan cheese.

Serves 6.

Gazpacho



CONTRIBUTED BY KATHY WOODWARD

- 1 c Tomatoes, freshly chopped
- ¼ c Celery, diced
- ½ c Cucumber slices, peeled, some seeds removed
- ½ c Green pepper, diced
- ⅓ c Parsley
- 1 Garlic clove
- ¼ c Chives
- 6 Basil leaves
- 2–3 T Wine vinegar
- 2 T Olive oil (*nice, but not necessary*)
- 1 T Salt
- ¼ tsp Black pepper
- ½ tsp Worcestershire sauce
- 2 c V-8 juice

Place tomatoes, celery, cucumbers, pepper, parsley, garlic, chives, and basil in the blender and chop. I leave my veggies a bit chunky but some people like it smoother. Combine with other ingredients and chill in a glass container for 4 hours.

This keeps in the refrigerator for several days.

BREADS & ROLLS

Challah

CONTRIBUTED BY LAURA URKEN

- 4 c Hot water, 120°F
- 4 pkgs Active dry yeast
- 1 T Sugar, heaping
- 5 lbs Bread flour, King Arthur brand
- 1-½ c Sugar
- 2 T Kosher salt
- 8 Eggs, extra-large
- ¾ c Canola oil
- 1 Egg, whisked with a small amount of sugar (*for egg wash*)
- 6 Foil loaf pans, extra-large; coated in non-stick spray

Place a heaping tablespoon of sugar in the bottom of a large glass measuring cup; add 4 cups of hot water. Sprinkle the packets of yeast over the water. Using the back of a spoon, submerge the yeast into the water. (I don't over mix it. I just get it wet and stir a little.) Let yeast stand for 15 minutes. It should have a nice foam "head" on it.

Meanwhile, in a very large bowl, mix the flour, sugar and kosher salt together. In a separate bowl, combine the 8 eggs and oil. Mix very well. When yeast has activated, add it, together with the egg and oil mixture, to the flour, sugar, salt mixture.

Knead with your hands until all of the flour is incorporated and you have a nice dough. (It takes me about 3–4 minutes.) Cover bowl with a moist dish towel and allow to rise for 1 hour.

After the hour, put a little flour on the backs of your hands and punch down the dough. Cover and let rise for another hour.

Flour your hands and the surface area where you will braid your challahs. Separate the dough into six sections. Braid each section and place a loaf in each of the prepared foil loaf pans.

Cover the 6 pans with slightly moist towels and allow to rise for one more hour.

Whisk the egg with a little sugar and brush the tops of the challahs.

Bake at 350°F for about 28 minutes or so. My oven takes a little longer (around 32 minutes).



CHALLAH

Fran's Easter Bread

CONTRIBUTED BY ANNMARIE BAIRD

- 8 c All-Purpose flour, or bread flour
- 1-½ c Sugar
- 1 tsp Salt
- 3 pkg Rapid rise yeast
- 16 T Butter, room temperature
- 8 Egg yolks, slightly beaten
- 2-½ c Milk, scalded & cooled

In a bowl, mix together 3 packages rapid rise yeast, 7 cups of the flour, sugar, salt, yeast, butter, egg yolks and milk that was scalded and cooled to form a sticky dough.

Remove dough from bowl and knead on floured board, until dough is smooth and elastic; or knead, using the dough hook on an electric mixer until dough is smooth and elastic. Gradually add the 8th cup of flour until dough is no longer sticky. You may not need to use the entire 8th cup of flour.

Cover dough with a towel; let rest for 10 minutes.

Divide dough into three parts. Form two 12-inch ropes for each loaf of bread. Twist the two ropes gently together to form a “two rope braid.” Do this 2 more times.

EGG WASH

- 1 Egg yolk
- 2 T Water

Place each loaf on a parchment lined baking sheet. Cover loaves with a dish towel. Let loaves rise for 1 hour until almost double. After 1 hour, remove towel, brush each loaf with egg wash.

Bake 35 minutes in an oven preheated to 350°F.

Loaves will raise more when baking and will turn golden brown when done.

Yields 3 loaves.

I was diagnosed with thyroid cancer in August 2011, and it was a huge shock. I was asymptomatic, and felt completely fine except for a goiter on my neck. I was treated for seven months, from the end of January (my birthday actually) to August for Hashimoto's thyroiditis, and took thyroid replacement hormone. As the goiter went away, the lumps on my neck became more noticeable. I ended up having fine needle aspirations and was finally diagnosed with thyroid cancer. We didn't know where to turn, but on the same night that I got the diagnosis, my surgeon saw me and scheduled surgery for 2 weeks later. On September 8, 2011, I had a full thyroidectomy and 104 lymph nodes removed. I was able to leave the hospital 5 days later and start the recovery process. In November of the same year, I underwent my first radioactive iodine treatment.

The diet was honestly the worst part. My crazy mom kept me on the diet for a month because she wanted to make sure that the RAI worked as much as possible. The results of that scan showed that the cancer had metastasized in my lungs, which was surprising news. I went back to high school and tried to resume my normal life, playing basketball and hanging out with friends.

In March of 2013 I had a second surgery to remove 10 more lymph nodes from my neck. That May, I spoke at THANC's 10th Anniversary Gala, which was an unforgettable and

amazing experience. However, I didn't even get to enjoy the nice dinner, because I was on the diet once again for RAI treatment—the caterers were very nice and did their best to accommodate me. Later that same month, I had my second RAI treatment, and the scan showed that the cancer in my lungs was 10% of what it was almost 2 years prior.

I was so happy to see the improvement, and went on to graduate high school the next month. I am extremely blessed to be healthy enough to attend Siena College, and although I am still in treatment, I can't express how much better it makes me feel to know I have an amazing team of doctors.

I was horribly underprepared for the low-iodine diet—which, thanks to my overprotective parents, ended up being a no-iodine diet—the first time around. My first day on the diet, the only thing I ate for three meals was matzah bread. Eventually, my parents and I became pros. My dad ended up making bread for me which was amazing! My favorite things to eat on the diet were chicken, avocado, and egg whites. Avocado was great to put on everything. I remember eating a lot of baked potato with avocado (it was kind of like my butter throughout the diet). We ended up finding a peanut butter that was salt free, and that was really good on the bread. My favorite dinner was chicken with lemon, which was exactly that. Very simple but tasty. For lunch, my favorite thing was a chicken sandwich on homemade bread with avocado.

Salt-Free Fresh-Baked Bread

CONTRIBUTED BY CAT



- 2 c Lukewarm water
- 3 T Vegetable oil
- 3 T Sugar
- 2 pkgs Rapid rise yeast
- 5-6 c Flour

Put water in large bowl. Add oil and sugar, then yeast. Mix in a little flour and let stand a few minutes until bubbles start to form. Stir in flour (may use mixer) until thick batter. Then add flour slowly until dough starts to come from sides of bowl.

Turn onto floured surface, round into ball. Cover with bowl. Let stand 10 minutes. Knead, adding flour if necessary so it isn't sticky. Dough should feel smooth and soft.

Put into well oiled bowl. Turn so it is covered with oil. Cover with towel. Should double in size in about half hour or a little more. Punch down and divide into two loaves.

Put into well oiled or sprayed $9\frac{5}{8} \times 5\frac{1}{2} \times 2\frac{3}{4}$ inch pans. Oil tops, let rise until doubled in size. Set in oven. Turn heat to 350°F. Bake about an hour or until loaves are brown on top and pull away from sides of pan. Put on rack to cool. Makes excellent toast. If cut into 16 slices, each slice contains approximately 97 calories.

Oatmeal Apple Raisin Muffins

CONTRIBUTED BY WENDY SCHWARTZ

- 1 Egg
- $\frac{3}{4}$ c Milk
- 1 c Raisins
- 1 c Apples, peeled & chopped
- 8 T Butter, melted
- 1 c All-purpose flour
- 1 c Quick oats
- $\frac{1}{3}$ c Sugar
- 3 tsp Baking powder
- 1 tsp Salt
- 1 tsp Nutmeg
- 1 tsp Cinnamon

Preheat oven to 400°F.

Line muffin tins with cupcake liners. Beat egg; stir in remaining ingredients, mixing just to moisten. Fill muffin cups $\frac{3}{4}$ -full.

Bake for 15–20 minutes.

Deb's Banana Bread

CONTRIBUTED BY DEBBY MURPHY

- 11 T Butter
- 1-1/2 c Sugar
- 2 Eggs
- 1 c Bananas (*2 medium*), ripe
- 1 tsp Baking soda
- 2 c Flour
- 1/4 tsp Salt
- 1 tsp Vanilla
- 1 c Milk, with 1 teaspoon Vinegar
- Chocolate chips (*optional*)

Preheat oven to 350°F. Grease and flour a loaf pan.

Cream shortening, add sugar and beat well. Beat in eggs, add 1 teaspoon vanilla. Mash bananas. Add to the shortening/sugar mixture; mix well.

Combine flour, salt and baking soda. Add to the above, alternately with the milk.

Scrape batter into the greased loaf pan. At this point, if you are using the chocolate chips, sprinkle them on top of the batter and swirl them through.

Bake one hour or until a toothpick inserted in center comes out clean. If the top is browning too quickly, cover loosely with aluminum foil.

Banana–Blueberry–Coconut Bread



CONTRIBUTED BY NANCY ELLEN COVIELLO

- 4 T Butter, softened
- ½ c Sugar
- 1 c Flour
- ½ tsp Salt
- 1 tsp Baking powder
- ¼ tsp Baking soda
- 1 Egg
- 2 Bananas, very ripe
- 5 T Vanilla yogurt, plus 1 tablespoon
(*non-fat optional*)
- ½ c Walnuts, toasted
- ½ T Vanilla
- ½ c Coconut, shredded
- ½ c Blueberries, divided

Preheat oven to 350°F. Coat a loaf pan with cooking spray.

Cream together the butter and sugar with a mixer. Add the egg, mixing thoroughly.

In a separate bowl, whisk together flour, salt, baking powder and the baking soda. Slowly add the dry ingredients into the butter mixture, alternating with the yogurt—make sure to start with flour and end with flour.

Place the walnuts in a dry skillet over medium heat and cook for 3–4 minutes, tossing frequently. Set aside & cool.

Mash the bananas very well with a fork. Gently add the mashed bananas, vanilla, toasted nuts, and coconut into the batter; then carefully stir until combined. Fold in blueberries, reserving a few for the top of the loaf.

Pour the batter into the loaf pan and sprinkle the remaining blueberries on top. Bake for 45–50 minutes or until a tester comes out of the center of the loaf clean.

Let cool in the pan for a few minutes before transferring to a rack.

Let cool for at least 5 minutes before slicing.

Serve warm with butter. Enjoy!

Freezer Blueberry Bread

CONTRIBUTED BY NANCY JANDORA

- 3 c Flour
- 2 T Baking powder
- 1 tsp Baking soda
- ½ tsp Salt
- ⅔ c Shortening
- 1-⅓ c Granulated sugar
- 4 Eggs
- ½ c Milk
- 1-½ tsp Lemon juice
- 1-½ c Crushed Pineapple, well drained
- 1 c Nuts, chopped
- ½ c Coconut, flaked
- 2-½ c Blueberries, fresh, rinsed & drained

Preheat oven to 350°F.

Combine flour, baking powder, baking soda, and salt. Cream shortening until light and fluffy. Gradually add sugar. Mix well.

Stir in eggs, milk, lemon juice and pineapple. Add dry ingredients. Add nuts and coconut.

Sprinkle flour on blueberries before carefully folding them into the batter.

Pour into six greased & floured 6 × 3-½ × 2 inch loaf pans. Bake for 40–45 minutes. Unmold and cool on a rack.

When thoroughly cool, wrap and freeze. These will freeze well for up to 6 months.

Banana-Nut Bundt Bread

CONTRIBUTED BY CHERYL ALFANO

- 3 c All-Purpose flour
- 2 c Sugar
- 1 tsp Baking soda
- 1 tsp Cinnamon
- 3 Eggs, beaten
- 16 T Butter, melted
- 2 c Bananas, ripe & finely chopped
- 8 oz Pineapple, crushed with liquid
- 1-½ tsp Vanilla extract
- ½ c Coconut, flaked
- 1 c Walnuts, chopped

Preheat oven to 350°F.

In a large bowl, combine the flour, sugar, baking soda and cinnamon. In another bowl, combine the eggs, butter, bananas, pineapple and vanilla; stir into dry ingredients just until combined. Fold in coconut and nuts.

Pour into a greased 10-inch fluted pan. Bake for 60–70 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing cake from pan to a wire rack to cool completely.

Holiday Fruit Bread

CONTRIBUTED BY KAY PARKES

- 2 c Sugar
- 8 T Butter
- 2 Eggs
- ½ c Water
- 1-½ c Apple Sauce
- 2-½ c Flour
- 1-½ tsp Baking powder
- 1-½ tsp Baking soda
- 1-½ tsp Salt
- 1 tsp Cinnamon
- ½ tsp Cloves
- ½ tsp Allspice
- ½ c Walnuts, chopped
- 1 c Raisins
- ½ c Glace Red cherries
- ½ c Glace Green cherries
- ½ c Dates
- 1-½ c Glace Lemon peel

Preheat oven to 350°F. Grease and flour 2 loaf pans or 5 mini loaf pans.

In the bowl of an electric mixer, beat sugar and butter until light and fluffy. Add eggs one at a time, beating well after each addition. Mix in the water and applesauce.

Combine flour, baking powder, baking soda, salt, cinnamon, cloves, and allspice. Add flour mixture gradually until all is incorporated. Mix well.

Add walnuts, raisins, red and green cherries, and lemon peel.

Pour into 2 loaf pans or 5 mini loaf pans. Bake 35–40 minutes or until a cake tester inserted in center comes out clean.

Date-Nut Bread

CONTRIBUTED BY COLLEEN DUGAN

- 1-½ c Dates, pitted & chopped
- 2 tsp Baking soda
- 2 c Water, boiling
- 2 c Sugar
- 2 Eggs
- 2 tsp Vanilla
- 3 T Butter
- PINCH Salt
- 3 c Flour
- 1 c Walnuts

Preheat oven to 350°F. Grease and flour a large loaf pan.

Place the dates in a small bowl and sprinkle with the baking soda. Add the boiling water and let stand for about 30 minutes.

Using an electric mixer beat the sugar, eggs, vanilla, and butter until smooth. Add the salt, flour, and nuts; mix on low speed until just blended.

Stir in the date mixture.

Pour into greased loaf pan. Bake 40–45 minutes or until a tester inserted in center comes out clean. Allow to cool before turning bread out on a rack to cool further.

Zucchini Bread



CONTRIBUTED BY GRACE HODSHON

- 3 c Flour
- 1 tsp Salt
- 1 tsp Baking soda
- ¼ tsp Baking powder
- 4 tsp Cinnamon
- 3 Eggs
- 2 c Sugar
- 1 c Canola oil
- 2 c Zucchini, peeled & grated
- 3 tsp Vanilla
- 1 c Raisins
- 1 c Walnuts, chopped

Preheat oven to 350°F. Grease and flour 2 loaf pans.

Combine flour, salt, baking soda, baking powder, and cinnamon in a bowl; set aside.

In another bowl, beat the eggs, sugar, oil, zucchini, and vanilla. Mix thoroughly. Add the flour mixture, mixing well.

Add the raisins and chopped walnuts. Stir to incorporate.

Pour the batter into prepared pans and bake for 1 hour or until a cake tester inserted in center of loaf comes out clean.

Crusty Garlic Bread

CONTRIBUTED BY ANN MIELE

- 1 LOAF Italian or French bread
- ½ c Butter, softened
- 1 T Olive oil
- 4 Garlic cloves, large; minced
- ⅓ c Parmesan cheese, grated
- 2 T Parsley, freshly chopped
- DASH Salt

Preheat oven to 400°F.

Using a bread knife, slice the loaf in half down the center. In a small bowl, mix butter, olive oil, garlic, parmesan, parsley, and salt. Spread mixture evenly over two half loaves.

Place loaves on a baking sheet and bake on the middle rack in the oven for 15 minutes or until the top of loaf is golden and toasty, and bread is crusty.

When cool enough to touch, slice and serve.

Pumpkin Bread

CONTRIBUTED BY GAYLE COOPER

- 4 Eggs
- 2- $\frac{1}{2}$ c Sugar
- 1- $\frac{1}{4}$ c Vegetable oil
- 1- $\frac{1}{2}$ tsp Salt
- 1 tsp Nutmeg
- 1 tsp Cinnamon
- $\frac{1}{2}$ tsp Cloves, ground
- 1 c Pumpkin, canned
- $\frac{2}{3}$ c Water
- 2 tsp Baking soda
- 3 c Flour, sifted

Preheat oven to 350°F. Grease and flour 2 loaf pans.

Mix well the eggs, sugar, oil, salt, nutmeg, cinnamon, and cloves. Add pumpkin, water, baking soda and flour.

Fill the pans two-thirds full with the pumpkin batter. Bake for 1 hour or until a toothpick inserted in center comes out clean. Let cool 5 minutes and then remove from pans.

Place on a rack to cool.

Seriously Healthy Bread



CONTRIBUTED BY ERIKA RAUSCHER
EXECUTIVE DIRECTOR, THANC FOUNDATION

- ½ T Yeast
- 1-¼ c Water, warm (*about 110°F*)
- ⅓ c Honey
- 1-½ c Rye flour
- 1-½ c White bread flour
- ½ c Sunflower seeds
- ¼ c Pumpkin seeds
- ⅛ c Rolled oats
- 1 tsp Vitamin C powder
- 1 T Quinoa grain
- 1 T Millet
- 1 T Soy flour
- 1 T Buckwheat flour
- 1 T Yellow corn meal
- 1 T Sesame seeds
- 1 T Flax seed
- 1 T Amaranth grain
- 1 T Salt
- 1 T Lecithin granules
- 1 T Poppy seeds

In the bowl of a stand mixer, dissolve the yeast in 1-¼ cups warm water. Add the honey and whisk until yeast dissolves; let stand until foamy (about 5–10 minutes) and then add the dry ingredients in the order given. Mix well.

Using the dough hook, knead until the dough is no longer sticky and is pliable. The dough is now ready to proof. If you don't have a stand mixer, the dough can be kneaded by hand.

Place the dough in a large bowl, cover, and allow to rise for 3–4 hours. Once the dough has risen, punch down then place the dough in a medium sized loaf pan that has been lightly sprayed with baking spray or rubbed with olive oil. Allow the dough to rise until it reaches 1 inch above the top of the pan.

In the meantime, preheat the oven to 350°F. Place the loaf in the oven and bake for 30–45 minutes. Baking times are approximate.

This makes one very dense, mid-sized loaf of bread. Especially yummy sliced and toasted, served with spread of your choice.

Bran Muffins



CONTRIBUTED BY ELIZABETH ANDREOZZIE

- 1- $\frac{1}{4}$ c Sugar
- $\frac{1}{2}$ c Shortening
- 2 Eggs
- 1 c Water, boiling
- 2 Shredded Wheat biscuits, large
- 2 c 100% All Bran
- 1 pt Buttermilk
- 2- $\frac{1}{2}$ tsp Baking soda
- 1 tsp Cinnamon
- $\frac{1}{2}$ tsp Salt
- 2- $\frac{1}{2}$ c Flour
- 1 c Raisins

Preheat oven to 400°F.

Cream the sugar with shortening. Add eggs one at a time. In a separate bowl, pour boiling water over crushed shredded wheat. Add all bran and buttermilk. Stir together.

Add this mixture to sugar, shortening and egg mixture. Add baking soda, flour salt, cinnamon, and raisins. Mix together.

Bake for 20 minutes in greased or lined muffin tins. (Batter will keep for 2 weeks, covered, in the refrigerator.)

Irish Soda Bread

CONTRIBUTED BY JOAN KRIKORIAN

- 4 c Flour
- $\frac{3}{4}$ c Sugar
- 1 T Baking powder
- 1 tsp Salt
- 1 tsp Baking soda
- $\frac{1}{8}$ tsp Cream of tartar
- 8 T Butter, melted
- 1 c Raisins
- 1 tsp Caraway seed
- $1\frac{1}{2}$ c Buttermilk
- 2 Eggs

Preheat oven to 325°F.

Butter a 9-inch round pan or casserole.

Sift flour, sugar, baking powder, salt, baking soda and cream of tartar into a large bowl. Add butter. Blend until mixture crumbles. Add raisins and caraway seeds.

Mix buttermilk and eggs. Combine with dry ingredients. Mix well.

Form into a round loaf. Place in prepared pan. Bake 1 hour and 15 minutes. Remove from pan. Cool on wire rack.

OPTIONS

May be made in a greased 9-inch spring form pan. Bake 40–45 minutes until toothpick inserted in center comes out clean. Cool in pan 10 minutes before removing spring sides.

Or, this recipe can make 3 mini loaf pan size. Bake 20–25 minutes.

English Muffin Bread

CONTRIBUTED BY KAREN MAIORANO

5 c Flour
2 T Dry yeast
1 T Sugar
2 tsp Salt
¼ tsp Baking soda
2 c Milk
½ c Water
Cornmeal

Combine 3 cups flour, yeast, sugar, salt, and baking soda in a large bowl. Heat milk and water until warm (120°F on a thermometer). Add to flour mixture and mix well.

Stir in rest of flour.

Grease two glass 8-inch loaf pans. Sprinkle each with cornmeal. Divide batter into two equal parts and carefully place in pans.

Place in warm place to rise. Let rise 35–45 minutes until dough rises to top of pan.

Place in microwave (one loaf at a time) and bake on High for 6-½ minutes.

This bread must be served toasted.

French Bread (Bread Machine)



CONTRIBUTED BY KAREN F. OF SOUTH CAROLINA

- 2-½ tsp Yeast
- 2 c Bread flour
- 1 tsp Salt
- 1 tsp Sugar
- 1 tsp Olive oil
- 1 c Water, warm

Add all ingredients in the bread machine in the order listed.

This recipe is from the free Low-Iodine Cookbook published by ThyCa: Thyroid Cancer Survivors' Association, Inc. (www.thyca.org) and is provided courtesy of ThyCa.

Foccacia Bread (Bread Machine)



CONTRIBUTED BY KAREN F. OF SOUTH CAROLINA

- 2-½ tsp Yeast
- 3 c Flour
- 1 tsp Salt
- 1 T Olive oil
- 1 tsp Rosemary, crushed
- 1 tsp Black pepper, coarsely ground
- 1 tsp Garlic, minced
- 1-¼ c Water, warm

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

A way to improve the bread. This takes more time and energy: Remove the dough after the first rising. Take it out and pound it flat with your fingertips to create a thin, uneven surface about one inch in depth. Let rise and pound with fingertips again. Drizzle with olive oil and add rosemary, salt, etc. Dust a baking pan with cornmeal and bake the bread in a hot oven (475°F) for about 15 minutes.

This recipe is from the free Low-Iodine Cookbook published by ThyCa: Thyroid Cancer Survivors' Association, Inc. (www.thyca.org) and is provided courtesy of ThyCa.

ENTRÉES

Pan-Roasted Chilean Sea Bass in Lemon Caper Buerre-Blanc



CONTRIBUTED BY EXECUTIVE CHEF, ANTHONY CLEMENTE
STREGA BISTRO, BERKELEY HEIGHTS, NJ

- 8 oz Chilean sea bass filet
- 3 T Grape seed oil, for sauté
- 2 oz Jumbo lump crab meat
- Salt & Pepper, to taste

FOR BUERRE-BLANC

- 1 Shallot, small; diced
- ½ c Chardonnay
- ½ c White wine vinegar
- 16 T Butter, sliced & chilled
- 1 oz Heavy cream
- 1 tsp Lemon zest
- 1 T Capers, rinsed

To prepare buerre-blanc, add chardonnay and white wine vinegar to sauce pan with the shallots. Cook over medium high heat until au sec (almost completely dry) about 1 tablespoon. Add heavy cream to pan and cook for thirty seconds; lower flame to low and begin to whisk in the chilled butter one pat at a time. Whisk until completely incorporated before adding more butter.

