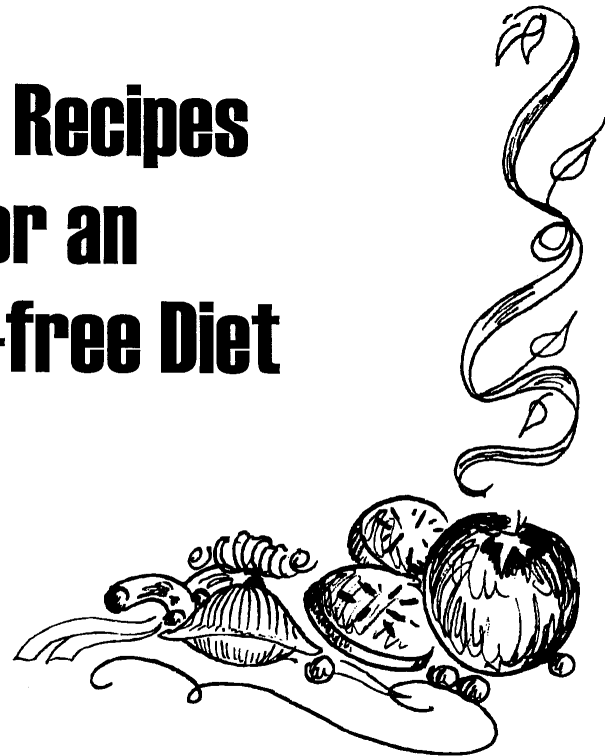




***The Light of Life
Foundation***

COOKBOOK

**Great Recipes
for an
Iodine-free Diet**





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

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

Illustrations by Amy Shey Jacobs

The Low Iodine Diet

What is Iodine?

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

Where is Iodine Found?

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

Why is a Low Iodine Diet Necessary?

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

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

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

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

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

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

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

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

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

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

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

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

Low Iodine Diet Guidelines

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

List of Foods

Food: Breads and Cereals

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

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

Food: Meat and Meat Substitutes

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

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

Food: Milk and Milk Products

Include: None are allowed.

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

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

Food: Fruits

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

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

Food: Vegetables

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

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

Food: Fat

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

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

Food: Beverages

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

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

Food: Desserts and Sweets

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

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

Food: Miscellaneous

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

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

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

Fresh Veggie Soup

Note: All vegetables need to be fresh, not canned. 1 tablespoon canola oil

1 large onion diced

1 bunch of carrots-diced

1 large white carrot-diced 2 medium potatoes-diced 1 lb mushrooms-sliced

1/2 lb string beans-cut in 1 1/2 inch pieces* 1.2 lb green peas

1/1 lb spinach

1/2 bunch Swiss chard, mustard greens or fresh spinach cut or chopped into large pieces

1/2 head of cabbage-shredded 1 large turnip or rutabaga

2 large tomatoes-peeled and diced 1/2 cup barley and or brown rice

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

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



Butternut Squash Soup

2 medium butternut squash-peeled and cut in chunks 2 large sweet potatoes-peeled and cut in chunks

3 large carrots-leaned and cut in chunks

1 medium onion-diced

1 tablespoon of oil

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

4 cups of water

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

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

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

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

Watercress Salad With Endive And Orange

1 bunch watercress 2 Belgian endives 2 oranges

1 tablespoon white vinegar

1 tablespoon extra-virgin olive oil freshly ground pepper to taste

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

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

Cucumber Salad With Dill

2 cucumbers

3 tablespoons of white vinegar 1 tablespoon sugar

1 small red onion, sliced and broken into rings 3 tablespoons finely chopped fresh dill

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

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

Pineapple Salsa

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

1 small fresh pineapple

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

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

1/2 cup chopped cilantro

3-4 tablespoons fresh lime juice
freshly ground pepper

1 tablespoon sugar [optional]

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

Salad Dressing

3 large cloves of garlic - minced
1/3 cup of white vinegar

1/4 cup of olive oil

1/4 cup of vegetable oil
pinch of pepper

pinch of dried oregano
pinch of dried basil

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

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

Eggplant Salad with Basil

3 medium eggplants, about 4 1/2 pounds in all, cut into 1 1/2 cubes (do not peel) 1 cup best-quality olive oil

4 garlic cloves, peeled and minced

2 large yellow onions, peeled, halved and thinly sliced freshly ground black peppers, to taste

1 cup chopped fresh basil leaves, coarsely chopped juice of 2 lemons

Preheat oven to 400°F.