Remove from flame before whisking in last few pats of butter, lemon zest, capers, and crab meat. Adjust seasonings to taste with salt and pepper. Keep warm off stove as overheating will cause very delicate sauce to break (separate).

CHILEAN SEA BASS

Preheat oven to 400°F.

Pat fish dry with paper towels and season on both sides with salt and pepper. Heat an oven-proof sauté pan until very hot (almost smoking). Add oil to pan and shake to coat.

Carefully place filet skin side down in pan and sauté for 3–4 minutes until skin is golden. Place the pan in the oven and cook for 5–6 minutes until fish is firm and no longer opaque.

To plate, place ½-cup steamed spinach in center of plate. Remove sea bass from pan, careful not to break the fish and place it on top of spinach. Ladle buerre-blanc around and over the top of the fish, making sure to get enough crab meat around the dish.

Garnish with grilled lemons and fresh chives.

Serves 1.

Baked Salmon



CONTRIBUTED BY CINDY SHEELEN

- 4–5 oz Salmon filet, skinned, 1 per person
- Orange juice
- Honey
- Walnuts, chopped finely
- Parsley, fresh, chopped
- Lemon wedges

Preheat oven to 350°F.

Pour enough orange juice in bottom of a shallow baking dish to cover. Add salmon, skinned side down. Drizzle honey over salmon. Sprinkle chopped walnuts on top; then the chopped parsley. Squeeze the lemon wedges over all.

Bake 12–15 minutes in a 350°F oven.

Roasted Flounder with Tomatoes & Capers



GF

CONTRIBUTED BY DOT VAIL

- 30 Cherry tomatoes
- 6 Garlic cloves
- 3 T Capers
- 2 T Balsamic vinegar
- 3 T Olive oil
- ¼ tsp Salt
- ¼ tsp Pepper
- 2 T Olive oil (*for drizzle*)
- Thyme leaves, fresh
- 6 Flounder fillets (*or other white, flaky fish*)

Preheat the oven to 400°F.

In a small bowl, combine tomatoes, garlic, capers, balsamic vinegar, olive oil, salt and pepper. Transfer to a large roasting pan in a single layer and roast until the tomatoes begin to shrivel, 20–25 minutes.

Lay the fillets on the tomatoes. Season fillets with salt and pepper; drizzle with 2 tablespoons olive oil, sprinkle with fresh thyme leaves. Bake until firm and opaque about 10 minutes.

Serves 6.

Tilapia Piccata over Spinach



CONTRIBUTED BY DONNA POWERS

- 1 pkg Long grain rice, boil-in-bag (3-½ oz)
- ½ tsp Salt, divided
- ¼ tsp Black pepper, divided
- 4 Tilapia fillets (6 oz each)
- 2 T All-purpose flour
- 2 tsp Olive oil
- ⅓ c White wine, dry
- 2 T Lemon juice, fresh
- 1 T Capers, drained & chopped
- 2 T Butter
- 4 c Baby spinach, fresh

Cook rice according to package directions, omitting salt and fat. Place rice in medium bowl; stir in ¼ teaspoon salt and ⅛ teaspoon black pepper.

Sprinkle fish with remaining salt and pepper. Dredge fish in flour. Heat the oil in a large nonstick skillet over medium high heat. Add fish to pan; cook 1-½ minutes on each side or until fish flakes easily when tested with a fork, or until desired degree of doneness. Add wine, lemon juice, and capers to pan; cook 1 minute. Add butter to pan, stirring until butter melts. Remove fish and sauce from pan, keep warm.

Wipe pan clean with a paper towel. Add spinach to pan; sauté 1 minute until wilted.

To serve, place tilapia on top of spinach and rice. Pour sauce over all.

Wild Rice Seafood Casserole

CONTRIBUTED BY JANE MAHR

- 1-¹/₄ c Wild rice, cooked
 - 1 Green bell pepper, diced
 - 1 c Celery, diced
 - 1 Bermuda onion, sliced
 - 1 lb Mushrooms, sliced & sautéed
 - 1 lb Lobster meat (*fresh, frozen, or canned*)
 - ¹/₂ lb Lump crab meat (*canned*)
 - ¹/₂ lb Shrimp (*fresh, frozen, or canned*)
 - 1 tsp Curry powder
 - 1 tsp Worcestershire sauce
- 1-¹/₂ c Mayonnaise
 - Salt & Pepper, to taste
 - Bread crumbs, flavored (*optional*)

Preheat oven to 300°F.

Mix all ingredients. Place in a greased casserole. Bake 45 minutes at 350°F.

Sprinkle flavored breadcrumbs on top and dot with butter. (*optional*)

Serves 7–8.

Cedar-Plank-Baked Atlantic Salmon



CONTRIBUTED BY CHEF DAVE DECKER

- 4 Salmon filets (6–8 oz each)
- 2 c Israeli couscous
- 2-½ c Water
- ¼ c Red pepper, chopped
- ¼ c Green pepper, chopped
- ¼ c Red onion, chopped
- ¼ c Zucchini, chopped
- ¼ c Yellow squash, chopped
- 1 Ginger nodule, chopped, or to taste
- 1 Fennel bulb, thinly sliced
- 1 Red onion, thinly sliced
- 4 Oranges, segmented, with juice
- 1 Lemon
- Parsley, chopped
- Salt & White Pepper

Preheat oven to 375°F.

For the couscous, bring the water to a boil and add the couscous; season with salt. Cook the couscous for about 8–10 minutes or until done. Place the chopped vegetables and ginger into a bowl and add the cooked warm couscous; season with salt and pepper. Mix well and set aside.

Lightly spray the cedar planks with a non-stick spray. Season the salmon with salt and white pepper and place on the cedar plank. Cook the salmon for 12–15 minutes, or until desired temperature is reached.

FENNEL SALAD

Place the sliced fennel, onion and orange segments, along with the orange juice into a bowl and add the lemon juice and chopped parsley; season with salt and pepper. Mix well.

Spoon the warm couscous onto a plate; place the cooked salmon on top. Spoon the fennel salad with some of the juice over the salmon.

Baked Fish



GF

CONTRIBUTED BY DR. STEPHEN SINATRA

- ¼ c Extra virgin olive oil
- 2 lbs Sea bass or salmon
- ¼ c Dry white wine or juice of 1 lemon
- 2 Garlic cloves, minced
- Ground pepper, to taste
- 2 tsp Parsley, chopped
- 2 tsp Cilantro, chopped
- Lemon wedges, for serving (*optional*)
- Extra virgin olive oil, for serving (*optional*)

Preheat the oven to 425°F. Rub a small amount of olive oil over the bottom of a roasting pan large enough to hold the fish in 1 layer. Rub the fish with a little more oil and place in the pan. Combine the remaining olive oil with the wine or lemon juice, garlic, pepper, and herbs. Drizzle the mixture over the fish, coating well.

Bake the fish for 15–20 minutes, basting frequently with the pan juices. Remove the fish from the oven and test for doneness; the flesh should be opaque all the way through to the bone, and flake easily. If the fish is not done, return it to the oven for 5–10 minutes more.

Serves 6–8.

Nutrition Facts (per serving)	
Calories	152
Fat	8 g
Sodium	68 mg
Carbs	trace
Protein	19 g

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Portuguese Shrimp



CONTRIBUTED BY DAVID DECKER
EXECUTIVE CHEF, FAIRMOUNT COUNTRY CLUB

- 20 pcs Shrimp, size 8-1/2, cleaned & breaded
- 4 Garlic cloves, chopped
- 1/4 c White wine
- 1 BUNCH Parsley, chopped
- 1/4 c Canola oil, as needed
- 3 T Lemon juice, or to taste
- 2 T Butter
- 1/4 c Tomatoes, sliced
- 1 tsp Tabasco, or to taste
- Salt & Pepper, to taste

Heat the oil in a sauté pan, add the breaded shrimp and cook until golden brown. Remove the shrimp and finish cooking in a 350°F oven for 5 minutes. Spill out some of the oil; add the garlic, and sauté. Deglaze with white wine, add the lemon juice, butter, tomatoes, parsley and Tabasco; let reduce; season to taste. Place the shrimp into a bowl and spoon the sauce over the shrimp, or serve the sauce on the side. Serve with grilled garlic crostini.

CROSTINI

- 8 T Butter, salted, softened
- 2 T Parsley, chopped
- 6 Garlic cloves, roasted
- 1 LOAF French baguette, cut into slices

Combine the butter, parsley and roasted garlic. Mix until well blended. Spread this mixture on both sides of the baguette slices. Grill on an outside grill until toasted or place in the oven at 400°F until toasted.

Pancetta-Wrapped Bronzini with Red Quinoa & Salsa Verde

- 7 Bronzini fillets, halved
- 21 Pancetta, sliced lengthwise (*substitute bacon*)
- 21 Tomato confit pedals (*substitute sun-dried tomato*)
- Egg wash, for wrapping

Preheat oven to 350°F.

Layer 3 pieces of pancetta on a cutting board. Brush with egg. Place one half of fish skin side down. Place 3 tomato pedals on flesh. Top with other half of fish and wrap in pancetta. Refrigerate, seam side down, until ready to cook.

When ready, use a nonstick pan, place on medium-high heat. Add two tablespoons of canola oil. When oil is hot, add wrapped bronzini, seam side down. Sear for 2–3 minutes—when crispy, flip.

QUINOA

- 2 c Red quinoa
- 2 T Olive oil
- 1 Onion, small, diced
- ½ c Yellow squash, diced
- ½ c White wine
- 6 c Chicken stock
- 1 T Butter

Sweat onions and squash in a pot with olive oil and pinch of salt. Stir every few minutes for 10 minutes or until translucent. Add quinoa and deglaze with white wine, cook wine out and add stock. Cover and cook on low until quinoa is tender. When almost done leave on stove if serving soon. Stir in butter before you serve and cook another 2–3 minutes. Lower heat if pan is smoking. Place in oven for 3–4 minutes. Serve soon with other ingredients.

SALSA VERDE

- 1 BUNCH Parsley, leaves picked
- 1 T Oregano, leaves picked
- 1 T Chives, chopped
- 1 T Tarragon
- 1 Lemon, zested
- 1 Lime, zested
- 1 Orange, zested
- 1 Sicilian anchovy
- ½ c Olive oil

Blanch, then shock herbs in iced water. Purée herbs and the remaining ingredients in a blender until smooth.

Roasted Chilean Sea Bass



GF

CONTRIBUTED BY CHEF PAUL DONNELLY
MENDHAM GOLF AND TENNIS CLUB

6–8 oz Chilean Sea Bass fillets

FOR THE MARINADE

- ¼ c Parsley, chopped
- ⅓ c Cilantro, chopped
- 1-½ T Garlic, minced
- ½ c Extra virgin olive oil
- 1-½ tsp Salt
- 1 tsp Black pepper
- ½ tsp Paprika
- ¼ tsp Cumin
- ¼ tsp Cayenne

FOR THE VEGETABLE BED

- 1-½ c White onions, diced
- 3 Celery stalks, diced
- 1 c Tomatoes, finely diced
- A handful of Capers
- 2 Lemons, sectioned
- 1-½ T Garlic, minced
- Salt & Pepper, to taste
- ½ c Extra virgin olive oil
- ¼ tsp Saffron threads, infused in ½ cup hot water

Combine marinade ingredients and rub onto fish fillets. Allow to marinate for at least 1 hour. For the vegetable bed, combine the onion, celery, tomatoes, capers, lemons, and garlic. Season with salt and pepper. Place vegetable mixture in the bottom of a roasting pan. Drizzle with olive oil and saffron liquid. Place the fish on top of the vegetable bed, cover the pan, and bake in a 400°F oven until the fish is cooked, about 15 minutes. Serve each portion with the vegetables and broth.

Herbed Shrimp

GF

CONTRIBUTED BY CAROL RYAN

- 2 lbs Shrimp, medium-large;
raw (*cooked shrimp may be used*)
- 1 Lemon, thinly sliced
- 1 Red onion, medium; thinly sliced
- 1 c Black olives, pitted & drained
- 1 c Artichoke hearts, quartered
- ¼ c Vegetable oil
- 2 Garlic cloves, crushed
- 1 T Dry mustard
- 1 tsp Salt, or to taste
- ½ c Lemon juice
- 1 T Wine vinegar
- 1 Bay leaf, broken
- ¼ tsp Cayenne
- Black pepper, to taste

Shell and devein shrimp. Bring 1 quart salted water to a boil; add shrimp and cook for barely 3 minutes. Drain; rinse in cold water and then drain again. Set aside.

If using already cooked shrimp, disregard previous instructions.

In a large bowl, combine the lemon slices, onion, olives, artichoke hearts, and shrimp. In a jar with a tight fitting lid, combine the oil, garlic, mustard, salt, lemon juice, wine vinegar, bay leaf, cayenne, and black pepper. Shake vigorously. Pour over the shrimp and lemon mixture. Toss; refrigerate for several hours before serving.

Can easily be doubled or tripled for a very large group.

Shrimp with Vodka Cream Sauce

CONTRIBUTED BY DEBBIE GIANATASIO

- 1 T Extra-virgin olive oil
- 1 T Butter
- 2 Garlic cloves, minced
- 2 Shallots, minced
- 1 c Vodka
- 1 c Chicken stock
- 32 oz Tomatoes, crushed
- 1 c Romano cheese, freshly grated & divided
- Salt & Pepper, to taste
- 16 oz Pasta (*e.g. linguine*)
- ½ c Heavy cream
- 1 lb Shrimp, raw; cleaned & deveined
- 20 Basil leaves, freshly chopped

Heat a large saucepot over moderate heat. Add oil, butter, garlic and shallots; gently sauté garlic and shallots 3–5 minutes. Add vodka, cooking 2–3 minutes to reduce vodka by half.

Add chicken stock and crushed tomatoes. Bring sauce to a boil then reduce to a simmer. Stir in ½ cup Romano cheese; season with salt and pepper. While sauce simmers, prepare pasta in salted, boiling water until “al dente”.

Stir cream into sauce and return to a bubble. Add shrimp to sauce and allow sauce to return to a bubble for 3–5 minutes until shrimp turn pink. Remove from heat.

Drain pasta. Toss hot pasta with sauce, adding basil leaves. Sprinkle with remaining Romano cheese and serve.

Shrimp Scampi

CONTRIBUTED BY CHERYL ALFANO

- 1 lb Linguine or penne pasta
- ¼ c Olive oil
- 1 lb Shrimp, raw; peeled & deveined
- Salt & Pepper, to taste
- ¼ tsp Red pepper flakes
- ½ c White wine
- 2 T Lemon juice
- 5 T Butter, cold; cut into cubes
- 1 tsp Salt
- ½ tsp Pepper
- 2 T Parsley

Cook pasta according to package directions. Drain pasta and return to pot; drizzle with about one tablespoon of olive oil and toss. Set aside.

Pat shrimp dry and season with salt and pepper. In a large skillet, over a medium flame, heat olive oil and add shrimp. Sauté shrimp until cooked through. Remove shrimp from pan and set aside.

In the same pan, add garlic, pepper flakes, white wine, and lemon juice. Cook on high heat for 1 minute. Reduce heat to low and add cold butter cubes (one at a time), stirring constantly until fully melted. Season with salt and pepper; add parsley. Add shrimp and pasta back to pan and toss to coat evenly with sauce. Serve immediately.

Serves 4.

Cowboy Chili



CONTRIBUTED BY KRIS POCARO

- 15 oz Black beans, drained & rinsed
- 15 oz Black eyed peas, drained & rinsed
- 1 Red pepper, small; diced
- 1 Orange pepper, small; diced
- 1 Red pepper, small; diced
- 2 Tomatoes, seeded & diced
- 1- $\frac{1}{4}$ c Apple cider vinegar
- $\frac{1}{3}$ c Sugar
- 1 T Garlic, minced
- $\frac{1}{2}$ c Virgin olive oil

Combine the beans, peppers, tomatoes, and garlic. Bring the cider, oil, and sugar to a boil over medium heat until sugar dissolves (about 5 minutes). Allow to cool and then pour over the bean mixture.

Cover and refrigerate overnight. Drain liquid before serving.

Veggie Burger



CONTRIBUTED BY DAVE DECKER
EXECUTIVE CHEF, FAIRMOUNT COUNTRY CLUB

- 1/4 c Zucchini, diced
- 1/4 c Carrots, diced & blanched
- 1/4 c Green peas, fresh *(or frozen, defrosted)*
- 1/4 c Red pepper, diced
- 1/4 c Sweet corn, fresh *(or frozen, defrosted)*
- 2 Garlic cloves, diced *(optional)*
- 1 pc Shallot, chopped
- Cayenne pepper, to taste
- 1 tsp Paprika
- 1 tsp Thyme, fresh, chopped
- 1/2 c Oat bran, finely ground
- 2 Eggs, whole
- Sea Salt, to taste

Combine all vegetables and herbs. Whisk the eggs and add to the oat bran; gently fold in the vegetable mixture. Form into 3 ounce patties, cover and allow to rest in either the refrigerator or freezer, about 20 minutes.

To cook: Heat a small saute pan and add a little olive oil to coat the bottom. Gently place the burger into the hot oil and cook 2 minutes on each side; if frozen you will want to cook it longer.

You can also put the burger on a pan sprayed with Pam and bake at 350°F for about 13 minutes.

Couscous-Quinoa Risotto & Grilled Beets



CONTRIBUTED BY JESSE COLIN FISHER

- 1- $\frac{1}{3}$ c Water
- $\frac{1}{3}$ c Quinoa
- $\frac{1}{3}$ c Couscous
- 3 T Coconut Oil
- 2 Beets, large & fresh
- $\frac{1}{3}$ c Greek yogurt
- 2 Shallots, finely chopped
- $\frac{1}{2}$ c Parmesan, freshly grated
- $\frac{1}{8}$ tsp Cayenne pepper
- $\frac{1}{8}$ tsp Nutmeg
- 2 tsp Sea salt, add more to taste
- 3 Garlic cloves, finely chopped
- Tarragon or sage, for garnish

Using a fine strainer and a small bowl, rinse the quinoa in cold water. *Note: unwashed quinoa can add an unwanted, slightly bitter or soapy taste to your recipe.*

Cut the beets into $\frac{1}{4}$ -inch (or slightly thicker) slices. Do not bother to peel the beets. Peel & finely chop the shallots and garlic cloves—set aside.

Add 2 tablespoons of coconut oil to a 9-inch sauté pan over medium-high heat. Add couscous and quinoa to the pan, constantly stirring for about 3 minutes or until couscous begins to turn golden brown. Add water and 2 teaspoons of sea salt, bring to a boil. Cover, reduce heat to low and let simmer for 20–25 minutes.

Preheat a ribbed griddle or large skillet over medium-high flame. Add sliced beets. Cook for 4 minutes on each side. If they begin to burn before the 8-minute mark, reduce the flame. After 8 minutes, remove and set aside to cool. Then slice each slab into quarters.

RETURNING TO THE COUSCOUS: Toss lightly to ensure the water has been completely absorbed. If so, remove from heat. Set aside in a medium dish.

Using the same pan, add remaining tablespoon of coconut oil, shallots and garlic. Sauté over medium heat for 2–3 minutes, stirring occasionally. Slightly reduce the heat and add Greek yogurt. Stir. Add Parmesan. Stir until incorporated. Add nutmeg and cayenne pepper. Slowly reintroduce the couscous-quinoa mixture to the pan, stirring slowly and carefully. *Note: stirring too vigorously may reduce the grains to mush.* Only keep over the flame until mixture has been reheated.

Dish the couscous-quinoa risotto. Top with several pieces of the grilled beets. Garnish with a sprig of fresh tarragon or sage. Enjoy!

Serves 2–3. Keeps well as leftovers.

Moussaka



CONTRIBUTED BY STEVE CHRISTY

- 1- $\frac{1}{2}$ lbs Potatoes
 - Oil, for frying
- 2 Onions, medium; chopped
- $\frac{1}{4}$ c Olive oil
- 1 lb Lean ground beef
 - 2 Garlic cloves, minced
- 8 oz Tomato sauce
- 1 tsp Cinnamon
 - Salt & Pepper, to taste
- 2 Eggs
- 1 c Milk
- $\frac{1}{3}$ c Kefalotiri cheese (*mozzarella may be substituted*)

Preheat oven to 350°F.

Peel potatoes and cut into $\frac{1}{4}$ -inch slices. Fry in hot oil until well-browned; drain and set aside.

Sauté onion in olive oil until soft; add meat and stir until meat is cooked. Drain any fat and return meat to pan. Add garlic, tomato sauce, cinnamon, salt and pepper to taste.

Arrange half the fried potatoes in an even layer in a shallow 1- $\frac{1}{2}$ quart baking dish. Pour meat mixture over potatoes and top with remaining potatoes. Beat eggs in a small bowl; add milk and pour over casserole. Sprinkle top with cheese. Bake uncovered at 350°F for 45 minutes.

Yogurt Pancakes



CONTRIBUTED BY SHERRY MADONNA

- 2 c Flour
- 2 T Sugar
- 2 tsp Baking powder
- 1 tsp Baking soda
- 2 Eggs
- 2 c Plain yogurt
- $\frac{1}{4}$ c Water

In a bowl, combine flour, sugar, baking powder and baking soda.

In another bowl, combine eggs, yogurt, and water. Add the flour mixture to the egg mixture and mix well.

Pour batter by $\frac{1}{4}$ cupfuls onto a hot griddle coated with cooking spray. (If desired, at this point, you may top the batter with your choice of fruits or chocolate chips.) Turn pancake when bubbles form on top. Flip and cook until golden.

Hash Brown Nests

CONTRIBUTED BY DEBBIE SWEENEY

- 2–3 Russet potatoes, peeled
- ½ tsp Salt
 - 1 Shallot, minced
 - 2 Garlic cloves, minced
- 1 tsp Pepper, freshly ground; divided
- ¼ tsp Paprika
- ¼ c Cheddar cheese, shredded
- 8 Eggs, medium

Preheat the oven to 400°F. Grease a muffin tin and set aside.

Using a box grater shred the potatoes and transfer them to a bowl. Sprinkle with salt and allow to sit for 10 minutes. Gather the potatoes in the center of a cheese cloth or several paper towels and wring the potatoes dry. Transfer the dry, shredded potatoes back to the bowl and add the shallot, garlic, ½ teaspoon pepper and paprika. Mix until combined.

Spoon about 2 tablespoons of the potato mixture into each muffin cup, being sure to line the bottom and the sides. The potatoes will shrink during baking so make sure you go all the way to the top of the muffin tin when lining the sides.

Bake 10–15 minutes until the outer sides appear lightly golden brown. Decrease the oven temperature to 350°F.

Remove from the oven; add a teaspoon of the shredded cheese and top with one egg. Bake for an additional 10 minutes or until whites are set but the yolk still appears soft.

Allow to cool 2 minutes in pan. Run a butter knife around the edges of each hash brown nest and gently remove it. Top with the rest of the pepper and serve immediately.

Herbed White Bean & Sausage Stew



- 2 T Extra virgin olive oil
- 1 lb Sweet Italian sausage, sliced ¾-inch thin
- 1 T Tomato paste
- 1 tsp Cumin
 - 2 Carrots, medium; finely diced
 - 2 Celery stalks, finely diced
 - 1 Onion, chopped
 - 4 Garlic cloves, peeled & finely chopped
- 1 lb Great Northern beans, dried; rinsed & picked through
- 2 tsp Kosher salt, or to taste
- 2 SPRIGS Thyme, fresh
- 1 SPRIG Rosemary, large
 - 1 Bay leaf
- 2 tsp Balsamic vinegar, more for serving
- ½ tsp Black pepper, or to taste

Heat oil in large stockpot over medium-high heat. Add sausage and brown until cooked through, about 7 minutes. Using a slotted spoon, transfer to a plate lined with paper towels.

Add tomato paste and cumin to pot. Cook, stirring, until dark golden, about 2 minutes. Add carrots, celery, onion and garlic. Cook, stirring, until vegetables have softened, about 5 minutes.

Stir in beans, 8 cups of water, salt, thyme, rosemary and bay leaf. Turn up heat to high and bring to a boil. Then reduce heat to low and simmer gently until the beans are tender, about 2 hours, adding more water if needed to make sure the beans are submerged.

When beans are tender, return sausage to pot. Simmer for 5 minutes. Stir in vinegar and pepper. Taste and adjust seasoning. Ladle into bowls and drizzle with additional vinegar and olive oil.

Serves 6–8.

Strata with Asparagus, Sausage & Fontina

CONTRIBUTED BY LEE LUCIANO

- 10–12 French bread slices, cut into 1-inch cubes
- 1 T Olive oil
- 10 oz Breakfast sausage (*or ground Italian sweet sausage, or ham*)
- 16 Eggs
- 6 c Milk
- 1 BUNCH Green onions, light green portion only, thinly sliced
- Salt & Pepper, to taste
- 1 SMALL JAR Red pimentos, well drained
- 1 lb Asparagus
- 4 c Fontina cheese

Butter a large buffet pan or baking dish. Place the bread cubes in a large bowl.

In a large sauté pan over medium heat, warm the olive oil. Add the sausage and cook, stirring occasionally, until browned on both sides; 3-5 minutes. Transfer the sausage to a plate. Let cool; then cut into thin slices; add this to the bowl with the bread cubes.

Trim tough ends from asparagus spears. Cut into 1-inch spears and cook until tender. Let cool.

In another bowl, whisk together the eggs and milk. Pour this mixture over the bread and sausage. Add the green onions, peppers, asparagus, salt, pepper and 3 cups of the cheese and stir until well blended. Transfer to the prepared baking dish, cover with plastic wrap and refrigerate for at least 4 hours or overnight.

Place in a preheated 350°F oven. Sprinkle top with remaining cheese and bake until the strata is golden brown and cooked through, about 1 hour. Allow to stand 10 minutes before serving.

Serves at least 12.

Eye of Round Roast with Rosemary & Potatoes



CONTRIBUTED BY DR. STEPHEN SINATRA

- 2 lbs Eye of Round roast
 - Rosemary, crushed in a small bowl
 - Sea Salt & Ground Pepper, to taste
- 8 Red potatoes, small; halved
- 2 Onions, sliced
- 2 Tomatoes, sliced
- Parsley, frershly chopped

Preheat oven to 350°F.

Trim off excess fat from the roast and sprinkle with crushed rosemary, sea salt, and freshly ground pepper to taste. Place the roast on a rack in roasting pan and add one ounce of water. Place potatoes around roast and sprinkle with rosemary and roast until tender, approximately one and a half hours.

Slice thinly and serve with raw sliced onion and tomatoes sprinkled with fresh parsley.

Serves 4.

Nutrition Facts (per serving)	
Calories	469
Fat	10 g
Sodium	229 mg
Carbs	62 g
Fiber	4 g
Protein	74 g

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Cranberry Pork Tenderloin

GF

CONTRIBUTED BY ROZ POCARO

- 8–10 oz Pork tenderloin
- 1-½ T Butter
- ½ c Onion, chopped
- 1 T Rosemary, freshly chopped
- ½ c Chicken stock, low sodium
- ⅓ c Cranberry sauce, whole berry
- 1 T Balsamic vinegar
- Salt & Pepper, to taste

Preheat oven to 450°F.

Melt ½ tablespoon of butter in a heavy, large ovenproof skillet over medium-high heat. Sprinkle pork with salt and pepper. Sear pork on all sides, about 2 minutes.

Place skillet with pork in the oven. Roast pork until thermometer inserted into center registers 145°F, about 8 minutes.

Meanwhile, melt remaining 1 tablespoon of butter in medium heavy skillet over medium-high heat. Add onion and rosemary; sauté until onion softens, about 3 minutes. Add stock, cranberry sauce, and vinegar; whisk until cranberry sauce melts, about 2 minutes.

Transfer pork to work surface. Scrape any juices from large skillet into cranberry mixture. Boil until sauce has reduced enough to coat a spoon thickly, about 6 minutes; season with salt and pepper.

Slice pork and serve with sauce.



CRANBERRY PORK TENDERLOIN

Oven-Baked Pork Stew



CONTRIBUTED BY KRIS HALPERN

- 1 T Oil
- 1-1/2 lb Pork tenderloin, cut in 3/4-inch cubes
 - 1 Onion, medium; diced
 - 4 Potatoes, medium; cut in 1-inch cubes
 - 4 Carrots, cut in 1-inch cubes
- 1 T Oregano
- 2 Garlic cloves, minced
- 3 c Beef stock
- 1/4 c Cold water
- 1/4 c Flour
- Salt & Pepper, to taste

Preheat oven to 350°F.

Heat 1 tablespoon of oil in a Dutch oven or heavy, oven-proof pot.

Brown the pork; add the onions, and cook until the onions are soft. Add potatoes, carrots, oregano garlic, and beef stock.

Bake, covered, in a 350°F oven for 2 hours. Combine the cold water with the flour and add to the hot stew. Stir to incorporate. Return the pot to oven and bake, covered, and additional hour; season with salt and pepper to taste.

Pork Tenderloin with Apples & Carrots

CONTRIBUTED BY PAT VINCENT

- 2 Pork tenderloins (*1 lb each*)
- Salt & Pepper, to taste
- 1 T Olive oil
- ½ c Apple juice
- 3 T Honey
- 2 tsp Ginger root, freshly grated (*or ⅛ teaspoon ground ginger*)
- 3 Carrots, cut into ¼ inch slices
- 1 Apple, large (*or 2 small*), cored & cut into ¼-inch slices

Season the pork with salt and pepper. Warm oil in large skillet over medium-high heat; add tenderloins and cook until browned on all sides, 8 to 10 minutes. Remove pork to a plate and set aside.

Return skillet to medium heat and add apple juice, honey and ginger, scraping up any browned bits on the bottom of the skillet. Stir in carrots. Return pork to skillet, nesting it into carrots. Reduce to simmer, cover and cook 5 minutes. Add the apples, cover and continue to cook until the apples and carrots are tender and the internal temperature of the pork reaches between 145°F (medium rare) and 160°F (medium).

Remove the pork from the skillet and let rest 5 minutes. Meanwhile, season the carrot-apple mixture with salt to taste.

Slice pork and serve with carrots, apples, and pan sauce.

Slow-Cooked Pulled Pork



CONTRIBUTED BY KATIE THIEMAN

- 1** 4-5-lb Pork butt
 - 1** Sweet onion, large; finely chopped
 - 1 c** BBQ sauce (*I like Sweet Baby Ray's*)

Place meat in a slow cooker. Top with onion and BBQ sauce. Cover with lid and cook on low 8 hours.

Remove from pot and shred with fork. Return to pot; stir to coat with sauce.

I serve with toasted, buttered rolls and provolone cheese.

Italian Sausage Quiche

CONTRIBUTED BY LAURA CLOPP

- 1 Pie crust, pre-made; uncooked
- 1 lb Mild Italian sausage, casings removed
- ¼ c Onion, chopped
- ¼ c Green pepper, chopped
- 4 tsp Jalapeno pepper, chopped & seeded
- 1 c Sharp cheddar cheese, shredded
- 3 Eggs
- 1 c Heavy whipping cream
- 1 tsp Parsley, freshly minced
- 1 tsp, Basil, freshly minced
- ¼ tsp Pepper
- ⅛ tsp Salt
- DASH Garlic powder
- DASH Cayenne pepper

Preheat oven to 450°F.

Fit the pie crust in a 9-inch pie plate. Flute edges. Line pastry with parchment paper or waxed paper. Fill with pie weights, dried beans, or, uncooked rice. Bake 8 minutes. Remove waxed paper. Bake 5 minutes longer. Cool on wire rack.

Reduce oven temperature to 375°F.

Meanwhile, in a large skillet, cook sausage, onion, green pepper, and jalapeno over medium heat until meat is no longer pink; drain. Spoon into shell and sprinkle with cheese. In a large bowl, whisk eggs, cream, parsley, basil, pepper, salt, garlic and cayenne. Pour over cheese.

Bake 35–40 minutes or until a knife inserted near center comes out clean.

Saltimbocca

CONTRIBUTED BY EDNA TORSIGLIERI

Saltimbocca is a dish popular in southern Switzerland, Italy, Spain & Greece. The name translated from Italian means, "jumps in the mouth."

- 6 Veal cutlets
- 1 tsp Sage, dried; crumbled
- Ground black pepper
- 6 Prosciutto di Parma, sliced paper-thin
- Flour, for dredging
- 2 T Butter
- $\frac{3}{4}$ c White wine
- 6 T Butter, chilled; cut into pieces
- Salt & Pepper, to taste
- Lemon wedges

Flatten veal cutlets to a thickness of $\frac{1}{8}$ inch; season veal with crumbled sage and pepper. Place 1 slice of prosciutto on top of each veal cutlet. Fold cutlet in half crosswise; secure open ends with a toothpick. Dredge veal in flour.

Melt 3 tablespoons of butter in a large skillet over medium heat. When the butter starts to froth, add the veal and cook until golden, about 2–3 minutes per side. Transfer veal to a platter and cover loosely with foil to keep warm.

Pour off fat from the skillet and discard. Add wine to skillet and bring to a boil, scraping up the brown bits. Boil until liquid is reduced to about $\frac{1}{4}$ cup. Reduce heat to low. Whisk in 6 tablespoons chilled butter, 1 tablespoon at a time; season sauce with salt and pepper.

Remove toothpicks from veal, pour sauce over and garnish with lemon wedges.

Taco Pie

CONTRIBUTED BY ELAINE RYAN

- 1 lb Ground beef
- ½ c Onion, chopped
- 8 oz Tomato sauce
- 2 T Taco seasoning mix
- 1 8-oz can Pillsbury crescent rolls
- 1 c Cheddar cheese, shredded
- Lettuce, shredded
- Tomatoes, sliced
- Sour cream
- Black olives, sliced

Heat oven to 375°F.

Unroll dough; separate into 8 triangles. Place in an ungreased 9-inch square pan or 10-inch pie plate; press over bottom and up sides to form crust.

In a 10-inch skillet, cook beef and onions over medium heat 8–10 minutes, stirring occasionally, until thoroughly cooked. Drain. Stir in tomato sauce and taco seasoning mix; simmer 5 minutes.

Spoon meat mixture in crust-lined pan; sprinkle with cheese.

Bake 20–25 minutes or until crust is deep golden brown and cheese is melted.

To serve, top with lettuce, tomato, sour cream, olives, or toppings of your choice.

Meatloaf with Tomato Gravy



CONTRIBUTED BY LOU GIZZI

- ½ c Italian flavored bread crumbs, dry
- 2 T Extra virgin olive oil
- 2-½ lbs Ground beef
- 1 Onion, medium; diced
- ⅓ c Parmesan cheese, grated
- 3 Garlic cloves, minced
- 2 tsp Worcestershire sauce
- 2 tsp Oregano, dried
- 2 Eggs, large; beaten
- 2 tsp Kosher salt
- ½ tsp Black pepper

Preheat oven to 350°F.

Toast the bread crumbs in a fry pan for approximately 1 minute. Set aside.

Heat the olive oil in a pan; add onions, garlic, oregano, salt and pepper. Saute about 10 minutes until the onions are translucent. Place in a bowl to cool then add the bread crumbs, ground beef, cheese, and Worcestershire sauce. Mix gently. Add beaten eggs and mix thoroughly.

Line a sheet pan with aluminum foil. Put meatloaf mixture in a loaf pan or a pan of similar size; place on the sheet pan and bake for approximately 45 minutes or until a thermometer placed in the center reads 160°F. Cover meatloaf with foil and let rest for 15 minutes.

GRAVY

- 1/2 Onion, medium; diced
- 15 oz Chicken stock
- 3 Garlic cloves, minced
- 28 oz Tomatoes, crushed
- 1 tsp Oregano, dried
- 2 tsp Worcestershire sauce
- 2 T Extra virgin olive oil
- 1 T Butter, unsalted
- 1 tsp Kosher salt
- 3 T Tomato paste
- 1/3 c Parmesan cheese, grated
- 1/2 tsp Black pepper
- 1 Bay leaf

Over medium heat in a large skillet, sauté the onions, garlic, and oregano in olive oil and butter for about 6 minutes. Add tomato paste and bay leaf. Stir and cook for about 3 minutes. Add chicken broth and crushed tomatoes, and Worcestershire sauce. Bring to a boil, then reduce heat to a simmer and cook till the sauce thickens, about 5 minutes. Remove the bay leaf. Mix in the Parmesan cheese, salt and pepper

Italian Meatballs

CONTRIBUTED BY VIRGINIA COSCIA

- 1 lb Ground beef
- 1 lb Ground pork
- 1 lb Ground veal
- 3 Eggs
- 2 oz Milk
- 1 c Italian bread, crusts removed
- ½ c Italian bread crumbs, dry
- 1 cup Parmesan cheese, grated
- 2 T Parsley, freshly chopped
- 2 T Basil, freshly chopped (*or 1 teaspoon dry basil*)
- 1 tsp Salt
- ½ tsp Black pepper
- ½ c Onions, diced
- 2 T Garlic, freshly chopped
- ½ c Extra virgin olive oil, divided
- Marinara sauce, bottled (*at least 4 cups*)

Remove crusts from the Italian bread and cut into small cubes. Soak in milk until most of the milk is absorbed then discard what milk is left. Place bread aside.

In a sauté pan, heat half the olive oil. Add garlic and onions and sauté until garlic is light golden; do not burn the garlic. Season with salt and pepper. Set aside to cool.

When onions and garlic are cool, remove them from the pan, squeeze out any oil and combine them with the rest of the ingredients. Do not over mix. Over mixing will cause the meatballs to be tough.

Form approximately 16 three-ounce meatballs. Refrigerate one hour before sautéing them in the remaining 4 ounces of olive oil.

When they are golden brown, remove from skillet. Add them to a marinara sauce and cook for an additional 40 minutes or so.

Salisbury Steak

CONTRIBUTED BY NANCY DEMAKOS

- 1 lb Beef, chopped
- ½ c Light cream
 - Salt & Pepper to taste
 - Bread crumbs, seasoned
- 1 T Olive oil
- 2 T Butter
- ½ c Beef stock

Add light cream, salt, and pepper to chopped beef. Form into patties, coat with seasoned bread crumbs.

Add olive oil to a sauté pan. Heat the oil over medium heat. The oil should be hot before adding the patties.

Cook the patties to your liking. Remove to heated platter.

Deglaze pan with beef stock and 2 tablespoons butter. Bring to boil. Pour over patties.

Grilled London Broil Deluxe

CONTRIBUTED BY PRISCILLA URSINO

1–2 lb Flank steak

FOR THE MARINADE

- 1/4 c Wesson oil
- 1/4 c Lemon juice
- 2 T Soy sauce
- 2 tsp Sugar
- 1/2 tsp Salt
- 1/2 tsp Pepper
- 2 Garlic cloves, crushed

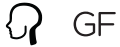
Mix all together to create the marinade

Score steak on both sides with a knife or meat scorer. Place in non-reactive baking dish (not aluminum or iron). Pour marinade over meat. Cover and refrigerate for 2–4 hours before grilling.

If you want to use the marinade for sauce, boil it for 5 minutes before serving.

Serves 4–6.

Oven-Roasted Brisket



CONTRIBUTED BY AMY OYER

- 1 Onion
- 2 Carrots
- 2 Celery stalks
- Salt & Pepper, to taste
- 5 lbs Brisket

Preheat the oven to 275°F.

Chop onion, carrots, and celery. Spread on bottom of a roasting pan; season brisket with salt and pepper. Place fat side up on top of chopped vegetables. Cover pan and roast about 3 hours.

When done, strain vegetables and discard them. Slice roast and serve with juices.

Pot Roast with Horseradish Gravy



CONTRIBUTED BY LEAH G. OF FLORIDA

- 4 lbs Beef brisket
- 1 T Vegetable oil
- 2 Onions, large, sliced
- Salt & pepper, to taste
- Garlic powder, to taste
- 1 T Paprika
- 2 c Water or wine
- 6 Carrots, large
- 4 All-purpose potatoes, large, peeled & quartered

FOR GRAVY

- 1-½ c Pot roast pan juices, without grease
- 1-½ c Pot-roast vegetables, cooked & cut-up
- 2 T Horseradish, grated

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

Sprinkle the meat and onions with salt, pepper, garlic powder, and paprika. Pour in the liquid, cover the pan, and cook over low heat 1-½ hours. Add the carrots and potatoes, baste them with the pan juices, cover the pan and cook another 1-½ hours, or until the meat is soft and tender.

When the pot roast is done, remove it from the pan. Strain the pan juices into a bowl and measure out slightly more than 1-½ cups. Remove and discard the layer of fat that floats to the top, leaving 1-½ cups liquid and set it aside.

Measure out 1-½ cups of the strained vegetables and puree them in a blender or food processor. Stir the puree into the 1-½ cups pan juices. Heat this gravy, remove it from the heat, and stir in the horseradish. Serve the brisket with vegetables and remaining pan juices, plus the horseradish gravy on the side.

This recipe is from the free Low-Iodine Cookbook published by ThyCa: Thyroid Cancer Survivors' Association, Inc. (www.thyca.org) and is provided courtesy of ThyCa.

Chicken Pot Pie



CONTRIBUTED BY CARM SAGENDORF

- 1 pkg Pie crusts, refrigerated (*I use Pillsbury's*)
- 5- $\frac{1}{3}$ T Butter
- $\frac{1}{3}$ c Onion, chopped
- $\frac{1}{3}$ c Flour
- Salt & Pepper, to taste
- $\frac{1}{2}$ tsp Thyme, or to taste
- 1- $\frac{1}{2}$ c Chicken broth (*I use Progresso*)
- $\frac{2}{3}$ c Whole milk
- 3 c Chicken breasts & thighs, cooked & diced
- 1 c Peas & carrots, frozen; thawed
- $\frac{1}{2}$ c String beans, cut, frozen, thawed
- $\frac{1}{2}$ c Corn, frozen; thawed
- $\frac{1}{3}$ c Pearl onions, frozen; thawed
- 1 SMALL JAR Mushrooms, sliced & drained

Preheat the oven to 425°F.

Prepare pie crusts as directed. Line a deep-dish, 9-inch pie plate with one of the crusts. Set aside.

For the roux, in a medium saucepan, melt the butter over medium heat. Add onion; cook a few minutes until translucent. Stir in flour, salt, pepper and thyme until well incorporated. Gradually add the broth and milk, stirring constantly. When mixture is thickened and bubbly, add the chicken, and vegetables.

Pour mixture into crust lined pan. Top with second crust, flute and cut slits in several places.

Bake for 30–40 minutes or until crust is golden brown. Let stand a few minutes before serving.

Turkey Sausage & Spinach Lasagna

CONTRIBUTED BY CINDY GIANNATASIO

- ¼ c Flour
- 1 c Milk, 1% low fat
- 1 c Chicken stock, unsalted
- 1 T Canola oil
- 1 Bay leaf
- ¼ tsp Kosher salt
- ½ tsp Black pepper
- Cooking spray
- 2 T Water
- 12 oz Spinach
- 2 Hot Italian turkey sausages
- ½ c Shallots, chopped
- 1 T Garlic, minced
- 6 Lasagna noodles, no-boil
- 1-½ c Ricotta cheese, part-skim
- 1 oz Parmesan cheese, freshly grated

Preheat oven to 375°F.

FOR THE WHITE SAUCE

Combine flour, milk, chicken stock, canola oil, and bay leaf in a saucepan over medium heat, stirring with a whisk. Cook until thick and bubbly, stirring frequently. Remove from heat, add salt and pepper.

Spread 1 cup milk mixture in bottom of an 11 × 7 inch glass or ceramic baking dish coated with cooking spray.

In a large skillet over medium heat, add 2 tablespoons water and spinach. Cook until spinach wilts. Drain spinach, pressing until barely moist.

Increase heat to medium-high. Remove casings from sausage. Add sausage to pan; cook 4 minutes or until browned, stirring to crumble. Remove sausage from pan. Add shallots and garlic to pan; sauté 2 minutes. Stir in remaining milk mixture, spinach, and cooked sausage. Remove pan from heat.

Arrange 2 noodles over sauce in baking dish. Top with $\frac{1}{2}$ cup ricotta and $\frac{1}{3}$ of the spinach mixture. Repeat layers twice. Sprinkle with mozzarella and Parmesan cheeses. Cover with foil coated with cooking spray.

Bake for 40 minutes. Remove foil.

Preheat broiler to high. Broil 4 minutes or until cheese is golden brown. Let stand 10 minutes.

Amaretto Chicken

CONTRIBUTED BY MARY TROIANELLO

- 6 Chicken breast cutlets, boneless & skinless
- Salt
- Pepper
- Garlic powder
- Curry powder
- Flour
- 4 T Margarine
- $\frac{1}{2}$ lb Mushrooms, thickly sliced
- $\frac{1}{4}$ c Amaretto
- 1 Lemon, juice & rind, grated
- 1- $\frac{1}{2}$ c Chicken stock
- 1 tsp Cornstarch

Cut chicken into 1 inch wide strips. Sprinkle with salt, pepper, garlic powder, and curry powder, to taste. Roll strips in flour. Heat the margarine in large skillet. Brown the chicken strips on all sides. Add mushrooms, amaretto, grated rind and lemon juice. Simmer 5 minutes.

Mix stock and cornstarch. Stir mixture in skillet over low heat until it bubbles and thickens; season to taste. I serve this with rice.

Slow-Cooked Southwestern Chicken Stew



CONTRIBUTED BY CHERYL ALFANO

- 3 lbs Chicken thighs, skinless
- 2 tsp Cumin, divided
- 1 tsp Salt, divided
- 1/4 tsp Black pepper, divided
- 2 T Olive oil
- 1 tsp Paprika
- 1 c Chicken stock
- 1 c Salsa
- 2 tsp Garlic, minced
- 6 Sweet potatoes, medium; peeled & cut into chunks
- 15 oz Black beans

Sprinkle chicken with 1 teaspoon cumin, 1/2 teaspoon salt, and 1/8 teaspoon black pepper. In a skillet, brown chicken in oil for about 10 minutes. Remove chicken to a platter.

In a small bowl, stir together paprika, broth, salsa, garlic, 1 teaspoon cumin, 1/2 teaspoon salt, and 1/8 teaspoon pepper. Line a large slow cooker with potatoes. Place chicken on top of potatoes. Cover with beans and top with broth mixture.

Cover and cook for 4 hours on high or 8 hours on slow.

Place chicken on a platter and spoon potatoes and sauce over it. I also make rice on the side and spoon mixture over it.

Serves 8.

Penne Pasta with Chicken

CONTRIBUTED BY LAURA FEKETE

- 2 T Olive oil
- 2 T Garlic, fresh
- 2 tsp Oregano, dried
- 2 tsp Basil, dried
- 1-½ tsp Salt
- ¾ tsp Pepper, freshly ground
- ¼ tsp Cayenne pepper
- 3 c Tomatoes, canned in juice, diced
- 2 c Heavy cream
- 6 Chicken breasts
- 2 c Broccoli, chopped
- 1 lb Penne pasta

Cook pasta according to package directions.

Heat olive oil in saucepan. Add garlic, oregano, basil; sauté 30 seconds. Add salt, pepper, cayenne, tomatoes with juice and cream. Bring sauce to a boil for 5 minutes, stirring often.

Broil or grill chicken until done. Cut into 1 by 1-¼ inch pieces. In a very large saucepan, combine the sauce, chicken, chopped broccoli, and cooked pasta. Cook until all ingredients are heated through.

Marinated Chicken Bruschetta

CONTRIBUTED BY DAN GIANNATASIO

- ¾ c Wish-Bone Italian Dressing
- 6 Chicken breast halves, boneless & skinless
- 2 Beefsteak tomatoes, medium; chopped
- ¼ c Red onion, finely chopped
- 1 T Basil, fresh & finely chopped

Pour ¼ cup dressing over chicken in large, shallow glass baking dish or ziplock plastic bag. Cover and marinate in refrigerator, turning occasionally, for at least 30 minutes or up to 3 hours.

Meanwhile, combine tomatoes, onion, basil, and ¼ cup dressing in a medium bowl. Cover and marinate in refrigerator at least 30 minutes.

While vegetables marinate, remove chicken from the refrigerator. Remove chicken from marinade.

Grill or broil chicken, turning after 6 minutes and brushing frequently with remaining ¼ cup dressing, until chicken registers 165°F on meat thermometer, about 12 minutes.

Serve tomato mixture over chicken.

Serves 6.

Cheese & Chicken Enchiladas

CONTRIBUTED BY ANN MARIE HANNON

- 1 Onion, medium; chopped
- 2 T Butter
- 1-½ c Chicken, cooked & shredded
- 12 oz Picante sauce, divided
- 3 oz Cream cheese, cubed
- 1 tsp Cumin, ground
- 2 c Cheddar cheese, divided
- 8 Flour tortillas (6 inch)

Preheat oven to 350°F.

In large skillet, cook and stir onion in butter until tender. Stir in chicken, ¼ cup picante sauce, cream cheese and cumin. Cook until thoroughly heated. Stir in 1 cup cheese.

Spoon about ⅓ cup chicken mixture in center of each tortilla. Roll up jelly roll fashion.

Place seam side down in a 12 × 7 inch baking dish. Top with remaining picante sauce and cheese.

Bake 15 minutes.

Ann's Dijon Whole-Roasted Chicken

CONTRIBUTED BY ANNMARIE BAIRD

- 4 lb Whole Chicken, washed & dried
- ½ c Dijon mustard
- 2 T Paprika, regular or smoked
- ½ tsp Garlic powder
- ½ tsp Onion powder
- ½ tsp Salt
- ¼ tsp Pepper
- 30 oz Chicken stock

Preheat oven to 375°F.

Prepare chicken. With breast-side up, coat chicken breast, wings and legs with Dijon mustard.

In a small bowl, mix together paprika, garlic powder, onion powder, salt and pepper. Sprinkle half of this mixture over chicken breast, legs, and wings.

Put 2 cans of chicken stock in a large baking pan. Turn chicken over, breast-side down, in pan. Coat back of chicken with Dijon mustard, and sprinkle remaining spice mixture over back and sides of chicken.

Cook chicken at 375°F for one hour and 45 minutes or until meat thermometer registers 180°F in thigh. Let rest 10 minutes. Slice & serve with juices in pan.

Aunt Marie's Chicken

GF

CONTRIBUTED BY CATHY BICZAK

- 6 Chicken breast, boneless halves (*or 1 fryer cut in pieces*)
- ½ c Butter
- ½ T Paprika
- 2 tsp Thyme
- 1 tsp Salt, or to taste
- ½ tsp Pepper
- 1 c Beef stock
- 1 lb Carrots, sliced (*or whole baby carrots*)
- 5 Bacon slices, uncooked, diced

Preheat the oven to 400°F.

Place chicken in 9 × 13 baking dish. Melt butter in small saucepan. Stir seasonings and broth into butter. Sprinkle carrots and bacon over chicken and pour butter mix on top.

Cover tightly with foil and bake for 1 hour if using bone-in chicken; 40 minutes if using breasts. Serve over rice.

Serves 6.

Chicken Cacciatore

GF

CONTRIBUTED BY JILL MAUTNER

- 4 T Extra virgin olive oil
- 2 Onions, medium; peeled & chopped
- 2 Garlic cloves, peeled & minced
- 3 lb Chicken, whole, cut into 8 pieces
- 1 c White wine, dry
- 28 oz Tomatoes, canned whole, reserve juice & chop
- 1 Bay leaf
- 1 tsp Rosemary leaves
- 1 tsp Flat-leaf parsley, minced
- Salt & Pepper, to taste
- 1 c Chicken stock

Heat oil in a large pan over medium-high heat. Add onions and cook, stirring occasionally, until soft. Add garlic and cook, continuing to stir, for about 2 minutes more. Remove onions and garlic to a small dish.

Add the chicken to the pot and fry, turning pieces several times to brown evenly, about 4–5 minutes per side. Return garlic and onions to pot; add wine and cook until the wine evaporates.

Add tomatoes with their juices. Stir in bay leaf, rosemary leaves, and parsley. Reserve some parsley for garnish. Season to taste with salt and pepper. Reduce heat to low, partially cover, and simmer for 45 minutes, adding chicken stock gradually as tomato juice evaporates. Remove bay leaf.

Garnish with reserved parsley. Serve over spaghetti or rice.

Crispy Yogurt Chicken

CONTRIBUTED BY NANCY SAGENDORF

- ½ c Parmesan cheese
- 1 c Greek yogurt, plain
- 1 tsp Garlic powder
- ½ tsp Mrs. Dash garlic & herb blend seasoning
- ½ tsp Black pepper
- Onion powder
- Garlic powder
- 4–6 Chicken breasts
- Breadcrumbs, Italian seasoned

Preheat oven to 425°F.

Combine Parmesan cheese, yogurt, garlic powder, Mrs. Dash garlic and herb blend seasoning, and ½ teaspoon black pepper in a medium bowl.

Lightly season both sides of chicken with onion and garlic powders. Arrange the chicken in a pan that has been sprayed with a cooking spray. Top with the parmesan cheese/yogurt mixture and then sprinkle the breadcrumbs over all.

Bake until chicken is thoroughly cooked; about 20–25 minutes.

Rosemary Chicken with Polenta

GF

CONTRIBUTED BY JOHN MEHALIK

FOR THE POLENTA

- 2 c Whole milk
- 2 c Water
- 1 tsp Salt
- 1 c Polenta
- 2 T Extra virgin olive oil
- 2 T Butter
- 6 oz Goat cheese

Bring the milk, water, and salt to a boil. Slowly whisk in the polenta. Turn heat to low and continue whisking for 5–7 minutes or until polenta is creamy.

Pour the polenta mixture into a 9 × 9 baking dish and let cool. Cut out 3 three-inch squares and sauté polenta with butter and olive oil until both sides are crisp.

Spread with goat cheese then cut the squares on the diagonal creating two triangle pieces.

FOR THE CHICKEN

- 3 Chicken breasts
- 1 SPRIG Rosemary, minced
- 1 Shallot
- 1 tsp Kosher salt
- $\frac{1}{8}$ tsp White pepper
- $\frac{1}{4}$ c Virgin olive oil
- 1 Garlic clove
- $\frac{1}{2}$ tsp Lemon zest
- $\frac{1}{2}$ Lemon, juiced

Cut each chicken breast in strips 3 inches long. Put the chicken into a large plastic bag with the minced rosemary, shallots, salt, white pepper, olive oil, garlic, and lemon zest and lemon juice. Marinate 2–2½ hours in the refrigerator.

Sauté the chicken in olive oil until crispy. Place chicken strips on the polenta triangles. Drizzle with olive oil, salt and pepper to taste.

Garnish with fresh minced rosemary and a squeeze of lemon juice.

Portobello Chicken

CONTRIBUTED BY BARBARA TROIANELLO

GF

- 4 Chicken breasts, whole; cut in half
- 1½ c Salsa, mild & chunky
- 1 c Portobello mushrooms, chopped
- 1 c Cheddar cheese
- 2 T Maple syrup
- ¼ c Parsley, freshly chopped

Preheat oven to 375°F.

Spoon the salsa into a 3 quart baking dish. Arrange chicken breast halves on top of salsa. Combine Portobello mushrooms, cheddar cheese and maple syrup in a medium bowl; spoon over the chicken.

Bake, uncovered, 25–30 minutes.

Chicken Milanese Rughetta

CONTRIBUTED BY LISA DEMAKOS

- 2/3 c Panko bread crumbs
- 1/2 c Parmesan cheese, grated
- 2-1/2 T Rosemary, freshly chopped
- 1 Egg
- 4 Chicken cutlets (*1/2-inch thick*)
- 4 T Olive oil, divided
- 3 T White wine vinegar
- 1 c Cherry tomatoes, halved
- 4 c Arugula

On a large plate, stir together panko, Parmesan, and rosemary. Whisk egg in small, shallow bowl. Sprinkle chicken cutlets with salt and pepper. Brush on all sides with egg. Dredge in panko mixture, turning to coat evenly.

Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add chicken and cook until golden brown and cooked through, about four minutes per side. Transfer to plate.

Reduce heat to medium; cool skillet slightly. Add remaining 2 tablespoons olive oil and vinegar. Stir, scraping up brown bits until vinaigrette is just hot.

Top chicken with arugula (*be generous*). Add cherry tomatoes. Drizzle with vinaigrette and sprinkle with salt and pepper.

Grilled Chicken & Pecan Salad

CONTRIBUTED BY LISA ZARKOSKI

- 2- $\frac{1}{2}$ c Chicken breast, grilled & cut into
 $\frac{1}{2}$ -inch pieces
- 1 T Oil
- 1 c Red seedless grapes, each sliced into
4–6 pieces
- $\frac{1}{2}$ c Pecans, coarsely chopped
- $\frac{1}{2}$ c Celery, finely chopped
- 1 Red delicious apple, small; diced
(prepare just before use)
- 1 T Lemon juice
- $\frac{3}{4}$ –1 c Light mayonnaise

Very thinly, coat the bottom of a frying pan with oil. Over medium-high heat, brown the chicken for 2–3 minutes. Cool chicken while preparing remaining ingredients.

In a medium sized bowl, combine grapes, pecans, and celery. In a separate small bowl, combine diced apple with lemon juice. This will help keep the apple from turning brown.

Add cooled chicken and apples to grape mixture. Add $\frac{3}{4}$ cup of mayonnaise and mix well. If the salad is too dry, add another $\frac{1}{4}$ cup of mayonnaise. Refrigerate in a covered bowl for about 1 hour before serving.

Chicken with Raisins & Lemon

CONTRIBUTED BY CHRIS BETHUNE

- 1 Chicken (3-½ lb), cut into 8 pieces
- 2 T Olive oil
- 2 Russet potatoes, large; peeled & cut into 1-½ inch chunks
- 2 tsp Garlic, minced
- 1 ½ tsp Turmeric, ground
- 1 Lemon, large; peel & white pith cut away, very thinly sliced
- ½ c Raisins
- 3 ½ c Chicken stock, low-sodium
- 2 T Lemon juice, fresh

Arrange chicken in single layer in large Dutch oven. Drizzle with oil. Tuck potatoes between chicken pieces. Sprinkle with garlic and turmeric; season with salt and pepper. Lay lemon slices on top. Sprinkle with raisins.

Pour enough broth over chicken to barely cover. Bring to boil over high heat. Cover and boil 10 minutes.

Uncover; reduce heat to medium and simmer until chicken is just cooked through and potatoes are tender, about 30 minutes.

Transfer chicken and potatoes to platter. Tent with foil to keep warm.

Add lemon juice to Dutch oven. Boil cooking liquid until thickened to light sauce consistency and reduced by half, about 7 minutes.

Parmesan-Crusted Chicken

CONTRIBUTED BY KAREN MAIORANO

- ½ c Mayonnaise
- ¼ c Parmesan cheese, grated
- 4 Chicken breast halves; boneless, skinless
- 4 tsp Bread crumbs, Italian-seasoned, dry

Preheat oven to 425°F.

Combine mayonnaise with cheese in medium bowl. Arrange chicken on baking sheet. Evenly top with mayonnaise mixture and then sprinkle with bread crumbs.

Bake 20 minutes or until chicken is thoroughly cooked.

Crunchy Chicken

CONTRIBUTED BY LINDSAY MCGRATH

- 4 Chicken breasts, boneless
- 1 pkg Swiss cheese, shredded
- 1 can Cream of chicken soup
- 1 c White wine
- 1 box Croutons, herb seasoned; crushed
- 4 T Butter, melted

Preheat oven to 350°F.

Place chicken breasts in a baking dish. Cover chicken with Swiss cheese. Mix cream of chicken soup and wine. Pour over chicken. Crush croutons and mix with melted butter. Spread over the top of chicken.

Bake for 1 hour.

Great over rice!

Honey-Pecan-Fried Chicken

CONTRIBUTED BY JOANNE SULLIVAN

- 2- $\frac{1}{2}$ -3 lbs Chicken breast, boneless; cut into strips
- 4 c Buttermilk
- 1 c Self-rising flour
- $\frac{1}{4}$ tsp Salt
- $\frac{1}{4}$ tsp Cayenne pepper
- $\frac{1}{4}$ tsp Garlic powder
- 16 T Butter
- $\frac{1}{2}$ c Honey
- $\frac{1}{2}$ c Pecans, coarsely chopped
- Oil, for frying

Wash chicken, pat dry. Pour buttermilk into large bowl and add chicken. Cover and refrigerate 1-2 hours. Drain chicken.

Combine flour, salt, garlic powder, and pepper. Dredge chicken in the flour mixture. Let stand 20 minutes at room temperature.

Melt butter in small saucepan, stir in honey and bring to a boil. Add pecans and simmer 15 minutes.

Cook the chicken strips in oil in a large skillet until crispy and golden brown. Drain on paper towels. Drizzle honey/pecan mixture over chicken before serving.

Deviled Chicken Strata

CONTRIBUTED BY DOTTIE VOPELIUS

- 4 c Croutons, herb-seasoned
- 3 c Chicken, cooked & cubed
- ½ c Celery, chopped
- ½ c Green pepper, chopped
- ½ c Onion, chopped
- ¼ c Pimento, chopped
- ¾ c Mayonnaise
- 2 tsp Mustard, prepared
- 1 c Swiss cheese, shredded
- 4 Eggs, slightly beaten
- 2 c Light cream, or half & half

Place 2 cups of the croutons in an 11 × 7 inch baking dish; set aside.

In a large bowl, mix together the chicken, celery, green pepper, onion and pimento. Fold in mayonnaise and mustard. Spread chicken mixture over croutons in the baking dish. Top with cheese and remaining croutons.

In a medium bowl, combine the eggs, light cream or half and half. Whisk until mixed well but not frothy. Pour egg mixture over croutons in the baking dish. Cover and refrigerate 2 to 24 hours.

Preheat oven to 375°F. Bake casserole, uncovered 60 minutes or until set. Let stand 10 minutes or so before serving.

Serves 8.

Tipsy Chicken Cutlets

CONTRIBUTED BY JOE STORNIOLA

- 3 lbs Chicken cutlets, boneless
 - Self-rising cake flour, for dredging
 - Bread crumbs, unflavored; for coating
- 3 Eggs, beaten
 - Oil, for frying
- 2 Onions, small; chopped
- 8 T Butter
 - Salt & Pepper, to taste
- 1T Sugar
- 1 oz Cognac or brandy
- 8 oz Mushroom slices
 - 2 Lemons, juiced
- 4 oz Marsala wine (*no cooking wine*)
 - 1T Cornstarch (*to thicken sauce*); more, if needed
 - Parsley, for garnish

Preheat oven to 350°F.

Pound cutlets; dredge in cake flour; dip in egg batter and coat with bread crumbs. Sauté in oil until brown. Set aside.

In another pan, sauté onions in butter until transparent. Add salt, pepper and sugar. Add the mushrooms with $\frac{1}{2}$ the liquid, the brandy or cognac, lemon juice and Marsala. Simmer 3 minutes, thicken with cornstarch that has been incorporated into some cold water (about $\frac{1}{8}$ cup); then add to sauce. Simmer 2–3 minutes.

Place cutlets in 13 × 9 pan. Pour sauce over each cutlet, add thin lemon slice on each piece; add fresh parsley for garnish. Bake for 15 minutes.

Easy Orange Chicken



CONTRIBUTED BY A FRIEND OF THYCA

- 2 Chicken breasts, boneless & skinless, halved;
or 4 breast filets; or 4–6 thighs
- 1 Onion, medium, chopped
- 1 c Orange juice
- 1 T Cornstarch

OPTIONAL

- 1 tsp Thyme, dried
- Non-iodized, kosher salt & pepper, to taste

Oil a baking pan. Add chicken and onion. Mix cornstarch and orange juice. Add thyme. Pour onto the chicken. Bake at 325°F until tender, about 40 minutes. Serve with pasta or rice plus a vegetable such as green beans or no-salt peas, for an easy meal.

This recipe is from the free Low-Iodine Cookbook published by ThyCa: Thyroid Cancer Survivors' Association, Inc. (www.thyca.org) and is provided courtesy of ThyCa.

Basil Chicken



CONTRIBUTED BY LEAH G. OF FLORIDA

- 4 Chicken breast halves, skinless
- ½ tsp Paprika
- ⅓ c Chicken broth, homemade
- ⅓ c White wine
- 1 tsp Basil, dried
- 2 T Vegetable oil

Heat 2 tablespoons of oil over medium-high heat in skillet. Sprinkle chicken with paprika. Cook chicken 5 minutes on each side. Add remaining ingredients. Bring to a boil; simmer, covered, 10–15 minutes until juices run clear. Serve with sauce.

This recipe is from the free Low-Iodine Cookbook published by ThyCa: Thyroid Cancer Survivors' Association, Inc. (www.thyca.org) and is provided courtesy of ThyCa.

Lemon Honey Chicken & Rice

CONTRIBUTED BY LEAH G. OF FLORIDA



- 14-¹/₂ oz Chicken broth, homemade
- 3 T Lemon juice
- 1 T Honey
- Vegetable oil spray
- 4 Chicken breast halves, boneless & skinless
- 1 c Onions, minced
- 1 c Rice, uncooked
- Parsley, freshly chopped (*optional*)

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

This recipe is from the free Low-Iodine Cookbook published by ThyCa: Thyroid Cancer Survivors' Association, Inc. (www.thyca.org) and is provided courtesy of ThyCa.

Osso Bucco

CONTRIBUTED BY MARIE FORMICA GIANNATASIO

- 4 Veal shanks (1-½ inch)
- 4 T All-Purpose flour
- 2 T Extra virgin olive oil
- 3 T Butter, divided
- 2 Garlic cloves, minced
- 1 T Rosemary, freshly minced
- 10 oz Mushrooms, freshly sliced
- 15 oz Chicken stock
- ½ tsp Salt
- ¼ tsp Pepper
- ½ Lemon, juiced
- 4 oz White wine, dry

In a pot deep enough to hold the veal shanks and liquid, heat 2 tablespoons butter and oil together. Season each veal shank with salt and pepper and then coat them with flour. Brown the shanks lightly on both sides. Remove from pan, but leave drippings.

Add garlic and rosemary to pan and sauté lightly. Return shanks to pan and add chicken broth, lemon juice, and wine. Simmer, covered, very slowly for about one hour until veal is fork tender.

In a separate pan, sauté sliced mushrooms in 1 tablespoon butter. Add to cooked veal shank mixture. To serve, pour mushrooms and pan juices over the veal shanks.

Rack of Lamb

CONTRIBUTED BY CINDY SHEELEN

- 2 Racks of lamb
- Salt & Pepper, to taste
- 1 tsp Oil
- Spicy brown mustard
- 8 T Butter
- 3 Garlic cloves, minced
- 1 c Bread crumbs, plain
- 3 T Parsley, freshly chopped (*or more to taste*)

Preheat oven to 450°F.

Rub salt and pepper over lamb. Coat the bottom of a fry pan with 1 teaspoon oil. Heat the pan until very hot; then add the lamb. Brown the racks for about 1–½ minutes. Remove and cool.

Rub mustard on the racks; do not include the bones. Set aside.

In a clean fry pan, melt the butter and sauté garlic for about 30 seconds. Remove from heat. Combine the bread crumbs with the parsley; add to the sautéed garlic and coat only the meaty part of the rack with the breadcrumbs.

Place racks in a shallow baking pan and roast to desired doneness.

RARE: 15 minutes; MEDIUM RARE: 20 minutes; MEDIUM: 25 minutes.

When done, remove from oven and allow to stand for 5 minutes, away from the heat source.

Slice and serve immediately.

Baked Ziti with Summer Vegetables



CONTRIBUTED BY KATIE THIEMAN

- 4 oz Ziti
- 1 T Olive oil
- 2 c Yellow squash, chopped
- 1 c Zucchini, chopped
- ½ c Onions, chopped
- 2 c Tomato, chopped
- 2 Garlic cloves, minced
- ¾ c Mozzarella cheese, part-skim;
shredded & divided
- 2 T Basil, freshly chopped
- 2 T Oregano, freshly chopped (*or 2 tsp dry*)
- ¾ tsp Salt, divided
- ⅛ tsp Red pepper flakes, crushed
- ½ c Ricotta, fat-free
- 1 Egg, large; lightly beaten
- Cooking spray

Preheat oven to 400°F.

Cook pasta according to package directions. Drain; put aside.

Heat a large skillet over medium-high heat. Add oil to the pan. Add squash, zucchini, and onions; sauté 5 minutes. Add tomato and garlic, sauté 3 minutes.

Remove from heat; stir in pasta, ½ cup mozzarella, herbs, ½ teaspoon salt, and red pepper flakes.

Combine ricotta, ¼ teaspoon salt, and egg. Stir into pasta mixture. Spoon into an 8-inch square glass or ceramic baking pan coated with cooking spray; sprinkle with remaining mozzarella.

Bake for 15 minutes or until bubbly and browned.

Spinach & Mushroom Quiche



CONTRIBUTED BY ED SAGENDORF, C.E.C.

Pie crust, for an 8-inch quiche dish

- 2 lbs Spinach
- 4 T Butter, melted
- 3 T Butter
- ½ lb Mushrooms, sliced
- 1 c Light cream
- 1 Egg
- 2 Egg yolks
- Salt, to taste
- Cayenne pepper, to taste
- PINCH Nutmeg

Preheat oven to 375°F.

Line an 8 inch quiche dish with the pie crust. Wash 2 pounds of spinach and then cook it in a large pot over high heat using only the water which clings to the spinach leaves. As soon as the spinach is completely wilted, remove it from the heat and drain it thoroughly in a colander. Squeeze small handfuls as hard as you can to eliminate all the moisture.

Mix the spinach with 4 tablespoons of melted butter; season with salt and pepper. Set aside.

Melt 3 tablespoons butter in a skillet. When the butter is very hot, add ½ pound of sliced mushrooms and cook over high heat until brown. Mix with the spinach and fill the quiche shell.

For the custard, beat together 1 cup light cream, 1 whole egg, 2 egg yolks, salt, cayenne and nutmeg. Pour the custard over filling and bake for 40–45 minutes until the custard is set and tests done.

Serves 6.

Rigatoni Revisited



CONTRIBUTED BY LINDA BERISHA

- 1 lb Rigatoni pasta
- 1 T Olive oil
- 1 lb Ground beef (*I used sirloin*)
 - 1 Garlic clove, minced
 - ½ Onion, small; finely chopped
- ¼ tsp Black pepper
- 1 PINCH Salt
- 4 oz Cream cheese
- 24 oz Spaghetti sauce (*store-bought or homemade*)
- 32 oz Ricotta cheese
 - 1 c Parmesan cheese
- 1 tsp Basil
- 1 tsp Oregano
- 2 Eggs
- 2 c Mozzarella cheese, shredded
- 1 Spring form pan, 8-inch

Preheat oven to 400°F.

In a large pot, cook the rigatoni a few minutes less than package directions. The pasta should be slightly undercooked, “al dente”. Drain and rinse with cold water.

In the meantime, heat the olive oil in a large skillet; brown the ground beef; drain excess fat. Add garlic, chopped onion, salt and pepper; sauté a minute or so. Add cream cheese; stir until melted. Add spaghetti sauce. Set aside.

Use a small mixing bowl to mix the ricotta, Parmesan cheese, basil, oregano, and eggs. Mix until smooth. Set aside.

Lightly oil a 8-inch spring form pan. Tightly pack rigatoni in pan, standing each piece on end.

Place a zip lock bag inside a tall glass and fill the bag with the cheese mixture. Close the bag, snip a corner of the bag and pipe a small amount into each noodle. After piping, pour the sauce over the whole top and push down as much as possible.

Bake for 15 minutes. Remove; top with 2 cups mozzarella cheese and bake another 10–15 minutes or until cheese is browned and bubbly.

Let sit 15 minutes before removing spring. Garnish with fresh basil.



Tortellini in Pink Sauce



CONTRIBUTED BY COLLEEN DUGAN

- 1 lb Bacon
- 1 c White wine
- 1 pt Heavy cream
- 1 pt Light cream
- 28 oz Tomatoes, crushed
- 2 T Romano cheese, grated
- 1 pkg Peas, frozen; thawed
- 1 lb Tortellini

In a skillet, fry the bacon until crisp. Remove bacon and discard the grease.

Chop the bacon and return to skillet with 1 cup of white wine. Simmer a few minutes then add the heavy cream, light cream, crushed tomatoes, Romano cheese. Simmer, uncovered, until sauce thickens.

In the meantime, prepare tortellini according to package directions. Add peas to sauce and serve over the tortellini.

Spaghetti with Garlic & Oil



CONTRIBUTED BY LISA MIELE

- 1 lb Spaghetti
- ½ c Olive oil
- 3 Garlic cloves, chopped
- 2 Celery stalks, chopped, include leafy tops
- 3 Anchovy filets
- 2 c Chicken stock
- ¼ c Parsley, freshly chopped
- Salt & Pepper, to taste
- Pecorino Romano cheese, freshly grated

Cook spaghetti according to package directions.

Place ½ cup olive oil in a pan over medium heat and sauté the garlic, celery, and anchovy filets. Anchovies will disintegrate while cooking.

When pasta is cooked, drain, reserving 1 cup of the water. Return spaghetti to pot. Add the sauce and enough of the reserved liquid as needed to coat the pasta.

Finish with salt and black pepper to taste, cheese, and chopped parsley.

Pasta with Broccoli & Beans



CONTRIBUTED BY AIDA GALLASSO

- 1 lb Penne pasta
- 2 Bacon slices, chopped
- 5 Garlic cloves, crushed
- ½ c Olive oil
- 8 c Broccoli florets
- ½ Sweet red pepper, cored, seeded & cut into 1 inch strips
- 1 16-oz CAN Cannellini beans, undrained
- ¾ tsp Salt

Cook penne according to package directions. Drain.

Meanwhile, cook bacon in small saucepan over medium-low heat, about 5 minutes or until bacon is almost cooked. Drain on paper towels; chop.

Cook garlic in oil in a large nonstick saucepan over medium-low heat, stirring for about 3 minutes, until golden. Do not burn the garlic. Discard the garlic.

Add the broccoli flowerets and red pepper strips to the oil. Cover and cook over low heat for about 8 minutes until the broccoli is tender. Add beans with their liquid, salt, bacon, and pasta to the broccoli. Heat through and serve.

Sauerbraten

CONTRIBUTED BY DOROTHY SAGENDORF

- 2 c Cider vinegar
- 2 c Water
- 2 Onions, medium; thinly sliced
- 1 Celery stalk, cut in 1-inch pieces
- 2 Allspice, whole
- 2 Cloves, whole
- 1 T Salt
- ½ tsp Pepper
- 1 Chuck or rump roast, boned (*about 4 pounds*)
- 4 T Flour
- 2 T Salad oil
- ¾ c Sugar, brownulated
- ½ c Ginger Snaps, crushed

In a large bowl, combine vinegar, water, onion, celery, allspice, cloves, salt, and pepper. Add meat and refrigerate for 2 days, covered. Turn meat occasionally.

Remove meat from marinade and pat dry. Dust with 2 tablespoons flour.

In large Dutch oven, or heavy saucepan, heat oil. Add meat and brown well on all sides. Add marinade. Cover and simmer for 2-½ hours or until meat tests done. Remove meat and keep warm.

Strain sauce. Press vegetables through sieve or process in blender. Add to pan. Liquid should measure 4 cups. If necessary, add water. Blend remaining 2 tablespoons of flour with brownulated sugar. Add to sauce and cook, stirring until thickened and smooth. Add ginger snaps.

Slice meat and return to sauce. Heat through. If desired, serve with dumplings or boiled potatoes.

Linguine with Prosciutto & Sun-Dried Tomatoes



CONTRIBUTED BY MARJORIE JANELLI

- 1 lb Linguine pasta
- 8 T Butter, unsalted
- ½ c Olive oil
- 4 Garlic cloves, minced
- ¼ lb Prosciutto, thinly sliced
- ½ c Sun-dried tomatoes, drained & thinly sliced
- ½ c Fresh basil, minced
- ½ c Fresh parsley, minced
- Parmesan cheese, to taste

Cook pasta according to package directions.

While pasta cooks, melt butter in a large heavy skillet; add oil. Add the minced garlic and cook stirring frequently until garlic is golden; 1–2 minutes. Remove from heat.

Stir in the prosciutto, sun-dried tomatoes, basil, and parsley. When pasta is cooked; drain, do not rinse, and add it to the skillet. Toss to coat the pasta. Add Parmesan cheese to taste. Serve immediately.

Spaghetti Aglio e Olio



CONTRIBUTED BY LINDA BERISHA

- Kosher salt, to taste
- 1 lb Spaghetti
- 1/3 c Extra Virgin Olive Oil
- 5 Garlic cloves, peeled & halved
- 1/2 tsp Red pepper flakes, crushed (*or to your preference*)
- 1/2 c Italian leaf parsley, chopped
- 1 T Basil, freshly chopped
- 1 c Parmesan cheese, grated; plus extra for serving

Bring 6 quarts of water to a boil. Add the pasta and 1-1/2 tablespoons salt. Cook according to the directions on the package for “al dente”. Drain the pasta reserving 1-1/2 cups of the water to be used for the sauce. Do not rinse the pasta.

Meanwhile, heat the olive oil over medium heat in a pot large enough to hold the pasta, such as a large sauté pan. Add the garlic and cook over medium heat for 2 minutes, being careful not to burn it or it will be bitter. When it begins to turn golden, add the red pepper flakes and cook for 30 seconds longer. Discard the garlic.

Add the reserved pasta water, lower the heat, and add 1 teaspoon salt. Simmer until the liquid is reduced by about a third, about 5 minutes.

Add the drained pasta to the garlic sauce and toss. Remove from the heat. Add the parsley, basil and Parmesan. Allow the pasta to rest off the heat for 5 minutes for the sauce to be absorbed. Taste for seasoning and serve warm with extra Parmesan on the side.

Rigatoni with Sausage Gravy

CONTRIBUTED BY JOANN IPPOLITO

- 1-½ lbs Italian sausage
- 2 T Olive oil
- 1 Onion, small; diced
- 2 Garlic cloves
- 2 28-oz cans Tomato sauce
- 28 oz Water
- ½ lb Mushroom caps, wiped clean & sliced
- 1 pkg Peas, frozen; thawed
- Salt & Pepper, to taste
- 3-4 Basil leaves, fresh
- ¼ c Parmesan cheese (*more or less to taste*)

Cut sausage into 1 inch pieces; brown in olive oil. Add onion and garlic. Cook a few more minutes. Do not burn the garlic. Add 2 cans of tomato sauce and 1 can of water. Simmer for 1 hour, uncovered.

Add mushrooms and peas. Add salt, pepper, basil, and grated cheese. Simmer until mushrooms and peas are cooked.

Serve over rigatoni pasta that has been cooked according to directions on the box.

Pancit (Filipino Noodles)

CONTRIBUTED BY GLENDA GUNTAN

- 2 T Vegetable oil
 - 1 Onion, sliced
 - 3 Garlic cloves, crushed
- 1 lb Pork shoulder, julienne
 - 1 Chicken thigh, julienne
- ½ lb Shrimp, peeled and cleaned
 - 2 T Teriyaki sauce
 - 3 c Chicken broth
 - 1 c Cabbage, shredded
 - 1 c Snow peas
 - 2 Carrots, julienne
- 1 lb Rice noodles
- ½ tsp Freshly ground black pepper
 - Patis (*Filipino fish sauce*), to taste (*optional*)
- 4 Scallions, sliced
- 1 Lemon or kalamansi, cut into wedges
- ½ BUNCH Cilantro

Heat oil over medium-high heat in wok or large skillet. Sauté garlic and onions until onions are translucent. Add pork, chicken, and shrimp; cook until browned. Add Teriyaki sauce stirring to flavor. Add chicken broth; bring to a boil. Add cabbage, snow peas, and carrots. Cook until vegetables are tender, yet crisp, 5–8 minutes.

Add noodles, mixing gently to prevent them from breaking. Cook until liquid is absorbed and noodles are done, about 10 minutes. Remove from heat. Season with black pepper, patis (if using), and cilantro. Garnish with scallions and lemon wedges.

Cottage Cheese Enchiladas



CONTRIBUTED BY CATHY LAZARUS, PHD, RESEARCH DIRECTOR
THYROID HEAD & NECK RESEARCH CENTER, THANC FOUNDATION

- 1 pt Cottage cheese
- 1 tsp Cumin
- ½ tsp Turmeric
- ¼ tsp Chili peppers, dried (*optional*)
- Salt & Pepper, to taste

FOR TOPPING

- 1 28-oz CAN Tomatoes, crushed with added puree
- 2 T Olive oil
- 1 Onion, small, chopped (*or delete if too spicy*)
- 2 tsp Cumin
- ½ tsp Turmeric
- ¼ tsp Chili peppers, dried (*optional*)
- Salt & pepper, to taste
- Queso blanco cheese, crumbled
(*or similar mild cheese*)
- 4–6 White mushrooms, sliced
- 4–6 Tortillas, corn or flour

Heat tortillas directly on burner for 30 seconds per side, or gently heated in fry pan with 1 teaspoon of oil.

Heat the olive oil in the skillet. Add onions, dry spices for 2–3 minutes. Add crushed tomatoes. In another bowl, mix cottage cheese with dry spices. Heat tortillas and fill each with a portion of the cottage cheese mixture. Top with some of tomato mixture, a smattering of sliced mushrooms and crumbled cheese. Place in oven or microwave until cheese is melted.

You can substitute chicken slices for cottage cheese and add same ingredients, cooking in skillet, if you so desire.

Overnight Apple French Toast



CONTRIBUTED BY CATHY PEZZUTI

- 1 c Brown sugar
- 8 T Butter, melted
- 2 T Light corn syrup
- 4 Granny Smith apples, peeled and sliced thin
- 3 Eggs, beaten
- 1 c Milk
- 1 tsp Vanilla
- 1 tsp Cinnamon (*optional*)
- 9 French bread slices

Combine brown sugar, butter, corn syrup, apples, eggs, milk, vanilla, and cinnamon. Pour over bread. Cover and refrigerate overnight.

Remove from refrigerator 30 minutes before baking and uncover.

Bake at 350°F for 35–40 minutes, or until top of bread is brown.



GEORGE'S BLUEBERRY PANCAKES

George's Blueberry Pancakes



CONTRIBUTED BY GEORGE BLACKLOCK

- 1 pkg Pancake mix
- 1 T Lemon zest (*optional*)
- Blueberries, fresh

Prepare pancake mix as directed adding 1 tablespoon grated lemon peel for each cup of mix used. Adjust batter thickness by thinning it with milk, or add more mix if it's too thin.

Heat a lightly oiled frying pan over medium high heat. Pour about $\frac{1}{4}$ cup batter onto pan. When the edges are starting to brown and bubbles appear on surface, place blueberries on top of pancake. Remove from pan using a spatula and place, berry side up on a plate.

Lightly oil the pan again and flip the pancake over and brown the berry side. To test for doneness, using a butter knife, slit the pancake slightly to make sure the batter is not runny. Remove from pan, flipping so the pancake is berry side up. Place on a plate and serve with Berry Pancake Topping, if desired.

BERRY PANCAKE TOPPING

- 16 oz Blueberries, fresh
- 3 T Sugar
- 2 T Lemon juice

In a saucepan, combine all ingredients; stir over medium heat until fruit is soft. Serve over pancakes.

French Toast



CONTRIBUTED BY SUSAN WALCK

- 8 T Butter, melted
- 1 c Brown sugar
- 1 LOAF Texas Toast (*thick sliced bread*)
- 4 Eggs
- 1-½ c Milk
- 1 tsp Vanilla
- Powdered sugar, for sprinkling

Prepare the night before.

Add brown sugar to melted butter. Stir until mixed. Spread mixture on bottom of a 9 × 13 pan.

Beat the eggs. Add milk and vanilla.

Spread a single layer of bread in the pan. Spoon half of egg mixture over bread. Add second layer of bread; spoon on remaining egg mixture. Cover and refrigerate overnight.

Bake 30 minutes covered, in a 350°F oven. Remove cover and bake 15–20 minutes longer.

Oven Omelet



CONTRIBUTED BY GRACE COVIELLO

- 4 T Butter, or margarine
- 1 c Sour cream
- 18 Eggs
- 2 tsp Salt
- $\frac{1}{4}$ c Onion, chopped

Preheat oven to 325°F.

Melt butter in a 13 × 9 baking dish. In large bowl, beat eggs, milk, sour cream, and salt until blended. Add onion. Bake 35 minutes.

If desired, chopped cooked bacon, cooked sausage, or ham may be added along with cooked spinach or asparagus before baking.

Serves 8–10.

Breakfast Potatoes



CONTRIBUTED BY CHARLOTTE BONNANE

- 10–15 Baby red potatoes, cleaned
- $\frac{1}{2}$ Sweet onion, diced
- $\frac{1}{4}$ Red bell pepper, diced
- Garlic powder, to taste
- Salt & Pepper, to taste
- 1 tsp Butter, or more
- Parsley, fresh

Boil red potatoes whole for 10 minutes. Remove from heat and drain; let cool for about 5 minutes. Once cooled, dice potatoes into uniform chunks.

In a large skillet, heat butter over medium heat; add potatoes and cook for about 15 minutes, then add onion, red pepper, garlic powder, salt and pepper to taste. Continue cooking until potatoes are golden brown and onions and peppers are tender. Taste and adjust seasonings, if needed.

Garnish with parsley.

South-of-the-Border Breakfast Casserole



CONTRIBUTED BY DEBBIE SWEENEY

- 10 Eggs
- ½ c Flour
- 1 tsp Baking powder
- 8 T Butter, melted
- 16 oz Monterey Jack cheese, shredded
- 24 oz Cottage cheese, large curd
- 4 oz Chilies, chopped & drained
- Salsa, fresh or homemade, for serving

Preheat oven to 400°F. Grease a 9 × 13 oven-proof pan.

Beat eggs; add rest of ingredients through chopped chilies. Mix well. Pour into greased pan.

Bake uncovered 15 minutes, and then reduce heat to 350°F. Bake 30 minutes more or until bubbly. Serve with salsa.

Apple Pie Oatmeal



CONTRIBUTED BY JENNIFER SUSWAL

- $\frac{1}{3}$ c Oats, regular
- 1 T Chia seeds
- 1 tsp Ground cinnamon
- $\frac{1}{4}$ tsp Ground ginger
- PINCH Salt
- 1- $\frac{1}{4}$ c Almond Milk
- 1 Granny Smith apple, peeled & cut into 1 inch cubes
- 1- $\frac{1}{2}$ T Maple syrup
- $\frac{1}{2}$ C Applesauce, unsweetened
- $\frac{1}{2}$ tsp Vanilla extract
- 1 tsp Lemon juice, fresh
- 2 T Walnuts, chopped

In medium pot, over medium heat, whisk together $\frac{1}{3}$ cup oats, apple, chia seeds, applesauce, almond milk, syrup, cinnamon, ginger and salt. Whisk well.

Cook for about 8 minutes, stirring often. When mixture thickens and liquid absorbs, it's ready. Stir in vanilla extract.

Pour into a dish, sprinkle on walnuts, and a pinch of cinnamon, drizzle a little syrup and a small amount of Almond Milk.

BARRY

STORIES OF COURAGE

BY LYNN

My husband, Barry Jay, was not the first person to have tongue cancer, not the first person to have a total glossectomy or a total laryngectomy, and not the first person to die from his illness. But he was probably the most determined person to overcome his situation and not be labeled a ‘victim’.

When he was diagnosed in November 2011, he was presented with two options: (1) radiation and chemotherapy and the possibility of living the rest of his life with a feeding tube due to the potential damage from the treatment, or (2) radical surgery accompanied with less radiation and chemotherapy and the ability to ‘eat’ normally.

Barry chose Option #2 but eating was anything but normal. In order to maintain his health and avoid a diet comprised purely of canned nutritional products like Jevity, Ensure, or Boost, he chose to make his own concoctions. His blended “smoothies” were not traditional mixtures of yogurt, fruits, and juices, but everyday foods like meats, grains, vegetables and LOTS and LOTS of water. Taste was not a concern without a tongue to appreciate the flavors, and his sense of smell only worked if he let the aroma of the food waft up his nose. Without a tongue to throttle the liquefied meals as he poured them down his throat, they had to

be consumed at room temperature and thinned to the consistency of paint with absolutely no lumps. We acquired the perfect tool to prepare his meals—a Vitamix blender (with 64-oz container). That thing would grind bricks. He took it with him to friends’ houses who marveled at how he made his smoothies out of what everyone else was eating.

My goal in helping Barry stay as healthy as possible during his treatments and recovery was to provide good nutrition supplemented by “calorie boosters” like Nestle Benecalorie and powered vitamins. The recipes that follow are guidelines since Barry usually ate whatever I ate, with a few extra added ingredients.

GUIDELINES

1. Starches take up too much “space” and are too difficult to thin. Avoid potatoes, rice, and bread—or use in small quantities.
2. Many berries have tiny seeds that don’t break down in the blender and can get caught in the throat, try to avoid if you can’t tolerate them.
3. There are many alternate ways to get protein, fiber and calories—start being a label reader!
4. Liquid nutrition drinks like Jevity, Ensure, or Boost as a good “base” upon which to build a complete meal. Nestle Benecalorie is a great way to add calories and protein without adding flavor.

5. Whole milk and milk substitutes like soymilk or almond milk may froth when blending. Always start blender on slow and increase speed until mixture is pureed.
 6. These recipe guidelines were written for someone who no longer had a sense of taste. If you desire more flavor, add any spice you can tolerate.
 7. Don't be afraid to experiment. Trust me, you will probably dump a few of your masterpieces down the sink drain until you figure out what works best for you.
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BREAKFAST

Cereal, Fruit, Protein, and Water

CONTRIBUTED BY LYNN

- 1 c Healthy high-fiber cereal without dried fruit
- 1 c Fresh or canned fruit without seeds like bananas, peaches (*very ripe or canned*), blueberries, or fruit cocktail (*ok to use the syrup*)—avoid raspberries, blackberries, and strawberries as the seeds tend to get stuck on the way down
- 1 6-oz TUB Vanilla or plain yogurt (*not low-fat, preferred*)
- 1 CAN Jevity, Ensure or Boost (*or Glucerna, if diabetic*)
- 8 oz Plain or vanilla almond milk or soy milk
- 8 oz Water

Put all ingredients in blender, start on low and turn up to high. Add more water to achieve desired consistency. Yes, this is a lot of volume as written, ok to decrease portions but goal is to be able to pour it down.

LUNCH

Blend Anything You Want with Lots of Water

CONTRIBUTED BY LYNN

Favorite Food

1 TUB Nestle Benecalorie

Water

Make your favorite sandwich, pizza, soups, hamburger, etc. and allow to cool to room temperature. Cut into pieces that will fit in the blender.

Add Nestle Benecalorie to increase calorie count by 330 and add 7 grams protein.

Add enough water to cover all ingredients

Put all ingredients in blender, start on low and turn up to high. Add more water to achieve desired consistency. Yes, this is a lot of volume as written, ok to decrease portions but goal is to be able to pour it down.

DINNER

Meats, Vegetables, and More Water

CONTRIBUTED BY LYNN

8 oz Lean, cooked and very tender meat prepared without oils or butter, and not spicy (*steaks, turkey, chicken, or salmon for example*); cut into small pieces

8 oz Tender cooked vegetable like green beans or peas (*no butter, no salt*)

1 TUB Nestle Benecalorie

8 oz Low-sodium vegetable broth (*try making your own!*)

8 oz Water (*Can double water and leave out broth if desired*)

Put all ingredients in blender, start on low and turn up to high. Add more water to achieve desired consistency. Yes, this is a lot of volume as written, ok to decrease portions but goal is to be able to pour it down.

VEGETABLES & SIDE DISHES

Baked Potato Fans



GF



CONTRIBUTED BY CHEF ED SAGENDORF

- 6 (Idaho) Potatoes, medium; unpeeled & cleaned
- 4 Garlic cloves, chopped
- 3 T Butter, room temperature
- 2 T Butter, melted
- 2 T Olive oil, divided
- PINCH Paprika
- Salt & Pepper, to taste
- Parmesan cheese, grated; for garnish
- Chives, chopped; for garnish

Preheat oven to 425°F with rack in the middle of the oven.

Cut a small slice off the bottom (lengthwise) of each potato so it will not roll. Lay potatoes flat on cutting board and starting from one end of the potato, make slits about $\frac{1}{4}$ inch apart. Cut to about $\frac{1}{4}$ inch from the base of the potato. Be careful not to slice all the way through. The potato will fan out a bit as it bakes.

Combine 3 tablespoons butter, 1 tablespoon olive oil, garlic, salt, pepper, and paprika in a small bowl. Carefully insert pinches of this mixture in the slits of the potatoes. Rub the outsides of the potatoes with remaining tablespoon of olive oil. Drizzle with 2 tablespoons melted butter.

Arrange potatoes on baking sheet and bake for about 40–45 minutes. The inside should be cooked through and the outside of the potato should be crispy.

Garnish with additional salt, pepper, paprika, parmesan cheese and chives.



BAKED POTATO FANS

Crispy Smashed Potatoes

GF 

CONTRIBUTED BY CHARLOTTE BONNANE

- 1 lb Baby new potatoes, scrubbed
- 1 T Olive oil
- 2 T Butter, melted
- 2 Garlic cloves, minced
- 2 T Rosemary, freshly chopped (*or herb of your choice*)
- Salt & Pepper, to taste

Preheat oven to 450°F.

Bring a large pot of salted water to a boil then add potatoes. Simmer 10–15 minutes until just tender when pierced with the tip of a sharp knife. Do not overcook. Drain potatoes and let cool on a dish towel for 5 minutes.

Wipe the potatoes with the dishtowel and using the heel of your hand, smash the potatoes lightly, just to break the skin. Transfer the potatoes to a baking dish.

In a small bowl, combine the oil, butter, minced garlic, chopped herbs, salt and pepper. Drizzle over the potatoes.

Roast for 30–45 minutes until edges start to turn golden and crispy.

Joe's Home Fries



CONTRIBUTED BY JOE SANTORO

- 6 White potatoes, medium
- $\frac{1}{2}$ Onion, medium
- $\frac{1}{4}$ Green pepper, small
- $\frac{1}{3}$ c Light olive oil, plus more when needed
- $1\text{--}\frac{1}{4}$ tsp Salt, or to taste
- $\frac{1}{4}$ tsp Black pepper, or to taste
- 1 tsp Parsley flakes, or 1 tablespoon fresh flat leaf parsley
- $\frac{1}{4}$ tsp Garlic powder, or 2–3 garlic cloves freshly sliced

Boil potatoes with skins on the day before for 12 minutes. Cool, then refrigerate.

Quarter potatoes, leaving the skin on, then slice quarters into $\frac{1}{4}$ inch slices. Slice onion $\frac{1}{4}$ inch thick. Slice pepper same thickness as onion.

In a large skillet, (cast iron is ideal), heat $\frac{1}{3}$ cup olive oil until hot. Add potatoes, toss to coat with the oil, lower heat to medium and leave alone to brown on one side. Turn to brown other side. Add onions and peppers and toss to coat with oil. Add salt and pepper; taste for seasoning, adjust if necessary. Add parsley and granulated garlic. Cook an additional 3–10 minutes, turning constantly, until home fries are cooked to your preference.

Mashed Potato Casserole



CONTRIBUTED BY PAULA CURHAM

- 10 Potatoes, medium
- 8 oz Cream cheese
- 8 oz Sour cream
- 4 T Butter, up to 2 tablespoons additional butter
- $\frac{1}{3}$ c Cheddar cheese, grated
- Salt
- White pepper
- Paprika

Preheat oven to 350°F.

Peel, cube and boil potatoes until soft. Drain and mash the potatoes.

In a separate bowl beat the cream cheese and sour cream. Add the hot potatoes and beat until smooth. Add 4 tablespoons of butter and grated cheese. Mix until blended. Add salt and pepper to taste.

Place potatoes into a well-greased casserole dish. Dice additional butter and put on top of potatoes. Sprinkle with paprika.

Bake 25 minutes.

This recipe can be frozen for up to a month, thawed and then baked.

Serves 8.

Tara's Mashed Sweet Potatoes



CONTRIBUTED BY TARA LAVIN

- 2 lbs Sweet potatoes
- ½ c Heavy cream
- 3 T Brown sugar
- 3 T Butter
- 2 T Pure maple syrup (*no artificial substitution, please*)
- Salt, to taste

Peel the sweet potatoes; cut them into 1-inch dice. Place them in a pot of cold water and bring to a boil; lower temperature, simmer and cook until soft.

Drain and then combine the rest of ingredients with the potatoes; using an electric mixer, mix until well blended. Serve immediately.

I usually make them the day before, refrigerate them and then heat them in a 350°F oven until heated through.

Southern Bourbon Sweet Potatoes



CONTRIBUTED BY DONNA KISSINGER

- 4–5 Sweet potatoes
- 1 c Sugar
- 3 Eggs
- 8 T Butter, melted
- 13 oz Evaporated milk
- 1 tsp Vanilla extract
- 1 oz Bourbon, or more to taste

TOPPING

- 1 c Pecans, chopped
- 1 c Brown sugar
- 1 c Flour
- 8 T Butter, room temperature

Cook and mash potatoes. Add the rest of the ingredients and place in a greased casserole dish.

MAKE TOPPING

Combine all topping ingredients mixing well. Work ingredients to form crumbs, then place them on the potatoes.

Bake at 350°F for 40 minutes.

Roasted Sweet Potatoes



CONTRIBUTED BY CARMELA SUSWAL

- 3 Sweet potatoes, cut into bite sized pieces
- 2 T Butter, melted
- 1 T Olive oil
- 2 T Brown sugar
- 1 tsp Cinnamon
- ¼ tsp Nutmeg
- PINCH Ginger
- Salt, to taste

Preheat oven to 350°F.

Place potatoes in baking dish. Melt butter. Pour butter, olive oil and spices over potatoes. Toss gently.

Bake 50–60 minutes until done, turning once or twice during baking.

Roasted Winter Vegetables



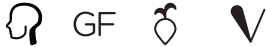
CONTRIBUTED BY LEAH G. OF FLORIDA

- 1 Head of Fennel, cut into 6 wedges
- 2 Turnips, medium, peeled & quartered
- 2 Carrots, cut in 1-inch pieces
- 2 Parsnips, in 1-inch pieces
- 2 Potatoes, medium, peeled & quartered
- 2 Onions, medium peeled & quartered
- 4 Garlic cloves, peeled
- Olive oil
- Salt & Pepper, to taste

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

This recipe is from the free Low-Iodine Cookbook published by ThyCa: Thyroid Cancer Survivors' Association, Inc. (www.thyca.org) and is provided courtesy of ThyCa.

Braised Carrots & Fennel



CONTRIBUTED BY ELEANOR MELE

- 6 Carrots, large; peeled
- 2 Fennel bulbs, large
- 1 Onion, large
- 1 tsp Sugar
- 1 tsp Salt
- 2 T Olive oil
- 3 T Dill, chopped
- 3 T Chives, chopped

Slice the carrots $\frac{1}{2}$ inch on an angle. Quarter the fennel bulbs lengthwise, cut into bulb to remove core and thinly slice, or roughly chop. Reserve $\frac{1}{2}$ cup chopped fennel fronds (the part of the fennel that resembles dill). Halve and slice the onion.

Fill a skillet with $\frac{1}{4}$ inch of water. Add vegetables then sprinkle with sugar and salt; drizzle with 2 tablespoons olive oil. Simmer covered 20 minutes. Uncover and continue to simmer for 5 minutes. Adjust the salt. Toss vegetables with fennel fronds, dill, and chives.

Ed's Carrot Souffle



CONTRIBUTED BY ED SAGENDORF, CEC

- 1- $\frac{1}{2}$ lbs Carrots
- $\frac{3}{4}$ c Sugar
- 2 T Butter
- 1 Cinnamon stick
- 4 Eggs
- 2 T Flour
- 3 c Half & Half
- $\frac{1}{2}$ tsp Nutmeg
- Salt & Pepper, to taste

Preheat oven to 350°F. Grease a 9 × 13 inch glass pan.

In a pot, cook carrots with sugar, butter, and cinnamon stick until carrots are overcooked. Remove cinnamon stick. Drain carrots, place them in a bowl and mash them.

In a separate bowl, beat the eggs, add 2 tablespoons flour, 3 cups half and half, $\frac{1}{2}$ teaspoon nutmeg, and salt and pepper to taste. Add the mashed carrots to the egg mixture. Mix to combine.

Pour into the glass pan. Bake for one hour and 15 minutes or until a tester inserted in center comes out clean.

Peas & Carrots Tarragon

GF 

CONTRIBUTED BY LACEY SKEERT

- 6 Carrots, medium
- 2 qt Water, boiled & salted
- Water, ice-cold
- 10 oz Peas, frozen; thawed
- $\frac{1}{3}$ c Butter (*a little more than 5 tablespoons*)
- $\frac{1}{4}$ c Green onion, sliced
- $\frac{1}{4}$ c Parsley, minced
- $\frac{1}{2}$ tsp Tarragon, dried; crushed

Scrape carrots. Remove ends and cut into matchstick pieces. Drop into boiling salted water; cook 4 minutes. Drain, and then plunge into ice water. Remove immediately; drain well and set aside.

Place peas in a colander. Run hot water over peas; drain well. Melt butter in a large skillet. Add onion; cook until onion is partially tender. Add peas and carrots. Shake skillet and gently stir vegetables over medium heat until heated through. Toss with parsley and tarragon.

Serves 6–8.

Whole-Roasted Cauliflower with Breadcrumbs



CONTRIBUTED BY CARMELA SAGENDORF

- 1 HEAD Cauliflower, medium
- ¼ c Extra virgin olive oil
- 1 T Garlic, minced
- 2 T Lemon juice
- 1 tsp Salt
- ½ tsp Black pepper
- ¼ tsp Red pepper flakes (*optional*)
- ½ c Bread crumbs, Italian flavored
- ±2 T Olive oil

Preheat the oven to 400°F.

Clean cauliflower and trim off leaves. Remove half of stem leaving florets intact. Place the whole head of cauliflower into a steamer basket with 1 to 1½ inches of water in the pot. Cover and bring to a boil over medium heat. Cook for about 15 minutes or until tender. Do not overcook.

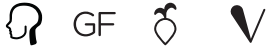
In the meantime, whisk together the olive oil, garlic, lemon juice, salt, black pepper and red pepper flakes. Set aside.

In a sauté pan, heat 2 tablespoons olive oil on medium high heat. Add bread crumbs. Stir to coat with olive oil; cook, stirring constantly until bread crumbs are golden. Crumbs should not be dry. Add more oil, if necessary, to achieve a consistency that will adhere to the cauliflower.

When cauliflower is tender, remove from the pot and place in a baking dish. Pour the sauce over the cauliflower and, with your hands, coat with the breadcrumb mixture.

Bake 10–15 minutes or until golden brown.

Spinach with Pine Nuts & Garlic



CONTRIBUTED BY DR. STEPHEN SINATRA

- 1 T Olive oil
- 2 Garlic cloves, minced
- 1 lb Spinach
- 1 T Pine nuts

Heat olive oil with garlic in a large frying pan over medium heat until garlic is golden. Toss in spinach and cook several minutes or until wilted.

Top with pine nuts.

Serves 2.

Nutrition Facts (per serving)	
Calories	140
Fat	10g
Sodium	180mg
Carbs	10g
Protein	8g

READ MORE: <http://bit.ly/1KhJQLk>

Garlic Spinach in Red Pepper Shells

GF 

CONTRIBUTED BY ANN NIGRO

- 2 T Extra virgin olive oil
- 6 Garlic cloves, minced
- 1-1/2 lbs Spinach
- 2 tsp Kosher salt
- 3/4 tsp Black pepper
- 2 Red bell peppers, cloves
- Olive oil
- Butter (*optional*)
- Lemon (*optional*)
- 2 T Parmesan cheese, grated.

In a large skillet, heat 2 tablespoon olive oil. Add garlic and sauté for 1 minute. *Note: Do not brown the garlic.* Add spinach, salt and pepper to the pot; toss it with the garlic and oil. Cover the pot and cook for 2 minutes.

Uncover the pot, turn the heat on high and cook the spinach for another minute, stirring with a wooden spoon until all the spinach is wilted. Drain off any remaining liquid.

Meanwhile, clean red bell peppers, cut in half vertically, and remove seeds; place cut side down on broiler pan. Brush lightly with olive oil. Broil until lightly brown on edges. Turn over; brush again with olive oil. Broil until lightly brown.

To serve, spoon spinach into red pepper shells, add a squeeze of lemon, top with the butter, and sprinkle with cheese.

Serves 4.

Sautéed Kale with Garlic



CONTRIBUTED BY MARJORIE JANELLI

- 3 T Olive oil
- 1 Onion, small; chopped
- 3 Garlic cloves, minced
- 1 c Bread crumbs, flavored
- 3 BUNCHES Kale, washed, dried & shredded
- Salt & Pepper, to taste

Heat the oil in a large skillet over medium-high heat. Add onion and garlic; cook and stir until soft. Mix in bread crumbs and stir until well browned. Stir in kale and cook until wilted. Adjust seasoning to taste.

Asparagus with Tomatoes & Olive Oil



CONTRIBUTED BY DR. STEPHEN SINATRA

- ½ c Onion, finely chopped
- 1 Garlic clove, chopped
- ¼ c Extra virgin olive oil
- 1-½ lbs Asparagus, ends removed, cut into 2-inch pieces
- 2 c Tomatoes, freshly chopped
- Black pepper, to taste
- 1 T Lemon juice

In a large saucepan, cook the onion and garlic in olive oil until the onion is golden and starting to brown. Rinse the asparagus and add to the onions. Mix well, cover, and cook on medium-low for about 5 minutes. Add tomatoes and pepper. Cover and cook about 40 minutes, until asparagus is soft and tomatoes have dissolved into a sauce. Stir in lemon juice.

Makes 4 servings.

Nutrition Facts (per serving)	
Calories	170
Fat	14g
Sodium	20mg
Carbohydrate	10g
Dietary Fiber	3g
Protein	3g

READ MORE: <http://bit.ly/1NjtQWS>

Zucchini Agro Dolce (Sweet & Sour Zucchini)

GF



CONTRIBUTED BY CAROL PIRONTI

- 1-½ lb Zucchini
- Salt, to taste
- 2 T Extra virgin olive oil
- ½ c White wine vinegar
- ½ c Sugar
- PINCH Red pepper flakes
- 4 Garlic cloves, thinly sliced
- 4 T Basil leaves, freshly chopped
- 4 T Parsley leaves, freshly chopped

Wash and dry the zucchini. Cut lengthwise into slices ½-inch thick. Place the zucchini slices in a colander, sprinkle with salt and set aside to drain for 2 hours.

In a large saucepan, heat the olive oil over medium heat. Place the drained zucchini slices in the pan and cook gently until golden brown on both sides; about 3 minutes per side, being careful not to burn the slices. Set aside.

In another saucepan, bring the vinegar and sugar to a boil over high heat. Add a pinch of pepper flakes and a pinch of salt. Place the zucchini slices flat in a shallow bowl with the garlic slices, basil, and parsley scattered throughout. Pour the vinegar over the zucchini slices and let marinate, covered, for at least 24 hours before serving.

May be served hot or cold.

Serves 4.

Spaghetti Squash with Braised Greens

GF



- 1 2-1/2 lb Spaghetti squash, halved lengthwise, seeds removed
- 2 T Coconut oil (*or olive oil*)
- 2 Garlic cloves, minced
- 2 Chipotle chilies in adobo, canned, seeded & minced
- 12-16 oz Kale, chard or collard greens; thick ribs removed, leaves sliced crosswise
- 1 c Vegetable stock
- 3/4 tsp Sea salt
- 1/2 c Raisins
- 1/4 c Pine nuts, toasted
- 2 T Olive oil

Place squash, cut side down, on a microwavable dish; add a little water; microwave about 20 minutes. Alternatively, place squash in a roasting pan, add about 1/4 inch water, and bake at 375°F for about an hour.

Meanwhile, heat coconut oil in a large pot over medium heat. Add garlic and chipotles; cook stirring for 1 minute. Add greens, a few handfuls at a time, stirring between additions. Add stock, 1/2 teaspoon salt and raisins. Bring to a boil, cover, lower heat and simmer until greens are tender, 10-20 minutes (collard greens require the longer time). If pan becomes dry, add a little water. Stir in 3 tablespoons pine nuts.

When squash is done, scoop out flesh, add remaining 1/4 teaspoon salt and olive oil. Transfer squash to plates, top with greens, garnish with remaining pine nuts.

This can be a vegetarian meal in itself or it pairs nicely with lamb.

Snow Peas with Garlic & Orange

GF 

CONTRIBUTED BY CHRIS BETHUNE

- 2 Garlic cloves, minced
- 1 T Butter, unsalted
- ZEST of one Orange, medium
- ¼ tsp Salt
- ¼ tsp Black pepper
- Non-stick cooking spray
- 1 lb Snow peas, fresh

Combine the garlic, butter, orange zest, salt, and pepper in a small bowl. With the back of a metal teaspoon mash the butter until the garlic and zest are well combined. Heat a large skillet over high heat. Coat with a thin layer of cooking spray.

Add the snow peas and butter mixture at once. Cook 3–4 minutes, stirring often, until the margarine coats the peas and they begin to turn a shade darker green. Transfer to a medium bowl and serve immediately.

Braised Red Cabbage



GF



CONTRIBUTED BY CHEF JOHN VYHNANEK

- 1 HEAD Red Cabbage, thinly sliced
- 3 Onions, thinly sliced
- 1 T Garlic, freshly chopped
- 2 Granny Smith, or other firm apples; peeled & thinly sliced
- 2 T Canola oil
- 1 Bay leaf
- 1 Cinnamon stick
- $\frac{3}{4}$ c Sugar
- $\frac{1}{2}$ c Red wine vinegar
- 1 c Red wine
- 2 tsp Salt
- White pepper, to taste

Sauté the onions, garlic, and apples in the canola oil.

Add the red cabbage; toss to coat. Add bay leaf, cinnamon stick, sugar, vinegar, wine, salt and a few dashes of white pepper; cook, covered, until tender (35–40 minutes). Cabbage cooked uncovered will turn gray.

Orzo with Mushrooms & Peas



CONTRIBUTED BY ANN NIGRO

- 1 tsp Olive oil
- ¼ c Onion, chopped
- 7–8 White mushrooms, sliced
- 1 Garlic clove, minced
- ½ c Peas, frozen; thawed
- ¼ c Parmesan cheese, grated
- 2 T Parsley, freshly chopped
- Salt & Pepper, to taste
- 1 c Orzo

Heat olive oil in a skillet over medium heat. Once hot, add the onions and mushrooms. Sauté until onions are golden brown; add the garlic and stir frequently for 30 seconds. Remove from heat, season with salt and pepper to taste, then set aside.

Cook orzo according to package directions then drain and place back in the pot. Add the peas, mushroom mixture, Parmesan, parsley, salt and pepper to taste. Mix thoroughly.

Stuffed Artichoke Casserole



CONTRIBUTED BY KATHLEEN GIANNATASIO

- 60 oz Artichoke hearts in water, drained
- 4 Garlic cloves, minced
- 2 c Bread crumbs, Italian-seasoned
- $\frac{1}{4}$ c Parmesan cheese, grated (*more or less to taste*)
- 1 c Parsley, freshly chopped
- 2 T Olive oil
- 1 c Water

Preheat oven to 350°F.

Cut each artichoke heart into quarters. Combine all ingredients in large mixing bowl. Pour into a casserole dish and bake uncovered for 25–30 minutes.

Serves 8–10.

Green Bean Casserole



CONTRIBUTED BY LINDA BERISHA

- 32 oz Green beans, whole frozen
- ½ c Breadcrumbs, seasoned
- 3-4 Plum tomatoes, large & ripe; sliced
- 4 T Romano cheese, grated
- 1 Garlic clove, small; crushed
- ¼ tsp Basil
- ¼ tsp Oregano
- DASH Garlic salt
- Black pepper, to taste
- 2 T Butter, melted
- 2 T Olive oil

Preheat oven to 350°F.

Cook beans in a small amount of salted boiling water until just tender. Do not overcook. Drain beans well and place in an oblong buttered casserole, layering the beans in the same direction. Sprinkle with bread crumbs.

Arrange the sliced tomatoes in a row over the beans. Combine the garlic, basil, oregano, garlic salt, and pepper and sprinkle over tomatoes.

Combine the oil and melted butter and pour over all. Finish by sprinkling the cheese on top.

Bake 25–30 minutes.

Cranberry-Apple Sausage Stuffing

CONTRIBUTED BY CARM SAGENDORF

- 12 c White bread, cut into cubes
- 1 lb Sweet Italian sausage
- ¼ c Butter
- 1 c Onion, chopped
- 2 Green apples, peeled & chopped
- 2 c Celery, chopped
- 4 tsp Poultry seasoning
- 2 tsp Rosemary, dried
- 1 c Cranberries, dried
- 1-⅓ c Chicken stock
- Salt & Pepper, to taste

Preheat oven to 350°F.

Spread bread cubes on 2 baking sheets. Bake approximately 15 minutes till dry. Set aside.

Remove casings from sausage and cook in a large skillet for 10 minutes, or until brown; crumbling coarsely. Drain off grease and transfer sausage to a bowl. Set aside.

Melt butter in same skillet; add onions, apples, and celery; cook, stirring frequently, about 10 minutes. Stir in rosemary and cranberries. Add the sausage and dried bread cubes. Lightly mix in chicken broth to moisten the stuffing; season with salt and black pepper.

Spoon the stuffing into turkey, if desired, packing loosely. Bake remaining stuffing in buttered baking dish, covered, for about 45 minutes. Remove cover and bake another 15 minutes to brown top.

Sour Cream Noodle Bake



CONTRIBUTED BY RITA BURFITT

- 8 oz Noodles, medium
- 1 c Green onions, chopped (*or 1 small onion, finely chopped*)
- 1 c Sour cream
- 1 c Creamed cottage cheese
- 1 lb Ground beef
- 1 T Butter
- 1 tsp Salt
- 1/8 tsp Pepper
- 1/4 tsp Garlic salt
- 1 c Tomato sauce, or puree
- 1 c Sharp cheddar cheese, shredded

Preheat oven to 350°F.

Cook noodles according to package directions. Rinse and drain. Combine chopped green onions, sour cream, cottage cheese and noodles.

Brown ground beef in butter; add salt, pepper, garlic salt, and tomato sauce or puree. Simmer 5 minutes.

In a 2 quart casserole dish, alternate layers of noodle mixture and meat mixture, starting with the noodles and ending with the meat. Top with the cheddar cheese.

Bake 20–25 minutes.

This can be made ahead and refrigerated; baking time will be longer.

Corn Pudding



CONTRIBUTED BY NANCY ELLEN COVIELLO

- 3** 15-oz cans Creamed corn
- 2 Eggs
- 1 c Saltine crackers, crushed & divided
- 8 T Butter, divided
- ½ tsp Paprika
- ¼ tsp Black pepper

Preheat oven to 350°F. Butter an 8 × 11 casserole dish.

In a mixing bowl, combine the creamed corn, eggs, ¼ cup of the melted butter and ½ of the cracker crumbs. Pour mixture into the prepared dish.

In another bowl, mix the remaining melted butter, remaining cracker crumbs, paprika and pepper. Sprinkle crumb topping over casserole.

Bake for 30–40 minutes until topping browns slightly and pudding is bubbly around the edges.

Noodle Pudding (Kugel)



CONTRIBUTED BY MINDI MOND

- 1 lb Egg noodles, wide
- 6 Eggs, beaten
- 1-½ c Skim milk (*Skim Plus*)
- 4 T Butter, unsalted; melted
- ½ c Sugar
- 1 c Sour cream
- 1 lb Cottage cheese
- ½ lb Farmer's cheese
- ½ lb Cream cheese
- 1 tsp Vanilla
- 3 DASHES Cinnamon

FOR THE CRUNCHY TOPPING

- 3 c Corn flakes
- 8 T Butter, unsalted; melted
- ½ c Brown sugar

Mix melted butter and brown sugar together in a bowl. Combine this with the corn flakes, tossing to coat the corn flakes. Pour the coated cornflakes over the uncooked noodle pudding, spreading to cover the top. Sprinkle a few dashes of cinnamon on top.

Preheat the oven to 350°F.

Cook noodles according to package directions, undercooking slightly. (They will cook more while baking). In a large bowl, mix eggs and skim milk. Gradually add melted butter, sugar, sour cream, cottage cheese, farmer's cheese, cream cheese and vanilla. Mix well.

Place cooked noodles in a large square baking dish, 13 × 11 × 3. Pour cream mixture over noodles and toss to coat. Cover completely with the cornflake topping.

Cook uncovered for approximately 1-½ hours. Check after 1 hour, as some ovens may require shorter cooking times. The crunchy topping may be eliminated for those with special chewing and/or swallowing needs.

DESSERTS

Gracie's Famous Cheesecake with Toppings



CONTRIBUTED BY GRACE COVIELLO

FOR THE CRUST

- 1- $\frac{3}{4}$ c Graham cracker crumbs
- 3 T Brown sugar
- 1 T Cinnamon
- 6 T Butter or margarine, melted.

Mix crumbs with brown sugar and cinnamon in small bowl. Blend in melted butter. Press evenly on bottom and sides of buttered 9-inch spring form pan. Set pan on a half-piece of double thickness foil. Fold up and around sides to catch any batter mixture that may leak out as cake bakes. Set aside.

FOR THE CHEESE CAKE

- 2 c Sour cream (*16 ounces*)
- 24 oz Cream cheese, softened
- 1- $\frac{1}{2}$ c Sugar
- 4 Eggs
- 1 c Heavy cream
- 2 T Lemon juice
- 1 T Lemon zest (*optional*)
- $\frac{1}{2}$ tsp Vanilla

Preheat oven to 350°F. Place softened cream cheese in large bowl; gradually beat in sugar until fluffy. Add eggs, one at a time, beating well after each addition. Beat in remaining ingredients. Pour into prepared crust.

Bake 1 hour. Turn heat off. Let cake remain in oven, with door closed, 1 hour longer.

Remove from oven. Cool in pan on wire rack. Remove foil wrapping. Loosen cake around edge with a knife. Release spring form and place on plate. At this point, if desired, you would apply a topping and refrigerate.

FOR THE TOPPINGS

STRAWBERRY GLAZE

- 10 oz Strawberries in syrup, frozen & sliced; thawed
- 2 T Cornstarch
- 1 T Lemon juice
- 1 pt Strawberries, fresh; stems removed

Drain syrup into 1 cup measure. Add water to make 1 cup. Blend 2 tablespoons into the 2 tablespoons cornstarch until smooth. Place that and remaining syrup mixture into a saucepan. Cook, stirring constantly until mixture thickens and boils; about 3 minutes. Stir in lemon juice. Cool before spooning on top of cheesecake. Place whole fresh strawberries on top of glaze. Refrigerate until ready to serve.

BLUEBERRY GLAZE

- 2 c Blueberries, fresh
- 1 c Sugar
- ¼ tsp Nutmeg
- 2 T Cornstarch
- DASH Salt
- 1 c Water, boiling
- 3 T Lemon juice

In a saucepan, combine sugar, nutmeg, cornstarch and salt. Gradually stir in 1 cup boiling water. Cook until mixture thickens and boils. Cook 2 minutes longer. Add the fresh blueberries. Return to boiling. Remove from heat. Stir in lemon juice. Cool before spooning over top of cheesecake. Refrigerate until ready to serve.

PINEAPPLE GLAZE

- 13 oz Pineapple chunks, canned
- 2 T Cornstarch
- 1 T Lemon juice.

Drain syrup into a 1 cup measure. Add water to make 1 cup. Blend 2 tablespoons into 3 tablespoons cornstarch until smooth. Place that and remaining syrup mixture into saucepan. Cook, stirring constantly, until mixture thickens and boils; about 3 minutes. Stir in lemon juice and pineapple chunks. Cool before spooning over top of cheesecake. Refrigerate.

Overnight Cheesecake



CONTRIBUTED BY CATHY LAZARUS, PHD, RESEARCH DIRECTOR
THYROID HEAD & NECK RESEARCH CENTER, THANC FOUNDATION

FOR THE CRUST

Graham cracker crumbs

FOR THE CAKE

16 oz Cream cheese

2 Eggs

$\frac{1}{2}$ c Sugar

$\frac{1}{2}$ tsp Vanilla

FOR THE TOPPING

1 pt Sour cream

$\frac{1}{2}$ c Sugar

$\frac{1}{2}$ tsp Vanilla

Preheat the oven to 350°F.

Make the graham cracker crust following directions on the graham cracker crumbs box. Line the bottom and sides of a 9-inch spring form pan with the crust. Set aside.

In a mixing bowl, cream the cream cheese; add eggs, sugar, and vanilla. Pour into prepared pan and bake 20 minutes. Cool, then refrigerate overnight.

On the next day, pre-heat oven to 450°F. In a small bowl, combine the sour cream, sugar and vanilla. Mix until well combined. Remove cake from refrigerator and spoon sour cream mixture on top. Bake 10 minutes. Cool, remove spring form and refrigerate.

German Apple Cake



CONTRIBUTED BY GRACE HODSHON

- 3 or 4 Apples, any variety; peeled & cubed
- 5 T Brown sugar
- 2 T Cinnamon
- 2 C Flour
- 3 tsp Baking powder
- 1 tsp Salt
- 2 c Sugar
- 4 Eggs
- 1 tsp Vanilla
- $\frac{1}{4}$ c Orange juice
- 1 c Canola oil

Preheat oven to 350°F. Grease and flour a Bundt pan.

Combine the apples, brown sugar, and cinnamon. Put aside.

Blend together 3 cups flour, 3 teaspoons baking powder, 1 teaspoon salt and 2 cups of sugar. Add eggs, vanilla, orange juice, and canola oil. Mix well.

Pour $\frac{1}{3}$ of the batter in the prepared Bundt pan, alternating apples and remaining batter.

Bake for 1 hour or until a tester inserted comes out clean.

Blueberry Crumb Cake



CONTRIBUTED BY CELEBRITY CHEF NICK MALGIERI

In New York City where I live, blueberry season is fairly long since we have blueberries from the south, then New Jersey, then finally from Maine and Michigan, consecutively throughout several months. I love this type of cake and blueberries are the perfect fruit for it—they melt to a jam-like consistency between the cake batter and crumb topping while the cake is baking.

CRUMB TOPPING

- 2 c All-Purpose flour (*spoon flour into dry-measure cup and level off*)
- 1 tsp Baking powder
- $\frac{1}{3}$ c Sugar
- $\frac{1}{3}$ c Light brown sugar
- $\frac{1}{2}$ tsp Cinnamon
- $\frac{1}{4}$ tsp Nutmeg
- 12 T Butter, unsalted, melted

CAKE BATTER

- 16 T Butter, unsalted, softened
- $1\frac{1}{2}$ c Sugar
- 3 Eggs
- 2 tsp Vanilla extract
- $2\frac{1}{2}$ c Unbleached, all-purpose flour
- 2 tsp Baking powder
- 3 Egg yolks
- $\frac{1}{4}$ c Milk or buttermilk
- 4 c Blueberries, rinsed, picked over & dried (*2 one-pint baskets*)

One 9 × 13 × 2 inch pan, buttered & lined fully (bottom and sides) with parchment or foil.

Set a rack in the middle level of the oven and preheat to 350°F.

For the crumbs, mix the flour, baking powder, sugars, cinnamon and nutmeg in a bowl. Melt the butter and stir it in evenly. Rub the mixture to coarse crumbs by hand. In a large mixer bowl, beat the butter and sugar until soft and light. Add the eggs one at a time, beating smooth after each addition. Beat in the vanilla.

Stir together the flour and baking powder and stir add to the batter in three additions, alternating with the yolks and milk, beginning and ending with the flour.

Spread the batter evenly in the prepared pan.

Scatter the blueberries evenly over the batter, pressing them in gently, followed by the crumbs, sprinkling them over the berries as evenly as possible.

Bake the cake until batter is firm and crumbs are well colored, about 45–55 minutes. Cool the cake in the pan on a rack. Cut the cooled cake into 24 two-inch squares. Remove the squares from the pan to a platter.

SERVING: This a great breakfast cake and also transports well, right in the pan, to a picnic.

STORAGE: Wrap the cooled cake in plastic wrap and keep it at room temperature. Freeze for longer storage. Defrost cake and bring it to room temperature before serving.

VARIATIONS

CHERRY CRUMB CAKE

Substitute 3–4 cups pitted sour cherries for the blueberries.

PLUM CRUMB CAKE

Substitute 2 prune plums, rinsed, pitted, and quartered, for the blueberries. Make rows with the plum quarters on the batter, keeping them cut side down.

Makes one 9 × 13 × 2 inch cake, or about 24 two-inch squares.



MOLTEN-CHOCOLATE BABYCAKES

Molten-Chocolate Babycakes

- 4 T Butter, unsalted, soft (*plus more for greasing dishes*)
- 12 oz Bittersweet or Semisweet chocolate (*70% cocoa solids, preferred*)
- 4 Eggs, large
- PINCH Salt
- $\frac{3}{4}$ c Superfine sugar
- 1 tsp Vanilla extract
- $\frac{1}{3}$ c Flour

Place a baking sheet on center rack in oven and heat to 400°F.

Grease six 6-oz heatproof glass or ceramic baking dishes. If using soufflé dishes with straight sides, line the bottoms with parchment paper; dishes with flared sides (like Pyrex custard cups) will not need lining.

In a small saucepan over low heat or in the microwave, melt chocolate; set aside to cool slightly. In a medium bowl, beat eggs with a pinch of salt until frothy; set aside. Using an electric mixer, cream together 4 tablespoons of butter and the sugar. Gradually add the egg mixture, then vanilla. Add flour and mix well. Add chocolate and blend until smooth.

Divide batter among six baking dishes and arrange them on the baking sheet hot from the oven. Bake until firm and dry on the surface, 10–12 minutes. Remove dishes from oven and immediately invert onto small plates or shallow bowls.

Serve with a dollop of crème fraîche and fresh raspberries with a sprig of fresh mint.

This recipe works well halved; it doesn't save well. It can also be doubled.

Whipped cream is good, too, but the crème fraîche adds a little tang.

Ice Cream Sundae Cake



CONTRIBUTED BY CAROL RYAN

- 1 box Oreo cookies, crushed
- 8 T Butter, melted
- ½ gal Pralines & Cream ice cream, softened
- 1 12-oz JAR Hot fudge sauce
- 1 12-oz JAR Caramel sauce
- 1 pkg Cool Whip

Mix crushed Oreo cookies and 8 tablespoons (1 stick) of melted butter. Press into a 9 × 13 glass baking pan. Layer half of the softened ice cream, ½ jar of the hot fudge, and ½ jar of the caramel sauce. Repeat; top with Cool Whip. Freeze & serve.

Friendship Cake

CONTRIBUTED BY MERILYN DIAMOND

- 1 pkg Duncan Hines Butter Recipe cake mix
(do not substitute)
- 1 pkg Vanilla pudding, instant
- 4 Eggs
- 12 c Water
- ½ c Vegetable oil
- ½ c Cream sherry
- 8 oz Pecans, finely chopped
- Confectioners' sugar, for dusting

Preheat oven to 325°F. Grease and flour a Bundt pan (or use baker's spray).

In the bowl of a stand mixer, combine cake mix, pudding, eggs, and liquids. Mix until batter becomes lemon colored. Turn off beaters, add pecans, and beat another 30 seconds.

Bake for 1 hour or until a toothpick inserted near center comes out clean. Cool in pan for 15 minutes before inverting onto a rack to cool completely. When cool, sprinkle with confectioners' sugar.

Ginger Lime Margarita Cupcakes

CONTRIBUTED BY PATTI ANDERS

- 1-½ c All-Purpose flour
- 1-½ tsp Baking powder
- ¼ tsp Salt
- 24 T Butter, unsalted, room temperature
- 1 c White sugar
- 2 Eggs, large
- 3 Limes, large, zested & juiced
- 1-½ tsp Ginger, freshly grated
- 2 T Tequila
- ½ tsp Lime oil, or extract (*optional*)
- ¼ tsp Vanilla extract
- ½ c Milk
- 1 T Lime juice

Mix ½ cup of milk and 1 tablespoon lime juice. Allow to sit at least ten minutes in refrigerator.

Preheat oven to 325°F. Butter and flour a 12-cup cupcake pan.

In a medium size bowl, combine flour, baking powder and salt. Set aside. In the bowl of a standing mixer, add butter and white sugar; beat until light in color. Add eggs, one at a time, beating well after each addition. Add lime juice and zest, grated ginger, tequila, and extract(s).

Add the flour mixture alternately with the milk/lime juice mixture, beating well after each addition, ending with the flour mixture. Divide the batter among prepared cupcake pan; bake immediately for about 25 minutes. Allow to rest in pan 5 minutes then transfer them to a wire rack to cool.

GLAZE

- ½ c Lime juice, freshly squeezed

When the cakes have cooled, dip them in a bowl containing the fresh lime juice. Set aside.

LEMON CURD FILLING

- 5 T Butter
- 1 c Sugar
- $\frac{3}{4}$ c Lime juice
- 5 Egg yolks

Melt the butter and sugar in a medium saucepan until sugar is dissolved. In a separate bowl, mix the lime juice and egg yolks together. If desired, add 1 tablespoon tequila to the curd.

Slowly, add the sugar and butter mixture to the yolks. Return to the saucepan and bring to a boil over medium-low heat, stirring until the mixture has thickened. Cool the curd completely; using a teaspoon, make a hole in the center of the cupcake and spoon a small amount of the curd into the hole. Frost with Lime Buttercream Frosting.

LIME BUTTERCREAM FROSTING

- 1 c Butter, unsalted, room temperature
- Up to 5 T Lime juice
- 2- $\frac{1}{2}$ c Confectioner's sugar, sifted

Whip the butter until almost white and fluffy. Add lime juice to butter while continuing to beat. Incorporate the sugar into the butter mixture; continue beating until shiny and fluffy. Cupcakes are ready to frost.

Top with green sprinkles, candied lime slices or your choice of decoration.

Stella D'oro Cookie Cake

CONTRIBUTED BY ELEANOR MELE

- 2 pkg Stella D'oro anisette biscotti
(*the soft, spongy biscotti*)
- 1 pkg Chocolate pudding mix, not instant (3.4 oz)
- 1 pkg Vanilla pudding mix, not instant (3.4 oz)
- ½ c Amaretto liquor (*or rum*)
- 8 oz Cool Whip

Using a spring form pan, cover the bottom of the pan with one package of biscotti, making sure that there are no spaces between the biscotti as you arrange them. Cut the biscotti, if necessary to fill any gaps.

Combine the amaretto (or rum) with water and sprinkle half the mixture over the biscotti.

Cook the chocolate pudding as directed on package. Pour over the saturated cookies. Arrange the second package of biscotti over pudding. Sprinkle the remaining amaretto/water mixture over the biscotti.

Cook the vanilla pudding as directed on package. Pour over the cake.

Make this the day before so the cookies will absorb the flavors of the amaretto and puddings. Refrigerate.

Next day, remove from refrigerator and run a sharp knife around the perimeter of the cake and then remove the spring. Frost the cake with the Cool Whip.

The Urkens' Favorite Chocolate Chip Cake

CONTRIBUTED BY LAURA URKEN

- 1 pkg Yellow cake mix
- 1 pkg Vanilla pudding, instant
- 4 Eggs
- ½ c Sour cream
- ½ c Canola oil
- ½ c Water
- 1 c Chocolate chips, divided
- 4 oz Baker's German chocolate, grated
- Confectioners' sugar, for dusting

Preheat the oven to 350°F. Grease and flour a Bundt pan.

In a bowl of a stand mixer, combine the cake mix, instant pudding, eggs, sour cream, oil, and water. Mix well.

Pour half the batter into the Bundt pan. Sprinkle half the chocolate chips and half the grated chocolate over the batter. Using a knife, incorporate the chocolate into the batter by making crosses, swirling through to the bottom of the pan. Repeat with remainder of batter and chocolate.

Bake for 50 minutes or until a cake tester inserted near center comes out clean. Cool in pan for 10 minutes before inverting onto a wire rack to cool completely. Dust with confectioner's sugar.

Hatcher's Sweet Potato Pie

CONTRIBUTED BY HATCHER MICONE

- 4 Sweet potatoes, medium; peeled & cooked
- 8 T Butter, melted
- 2 Eggs
- 1 c Sugar
- 1 c Milk
- 2 tsp Vanilla
- 1 tsp Salt
- ½ c Coconut
- 1 9-inch Pie Shell, unbaked

Preheat oven to 400°F.

In a mixing bowl, mash potatoes, add butter, eggs, sugar, milk, vanilla, salt, and coconut. Mix well and pour into the pie shell.

Bake 15 minutes. Reduce heat to 350°F and bake for an additional half hour or until done.

Carm's Old-Fashioned Pumpkin Pie



- 2 c Pumpkin (I use Libby's.)
- 12 oz Evaporated milk
- ½ c Dark brown sugar, packed
- ⅓ c Sugar
- ½ tsp Salt
- 4 Egg yolks
- 2 tsp Cinnamon
- 1 tsp Ginger, ground
- ¼ tsp Nutmeg, ground
- ¼ tsp Cloves, ground
- ¼ tsp Cardamom, ground
- ½ c Polaner's orange preserves
- 1 9-inch, unbaked pie crust

Preheat oven to 425°F.

Mix sugars, salt, and spices. Beat the eggs. Add the orange preserves to the eggs, and add this mixture to the spices. Stir in the pumpkin puree. Stir in evaporated milk. Whisk all together until well incorporated.

Pour into a pie shell and bake for 15 minutes. After 15 minutes reduce the temperature to 350°F. Bake an additional 40–50 minutes or until a knife inserted near the center comes out clean.

Cool completely before refrigerating.

Apple Cheese Tart



CONTRIBUTED BY ROSEANNE PIGNATELLO

- 3 T Butter
- 3 T Sugar
- ¼ tsp Vanilla
- 6 T Flour
- 8 oz Cream cheese, softened
- ¼ c Sugar
- 1 Egg
- ½ tsp Vanilla
- 4 Apples, peeled & very thinly sliced
- ⅓ c Sugar
- 1 tsp Cinnamon
- Almonds, slivered

Preheat the oven to 350°F.

FOR THE CRUST

Cream the butter, sugar, and vanilla; add the flour. Mix well. Press dough onto bottom and slightly up sides of a 6 inch spring form pan coated with baking spray. Set aside.

FOR THE FILLING

Combine cream cheese, sugar, egg, and vanilla. Mix well and pour into prepared spring form pan.

FOR THE TOPPING

Sprinkle the sliced apples with the sugar and cinnamon. Mix to coat the apples. Arrange over the cheese mixture and top with slivered almonds.

Place pan on baking sheet and bake for 30–35 minutes. Cool on a wire rack. Remove spring when tart is completely cooled. Refrigerate.

Chocolate Mousse



CONTRIBUTED BY ANNMARIE BAIRD

- 1 c Semisweet chocolate chips, melted
- 8 oz Cream cheese, room temperature
- 2 tsp Vanilla
- 14 oz Kraft Marshmallow cream
- 8 oz Cool Whip topping, thawed
- ½ tsp Instant coffee grains
- Chocolate shavings for garnish

Microwave chocolate chips in bowl on high for 1 minute or until melted. Stir until completely smooth. Whip cream cheese, add melted chocolate. Whip together until smooth.

Mix coffee grains and vanilla together and stir. Add to cream cheese and chocolate mixture. Blend well. Add the 2 jars of marshmallow cream. Blend lightly. Fold in Cool Whip.

Garnish with shaved chocolate.

Refrigerate overnight before serving.

Best. Brownies. Ever.

CONTRIBUTED BY ANN MIELE

- 6 oz Baking chocolate squares, unsweetened
- 16 T Butter, salted, softened
- 4 Eggs, large
- 2 c Sugar
- 1 T Vanilla extract
- ½ c All-purpose flour
- 1 c Walnuts (6 oz)

Preheat oven to 300°F. Grease a 9 × 13 inch pan (8 × 8 inch will work but will require a longer baking time).

Melt unsweetened baking chocolate and butter over medium-low heat, stirring constantly until almost melted. Remove from heat and stir until completely melted. Set aside.

In a large bowl, beat eggs until light yellow in color, approximately 5 minutes. Add sugar and mix thoroughly.

Add vanilla and melted chocolate to the egg and sugar mixture. Mix until smooth, then add the flour and mix thoroughly.

Pour batter into greased baking pan. Smooth with a spatula. Sprinkle walnuts on top.

Bake on the center rack for 45–55 minutes. Brownies are cooked when a tooth pick stuck in the center comes out clean. Do not over bake.

Brilliant Brownies

GF

CONTRIBUTED BY MELINA HOECKE

- 2- $\frac{1}{2}$ c Confectioner's sugar
- 2 c Almonds, ground
- $\frac{2}{3}$ c Cocoa powder, unsweetened
- $\frac{1}{8}$ tsp Salt
- 4 Egg whites
- 2 tsp Vanilla

Preheat the oven to 350°F. Line bottom and sides of an 8 × 8 inch baking pan with parchment paper. Allow the parchment to hang over edges.

In a large bowl, whisk together, sugar, ground almonds, cocoa powder and salt. Stir in egg whites and vanilla. Mix well. Batter will be thick.

Spread batter in prepared pan, smoothing the top to distribute evenly. Bake for 40 minutes or until top of brownies is shiny and crisp and a cake tester inserted in center comes out clean.

Grasping the sides of the parchment paper, remove brownies from pan and place on a rack to cool. When cooled completely, sprinkle with confectioner's sugar and cut into 16 squares.

Chocolate Trifle

CONTRIBUTED BY LISA JACOB

- 1 pkg Brownie mix
- 2 pkg Chocolate pudding (*not instant*)
 - 1 c Heavy whipping cream, whipped
- 1 pkg Toffee chips (*or 8 Heath Bars, chopped*)
 - 1 c Pecans, coarsely chopped

Bake brownie mix according to package directions. Cool.

Cook the chocolate pudding according to package directions and cool.

Crumble the baked brownies. In a trifle or deep bowl, layer ingredients in the following order starting with the crumbled brownies and ending with whipped cream and pecans: brownies, chocolate pudding, toffee chips, whipped cream, and pecans.

Refrigerate one hour or overnight.

Blonde Brownies

CONTRIBUTED BY LAURA FEKETIE

- 2-¹/₄ c Flour
- 2-¹/₂ tsp Baking powder
- ¹/₂ tsp Salt
- 1-³/₄ c Brown sugar, packed
- 12 T Butter, softened
- 1 tsp Vanilla
- 3 Eggs
- 2 c Chocolate chips

Preheat oven to 350°F. Grease a 9 × 13 inch pan.

Combine flour, baking powder and salt in small bowl. Beat brown sugar, butter and vanilla in large mixer bowl until creamy. Add eggs one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in chips.

Spread in the greased pan. Bake for 25–30 minutes or until top is golden brown. Cool completely in pan on wired rack. Cut into bars.

Mom's Cookies

CONTRIBUTED BY MARIE MADEFRAU

- 16 T Butter
- 1 c Sugar
- 2 Eggs
- 1 tsp Vanilla (*or your choice of flavor*)
- 2-½ c Flour
- 1 tsp Baking soda

Preheat oven to 400°F.

Combine butter and sugar. Beat until light and fluffy. Add eggs, beating after each addition. Add vanilla. Sift flour and baking soda together. Add to mixture. Mix well.

Drop by rounded spoonfuls the size of a walnut on a lightly greased cookie sheet. Bake 8–10 minutes. Do not over bake. Cookies will be pale with a light tan bottom. If color is showing around edges, they are over-baked.

These cookies are light and sponge-like.

Rose's Orange-Sesame-Seed Cookies

CONTRIBUTED BY ANNMARIE BAIRD

- 8 T Butter, room temperature (*not too soft*)
- ¾ c Sugar
- 1 Egg, extra large
- 1 tsp Vanilla
- 1 T Orange juice
- 1 T Orange zest
- 1 T Milk
- 2 c All-Purpose flour
- ¾ tsp Baking powder
- 1 c Sesame seeds
- ½ c Milk, to coat the cookies

Preheat oven to 375°F.

Cream together the butter and sugar. Add egg, vanilla, orange juice, orange zest and milk. Mix well.

In a separate bowl, combine flour and baking powder. Gradually add this to the wet ingredients. Mix until a dough forms. Cover and let rest for 10 minutes.

Break off about a tablespoon of dough. Roll the dough between the palms of your hands to form a log 1-½ inches long. Dip each log in milk and then roll them in the sesame seeds. Flatten slightly.

Place the cookies on a parchment-lined cookie sheet; bake for 20 minutes or until the cookies are lightly golden brown. Cool 5 minutes on cookie sheet before removing.

Yield 2–3 dozen cookies.

Cranberry-Orange Oatmeal Cookies

CONTRIBUTED BY MEGHAN HOECKE

- 16 T Butter, softened
- 1 c Brown sugar
- 1 c Sugar
- 2 Eggs, large
- 2 T Milk
- 2 tsp Orange zest
- 1 tsp Orange extract
- 1-½ c Flour
- 1 tsp Baking soda
- ½ tsp Salt
- 1 tsp Cinnamon
- 3 c Oats, old fashioned (*not instant*)
- 2 c Cranberries, dried
- ⅔ c Pecans, chopped (*or walnuts*)

Preheat the oven to 350°F.

In a large bowl, cream the butter and sugars. Beat in the eggs, one at a time until well mixed. Add the zest and extracts; mix well.

In a medium bowl, whisk the flour, baking soda, salt and cinnamon. Stir in the oats, then add to the butter mixture and mix well. Fold in the cranberries and chopped nuts.

Drop by teaspoonful two inches apart on ungreased cookie sheets; bake for 10–12 minutes or until the edges start to turn golden brown.

Let the cookies cool on the sheets for 2–3 minutes before removing them and placing on a rack to finish cooling.

Rose's Cinnamon-Raisin-Walnut Cookies

CONTRIBUTED BY ANNMARIE BAIRD

- 1 T Vanilla extract
- 3 Eggs, extra large
- $\frac{3}{4}$ c Vegetable oil
- 1 c Sugar
- $3\text{--}\frac{1}{2}$ c All-Purpose flour
- 3 tsp Baking powder
- 1 c Raisins, chopped
- 1 c Walnuts, chopped

Combine eggs, oil, and vanilla; add sugar. Mix well.

In a separate bowl, combine flour with baking powder. Add the flour/baking powder to the egg mixture. Mix until cookie dough consistency. Add chopped raisins and chopped walnuts. Mix thoroughly.

CINNAMON-SUGAR MIXTURE

- $\frac{1}{2}$ c Sugar
- 1 T Cinnamon

Form into 4 loaves. Line 2 baking sheets with parchment. Place two loaves on each of the baking sheets. Sprinkle the sugar-cinnamon mixture evenly on each loaf.

Bake at 350°F for 35–40 minutes. Remove from oven and while loaves are still warm, slice on a diagonal one inch apart.

Return to oven and bake 5–10 minutes longer.

Mom's Italian Cookies

CONTRIBUTED BY CHERYL ALFANO

- 5 c Flour
- 5 tsp Baking powder
- 5 Eggs
- 1 c Sugar
- 2 tsp Vanilla
- 2 tsp Lemon juice
- 8 oz Cream cheese, softened
- 16 T Butter, melted

Preheat oven to 350°F.

In a bowl of a stand mixer, combine the flour and baking powder. In another bowl, beat the eggs, sugar, vanilla and lemon juice. Add to the flour and baking powder mixture and mix well. Add softened cream cheese and melted butter. Mix thoroughly. Dough will be sticky.

Roll into small balls in the palm of your hands. Place on an ungreased cookie sheet and bake for 10–12 minutes. Cookies will be pale; do not over bake. Transfer cookies to a rack to cool. When thoroughly cooled, dip them into the icing mixture and top with sprinkles while the icing is still wet. Allow to completely dry before storing.

FOR THE ICING

- 1 lb Confectioner's sugar
- 2 tsp Vanilla extract
- 2 tsp Lemon juice
- 1 tsp Butter, softened
- Milk, as needed to achieve a smooth icing
- Sprinkles *(optional)*

Combine the sugar, vanilla extract, lemon juice, and softened butter. Mix, adding the milk to create the desired consistency.

My Grandmother's Mondel Bread

CONTRIBUTED BY GREGORY SHIFF

- 1 c Oil
- 1 c Sugar
- 3 Eggs
- 2 tsp Vanilla
- 3- $\frac{1}{3}$ c Flour
- 2- $\frac{1}{2}$ tsp Baking powder
- $\frac{1}{4}$ tsp Salt
- 1 c Nuts (*optional*)

Preheat oven to 350°F.

In a large bowl and with a wooden spoon, mix oil, sugar, eggs, and vanilla.

Combine flour, baking powder and salt. Add to egg mixture, $\frac{1}{3}$ cup at a time, mixing well after each addition. Fold nuts into batter.

With oiled hands, form two 9 × 5 × 3 inch loaves on an ungreased cookie sheet. Bake for 30 minutes.

Cut each loaf on a slant about $\frac{1}{2}$ inches wide. Return to oven and bake 5 minutes or until golden.

Oatmeal Chocolate Chip Cookies

CONTRIBUTED BY JOAN REILLY

- 16 T Butter, softened
- 1 c Light Brown sugar, packed
- ½ c Sugar, granulated
- 2 Eggs
- 2 tsp Vanilla extract
- 1-¼ c All-Purpose flour
- ½ tsp Baking soda
- 1 tsp Salt
- 1-½ tsp Cinnamon
- 3 c Quick Cooking oats
- 1 c Walnuts, chopped
- 1 c Nestle chocolate chips

Preheat the oven to 325°F.

In a large bowl, cream together the butter, brown sugar, and white sugar until well blended. Beat in the eggs, one at a time, then stir in vanilla.

Combine the flour, baking soda, salt and cinnamon; stir into the creamed mixture until just blended. Mix in the oats, walnuts, and chocolate chips.

Form into walnut sized balls or drop by heaping spoonfuls onto ungreased cookie sheets. Bake for 12 minutes. Allow cookies to cool on baking sheets 5 minutes before transferring them to wire rack.

Yields about 3 dozen chewy cookies.

Potato Chip Cookies



CONTRIBUTED BY DIANE SAVINO

- 16 T Butter
- ½ c Sugar
- ½ c Potato chips, crushed
- ½ c Walnuts, chopped
- 1-½ c Flour
- 1 tsp Vanilla extract

Preheat oven to 350°F. Grease a baking sheet.

Cream the butter and sugar; add vanilla. Slowly add flour and nut . Mix to combine. Gently fold in the potato chips.

Drop by teaspoonful on cookie sheet and bake until edges are golden brown, 15–18 minutes. Remove immediately. Cool on wire racks.

Gluten-Free Banana Cookies

GF



- 3 Bananas, very ripe
- 2 c Rolled oats (*quick or old fashioned*)
- 1 c Dates, pitted & chopped
- $\frac{1}{3}$ c Canola oil
- 1 tsp Vanilla extract
- 1 tsp Cinnamon

Preheat the oven to 350°F. Line one or two cookie sheets with parchment paper and set aside.

Mash the bananas in a large bowl; add the oats, dates, oil, vanilla and cinnamon. Mix well. Set aside for 15 minutes.

Drop by rounded teaspoonfuls onto prepared baking sheets. These cookies will not spread, so you might want to shape them.

Bake cookies for 20 minutes or until they are golden brown. Leave them on the cookie sheet for 5 minutes before transferring them to a wire rack to cool completely.

Orange-Creamsicle Yogurt Bites



CONTRIBUTED BY CAROL COSCIA

- 1- $\frac{1}{2}$ c Greek vanilla yogurt
- 3 oz Orange Jell-O mix
- Whipped cream, to top *(optional)*

Line a mini cupcake tin with cupcake liners.

In a medium microwave-safe mixing bowl, combine yogurt and Jell-O mix, stirring to combine. Microwave on high for 2 minutes, stirring after each minute. Fill each cupcake liner with yogurt/Jell-O mixture. Chill cups for at least 2 hours before serving.

Store in an airtight container, refrigerated for up to 3 days. Top with whipped cream just before serving.

Apricot Bars

CONTRIBUTED BY PHIL COVIELLO

- 16 oz Pound Cake mix
- 4 Eggs
- 8 T Butter, melted
- 2 tsp Vanilla extract, divided
- 1 c Apricots, dried; chopped
- 8 oz Cream cheese, softened
- 2 c Confectioners' sugar
- ½ c Apricot preserves
- ¾ c Coconut, flaked
- ¾ c Almonds, sliced

Preheat oven to 350°F. Grease a 15 × 10 × 1 inch jelly roll pan.

In a large bowl, combine cake mix, 2 eggs, butter and 1 teaspoon vanilla. Beat well until blended. Fold in dried apricots. Spread onto the jelly roll pan. Set aside.

In another bowl, beat cream cheese, confectioners' sugar, preserves and 1 teaspoon vanilla. Add 2 eggs. Beat on low speed until blended. Gently spread over the cake batter. Sprinkle with coconut and almonds.

Bake for 25–30 minutes or until golden brown. Cool on baking rack. Cut into bars. Refrigerate leftovers.

Yields 2 dozen bars.

Lemon Bars

CONTRIBUTED BY ANNE TORSIGLIERI BERNARD

CRUST

- 1- $\frac{1}{2}$ c All-purpose flour
- $\frac{2}{3}$ c Confectioners' sugar
- 12 T Butter (or margarine), softened

FILLING

- 6 Eggs
- 1- $\frac{3}{4}$ c Sugar, granulated
- 6 T All-Purpose flour
- $\frac{3}{4}$ c Lemon juice
- $\frac{3}{4}$ c Confectioners' sugar, for dusting top
- 3 drops Yellow food coloring

Preheat the oven to 350°F. Grease a 9 × 13 inch baking pan.

Combine the flour, $\frac{2}{3}$ cup confectioners' sugar, and butter. Pat dough into prepared pan.

Bake for 15 minutes or until slightly golden.

While the crust is baking, whisk together eggs, white sugar, flour, and lemon juice until frothy. Pour this lemon mixture over the hot crust.

Return to the oven for an additional 20–25 minutes or until light golden brown. Cool on a wire rack.

Dust the top with confectioners' sugar. Cut into squares.

Caramel Crumb Bars



CONTRIBUTED BY CELEBRITY CHEF NICK MALGIERI

If I had to choose one cookie above all others, it would be this one. The buttery dough and creamy caramel filling complement each other perfectly.

DOUGH

- 16 T Butter, unsalted, softened
- ½ c Sugar
- ¼ tsp Salt
- 1 tsp Vanilla extract
- 2-½ c All-Purpose flour, divided (*spoon flour into dry-measure cup and level off*)

FILLING

- 4 T Butter, unsalted
- 1 T Light corn syrup
- 4 T Dark brown sugar, firmly packed
- 1 14-oz CAN Sweetened, condensed milk

One 9 × 13 × 2 inch pan, buttered and lined, bottom and sides, with buttered parchment or foil.

Set a rack in the lowest level of the oven and preheat to 350°F.

For the dough, beat the butter with the sugar and salt in an electric mixer with the paddle attachment on medium speed, until soft and light, 2 or 3 minutes. Beat in the vanilla.

On lowest speed, beat in 2-¼ cups of the flour, scraping bowl and beater with a rubber spatula and continuing to mix until the dough is smooth.

Remove the bowl from the mixer and scrape ¾ of the dough into the prepared pan. Press the dough down evenly with the palm of your hand without compressing it too much. Chill the dough-lined pan.

Work the remaining $\frac{1}{4}$ cup flour into the remaining dough with your fingertips, so that it forms $\frac{1}{8}$ to $\frac{1}{4}$ -inch crumbs. Set aside at room temperature.

For the filling, bring the butter, corn syrup and sweetened, brown sugar, condensed milk to a simmer in a medium saucepan, stirring occasionally. Allow the mixture to boil gently until it starts to thicken. Pour the filling into a stainless steel bowl to cool for 5 minutes.

Remove the dough-lined pan from the refrigerator and scrape the filling onto the dough, using a small offset spatula to spread the filling evenly on the dough. Scatter the crumb mixture on the filling.

Bake until the filling is bubbling gently and is a deep caramel color and the dough and crumb topping are baked through, about 30 minutes.

Cool in the pan on a rack. Lift the slab of baked dough out of the pan to a cutting board before it has cooled completely and cut the slab into two-inch squares.

STORAGE: Keep these at room temperature if you are serving them within a day. If not, wrap and freeze and make sure to defrost and bring to room temperature before serving.

Makes one $9 \times 13 \times 2$ inch pan of cookies, about 24 two-inch squares.

Pumpkin Bars

CONTRIBUTED BY CATHY BICZAK

BARS

- 1 c Vegetable or canola oil
- 4 Eggs
- 2 c Sugar, granulated
- 2 c Pumpkin, canned
- 1 tsp Baking soda
- ½-tsp Salt
- 2 tsp Baking powder
- 2 tsp Cinnamon
- 2 c All-Purpose flour

FROSTING

- 3 oz Cream cheese, softened
- 6 T Butter (or margarine), softened
- 1 tsp Milk
- 2 tsp Vanilla extract
- 2 c Confectioner's sugar

Preheat oven to 350°F.

In a large mixing bowl, cream oil, eggs, and sugar. Add pumpkin, baking soda, salt, baking powder, cinnamon, and flour and mix well.

Pour batter into an ungreased 15 × 10 inch jelly roll pan. Bake for 20–25 minutes. Cool completely and frost with cream cheese frosting.

To make frosting, cream together all frosting ingredients. Spread on cooled, uncut bars. Put pan in refrigerator. When frosting is set, cut into bars.

Yields 36 bars. Variation: Add chopped nuts, raisins, or cranberries to the recipe.

Apple Crisp



CONTRIBUTED BY ANN DALENA

- 6–8 Granny Smith apples, peeled & sliced
- $\frac{3}{4}$ c Brown sugar
- $\frac{1}{2}$ c Flour
- $\frac{1}{2}$ c Oats
- $\frac{3}{4}$ tsp Cinnamon
- $\frac{1}{4}$ tsp Nutmeg
- 8 T Butter, soft
- $\frac{3}{4}$ c Walnuts, chopped

Preheat oven to 375°F. Grease a 9 inch round Pyrex pie dish with butter.

Place apples in bottom of pie dish. Combine the brown sugar, flour, oats, cinnamon, nutmeg, and butter. Mix well. Add the walnuts and mix to combine. Sprinkle over the apples.

Bake for 30–40 minutes.

Delicious, and makes the house smell great!

Crumb Buns

CONTRIBUTED BY DONNA POWERS

1 pkg Yellow cake mix

Mix batter as directed on package.

CRUMB TOPPING

4 c Flour

32 T Butter, melted

3 tsp Cinnamon

3 tsp Vanilla

1-½ c Sugar, granulated

Confectioners' sugar, for dusting.

Preheat oven to 350°F. Grease an 11–17 inch jelly roll pan.

Pour batter into pan and bake cake for 15 minutes.

While cake bakes, mix crumb topping with your hands. Form into large crumbs and sprinkle on top of partially baked cake.

Bake another 20 minutes. Turn oven off and leave cake in oven 15 minutes more.

When cool, sprinkle with powdered sugar. Leave in pan and cut into squares to form buns.

Butterballs



CONTRIBUTED BY ALLYSON SUKENNKOFF

- 8 T Butter, softened
- 3 T Honey
- 1 c All-Purpose flour
- ½ tsp Salt
- 1 T Vanilla extract
- 1 c Walnuts, shelled & chopped moderately fine
- ¾ c Confectioner's sugar

Preheat oven to 300°F.

Grease one or two cookie sheets.

In an electric mixer bowl, cream butter; beat in honey. Gradually mix in flour and salt, then vanilla. Add chopped walnuts. Mix until dough forms. Wrap dough in plastic wrap and chill for 1 hour.

Form balls the size of a quarter. Place 2 inches apart on a greased cookie sheet. Bake for 35–40 minutes. Remove from oven.

As soon as the balls are cool enough to touch, roll them in confectioner's sugar. Allow to cool and roll again in sugar.

Makes about 36 cookies.

Horns



CONTRIBUTED BY CAROL AZEN

- $\frac{1}{4}$ lb Cream cheese, room temperature
- $\frac{1}{4}$ lb Butter, salted, room temperature
- 1 c Flour
- $\frac{1}{3}$ c Raisins
- $\frac{3}{4}$ c Walnuts, chopped
- $\frac{1}{4}$ c Sugar
- $1\text{--}\frac{1}{2}$ tsp Cinnamon
- $\frac{1}{2}$ tsp Jam

Cream together the cream cheese and butter in a bowl with an electric mixer. Beat on medium speed then high speed until mixture is creamy and smooth; then beat on low speed while gradually adding the flour. Dough will be sticky. Flour your hands, gather the dough and refrigerate overnight.

Combine the walnuts, sugar cinnamon, and jam. Set aside. Roll out portions of the dough fairly thin and cut into squares or circles. Place a thin layer of walnut mixture on each square, almost to the ends. Roll into crescents and place several inches apart, seam side down, on a parchment lined cookie sheet.

Bake at 350°F for 13–15 minutes.

As my mother said, you can, of course, double or triple this recipe.

Lebkuchen

CONTRIBUTED BY MARIE MADEFRAU

- 2-½ c Flour
- ½ tsp Salt
- 1 tsp Baking powder
- ½ tsp Cloves, ground
- 1 tsp Cinnamon
- 1 c Walnuts, chopped
- ½ lb Candied fruit, diced
- 3 Eggs, plus 1 yolk
- 1-½ c Dark brown sugar, packed
- ½ c Coffee, strong

TOPPING

- 1 c Confectioner's sugar
- 2 T Milk

Preheat oven to 375°F. Grease and flour a jelly roll pan.

Sift flour, salt, baking powder, cloves and cinnamon together. Add nuts and fruit; mix well. Set aside. In a large bowl, with mixer on high speed, beat eggs until thick and yellow colored.

Add brown sugar gradually, beating well after each addition. With a spoon, blend in coffee, and then flour mixture. Turn onto the jelly roll pan, spreading evenly.

Bake 25 minutes or until a cake tester comes out clean and top springs back; frost with topping. Cut into squares. This recipe is similar in texture to a brownie.

Kiffles

CONTRIBUTED BY ELAINE RYAN

- 16 T Butter
- 16 oz Cream cheese
- 2 Egg yolks
- 2 c Flour

Cream together the butter, cream cheese and egg yolks. Add flour slowly. When dough becomes stiff, knead with hands. Dough will be sticky. Knead until dough no longer sticks to your hands, and then form into walnut-size balls.

Refrigerate balls overnight.

FILLING

- 3 c Walnuts, ground
- 4 T Butter, melted
- 1-½ c Sugar
- ½ tsp Honey
- 2 Egg whites, beaten stiff

Combine walnuts, melted butter, sugar and honey. Mix well. Fold in beaten egg whites. Set aside.

Next day, preheat oven to 350°F.

Work with a few balls at a time, leaving the rest in the refrigerator. It is important to keep them chilled. Using a rolling pin, flatten each ball into a thin disk. Spread walnut filling to about ⅛-inch from the edge. Starting from one end, roll the kiffle, pulling it outward as you roll, creating an elongated shape.

Place seam side down on a parchment lined baking sheet. Bake approximately 20 minutes. Time may vary. Start out with the baking sheet on the middle rack; as the bottom browns, move to the top rack for the top to brown. They will darken slightly even after removed from the oven.

Cranberry-Orange Bread Pudding



CONTRIBUTED BY CARM SAGENDORF

- 5–6 c French bread, cut in cubes
- ½ c Cranberries, dried, chopped
- ½ c Orange juice
- 2 tsp Orange zest
- 2 tsp Vanilla
- 4 T Butter
- 3 c Half & Half, scalded
- 4 Eggs, large
- 1 c Granulated sugar (*or to taste*)

Preheat oven to 350°F. Butter an 11 × 7 inch baking dish, or 8-inch square pan.

In a large bowl, combine bread, cranberries, orange zest and juice. In another bowl, whisk together the vanilla, butter, half and half, and eggs. Pour over the bread. Stir in the sugar. Let bread mixture soak for 5 minutes. Pour into prepared baking dish.

Make a bain marie by placing the baking dish into a larger pan and pour boiling water in the pan until it comes halfway up the side of the baking dish.

Bake 45–55 minutes or until set. Serve with Vanilla Sauce.

VANILLA SAUCE

- ½ c Sugar
- 1 T Cornstarch
- 1 c Water, boiling
- 2 T Butter
- 1 tsp Vanilla extract
- PINCH Salt

In a small saucepan, over medium heat, combine the sugar and cornstarch. Stir in 1 cup boiling water. Simmer, stirring constantly for 5 minutes. Stir in 2 tablespoons butter, vanilla extract, and salt. Blend well. Pour over bread pudding just before serving.

Best-Ever Rice Pudding



CONTRIBUTED BY CARMELA SAGENDORF

- 1 qt Milk, plus 2 tablespoons
- ½ c White sugar
- ½ c Long grain rice, uncooked
- 1 Egg, slightly beaten
- ⅛ tsp Salt
- 1 tsp Vanilla extract
- Cinnamon, to taste

In a large saucepan over medium/low heat, combine 1 quart milk, sugar, and rice. Reduce heat to low and simmer, covered, 1 hour, stirring frequently.

Remove pan from heat and let rest 10 minutes.

In a small bowl, combine egg, 2 tablespoons milk, salt and vanilla. Stir into rice mixture and return pot to medium heat, stirring constantly for 5 minutes or until pudding starts to thicken. Do not allow to boil, or it will curdle.

Pour into a 9 × 13 inch dish and cover with plastic wrap, folding the corners back to allow the steam to escape. Cool pudding to room temperature, remove plastic wrap and sprinkle cinnamon on top. Cover with fresh plastic wrap and refrigerate 8 hours or more before serving.

Serves 6.

If doubling this recipe, use 3 eggs.

Zabaglione (Italian Custard)



CONTRIBUTED BY RINA ALBERTELLI

- 6 Egg yolks
- $\frac{1}{3}$ c Sugar
- $\frac{3}{4}$ c Marsala wine
- 1 tsp Lemon zest
- Cinnamon, ground
- Vanilla extract
- 1 c Heavy cream, whipped

Place egg yolks and sugar in the top half of a stainless steel double boiler. Add grated lemon peel and a pinch of cinnamon and a drop of vanilla extract in the egg mixture. Pour in the Marsala wine.

Fill the bottom of the double boiler half way with water; bring to a simmer and reduce the heat to low. Set the pan containing the egg mixture over the water. Make sure the pot on top does not touch the water.

Whisk the egg mixture making sure the pot does not boil. This ensures that the mixture will thicken without curdling. Continue whisking for about 10 minutes until the mixture triples in volume and becomes quite pale and frothy. When it reaches the desired consistency, remove it from the pot.

Continue whisking for a minute or two. If you want it thicker, like a mousse, continue cooking longer.

Serve the custard while it is still warm, or if you prefer, let it cool for 15 minutes.

Whisk heavy cream until soft peaks form. Add the whipped cream to the cooled custard using the whisk to fold them together.

Delicious served with fruit or biscotti.

Serves 6.

Cool Whip Dessert



CONTRIBUTED BY DONNA KISSINGER

CRUST

- 8 T Butter, melted
- 1- $\frac{1}{2}$ c Flour
- $\frac{1}{2}$ c Walnuts, chopped

FILLING

- 8 oz Cream cheese, softened
- 1 c Confectioners' sugar
- 9 oz Cool Whip topping, divided

TOPPING

- 2 pkg Instant pudding, any flavor
- 3 c Milk
- Cool Whip

Preheat oven to 350°F. Grease a 9 × 13 inch pan.

Combine crust ingredients and spread in the greased pan. Bake for 15 minutes or until golden brown.

While crust cools, prepare filling by combining cream cheese with confectioners' sugar and $\frac{1}{2}$ container of the cool whip. Spread filling over cooled crust.

Prepare topping by combining pudding mix with 3 cups milk. Follow package directions for mixing; add the remaining cool whip to pudding mix. Spread topping over filling.

Refrigerate until ready to serve.

Grapenut Pudding



CONTRIBUTED BY JOANNE SULLIVAN

- $\frac{3}{4}$ c Grape Nuts cereal (*not the flakes*)
- 4 T Butter, melted
- $\frac{1}{2}$ c Sugar
- 3 Eggs
- 1 tsp Vanilla
- 2 c Milk
- DASH Cinnamon & Nutmeg
- Whipped cream (*optional*)

Preheat oven to 375°F.

This pudding will be baked in a water bath. In a small bowl, melt the butter and add the Grape Nuts cereal. Set aside.

In a one quart casserole, combine the sugar, eggs, and vanilla. Add the Grape Nuts mixture. Add milk and spices.

Make a water bath by placing the casserole in a larger pan; add water to the pan, making sure the water is about $\frac{3}{4}$ of the way up the sides of the casserole dish.

Carefully place the casserole in the oven and bake for 30 minutes; then stir to get the grape nuts throughout the custard. Bake 20 minutes more.

Remove the pan from the oven. Remove casserole dish from pan of hot water. Sprinkle pudding with a little additional cinnamon and nutmeg.

Serve warm or cold. Whipped cream on top is a nice touch.

Fruit Glaze



CONTRIBUTED BY LEAH G. OF FLORIDA

4 c	Frozen raspberries, cranberries, strawberries, or a combination
6 oz	Cranberry-apple drink, from concentrate
2 T	Cornstarch
2 T	Water
1/3 c	Honey
1 T	Mustard, dry
1 T	Wine vinegar

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

This recipe is from the free Low-Iodine Cookbook published by ThyCa: Thyroid Cancer Survivors' Association, Inc. (www.thyca.org) and is provided courtesy of ThyCa.

Steamed Pears



CONTRIBUTED BY KAREN F. OF SOUTH CAROLINA

2 Pears
2 T Honey

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

This recipe is from the free Low-Iodine Cookbook published by ThyCa: Thyroid Cancer Survivors' Association, Inc. (www.thyca.org) and is provided courtesy of ThyCa.

Baked Bananas



CONTRIBUTED BY LEAH G. OF FLORIDA

1 Banana, per person

After cooking any dinner in the oven, turn oven off. Place whole, unpeeled bananas on cookie sheet and place in oven. By the time you are finished eating dinner, the bananas will be cooked. Place banana on a plate and slice open with a knife. Serve warm.

It's so simple, yet so delicious. The banana flavor gets very intense.

This recipe is from the free Low-Iodine Cookbook published by ThyCa: Thyroid Cancer Survivors' Association, Inc. (www.thyca.org) and is provided courtesy of ThyCa.

Ambrosia Fruit Salad



CONTRIBUTED BY MARY BURNISTON

- 8 oz Whipped topping, thawed
- 2- $\frac{1}{2}$ c Coconut, shredded
- $\frac{1}{2}$ c Pecans, chopped
- 8 oz Fruit cocktail, drained
- 8 oz Pineapple chunks, drained
- 11 oz Mandarin oranges, drained
- 3 c Miniature marshmallows
- 1 tsp Cinnamon
- 1 tsp Nutmeg

In a large bowl, combine all ingredients. Mix together well and refrigerate for 1 hour before serving.

Serves 12.

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