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

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

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

Strawberry-Spinach Salad

1/4 cup fresh-squeezed orange juice 1 teaspoon sugar

1 teaspoon poppy seeds 1/2 lb. fresh spinach

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

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



Basic Tomato Sauce

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

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

1/4 teaspoon of paprika

2 tablespoons of olive oil

Blanch tomatoes for 1 minute and then peel and remove seeds and hard core. In a large stock pot lightly saute garlic, basil, oregano, and pepper

In olive oil for 2 to 3 minutes

Cut tomatoes into 1/4's and slowly add to pot of spices.

When it comes to a boil, simmer and cook for about 1 1/2 hours.

*** I have cooked a pound of pasta added with the sauce and put it into pint

size containers, put labels on them and take a few to the hospital, when I go in for my treatment. Often it's a lot better than hospital food. I do the same with my soups.

I have found there is always an aid who will heat it in the micro

for you and gingerly hand it to you through the door.

VARIATIONS:

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

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

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

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

Freezer Tomato Sauce

10 large tomatoes, blanched, peeled, seeded and chopped 4 cups chopped onions

2 cups chopped carrots

2 tablespoons chopped fresh Italian (flat-leaf) parsley 2 to 3 small garlic cloves, chopped

1/2 to 1 teaspoon oregano leaves, crumbled.

1 to 1 1/2 teaspoons granulated sugar substitute

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

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

Yields 2 1/2 quarts sauce.

Microwave Nutty Apple

4 small Red or Golden Delicious Apples, cored 2 teaspoons sugar, divided

2 tablespoons chunky peanut butter (no salt), Ground cinnamon

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

Makes 4 servings, 1 apple each.

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

Penne with Roasted Peppers

FOR THE SAUCE

3 large bell peppers [ideally, 1 red, 1 yellow, and 1 green] 1 small clove garlic, minced [1/2 teaspoon]

2 scallions, whites minced, greens finely chopped

1/4 cup finely chopped fresh herbs [basil, oregano, parsley] 3 tablespoons capers [optional]

3 tablespoons white vinegar

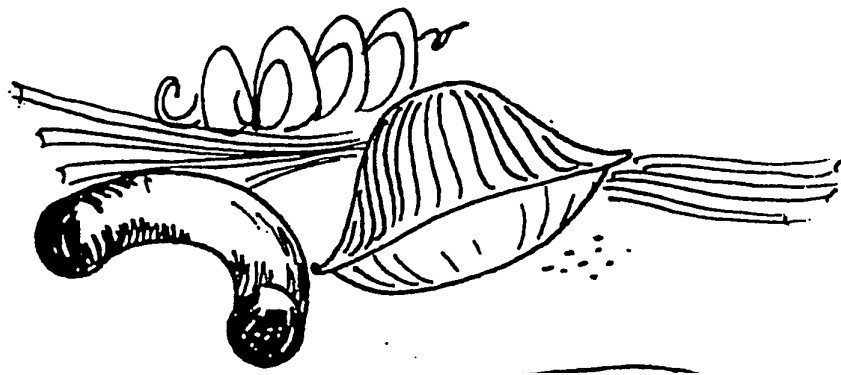
2 teaspoons extra-virgin olive oil

2 tablespoons chicken stock [optional] freshly ground pepper to taste

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

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

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



A Quick Saute Of Yellow Peppers And Sugar Snap Peas

1 pound fresh sugar snap peas, strung 1 1/2 tablespoons extra-virgin olive oil

1 large clove garlic, minced [1 teaspoon] 1/2 teaspoon freshly grated lemon zest

2 yellow or red bell peppers, cored, seeded, and cut into pea pod-size strips 1
tablespoon chopped fresh tarragon, thyme, or basil [1 tsp. dried]

Freshly ground pepper to taste

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

Mustard Glazed Carrots

2 lbs. carrots

3 1/2 tablespoons unsalted butter

1/2 teaspoon dry mustard (more to taste) 1/4 cup sugar

Chopped parsley

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

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

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

Roasted Potatoes with Garlic

2 pounds small red potatoes, quartered 2 large garlic cloves, sliced thin

1 1/2 tablespoon olive oil

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

Italian Vegetables

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

2 medium zucchini (about 5 ounces each), cut into 1/4-inch-thick slices 1 small eggplant (about 12 ounces), cut into 1/2-inch cubes

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

1/2 cup thinly sliced onion

12 cherry tomatoes, cut into halves 1/2 teaspoon oregano leaves

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

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

MAKES 4 SERVINGS VARIATION

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

Honey-Cinnamon Winter Squash

1 butternut squash (about 2 pounds)*

2 tablespoons each margarine[salt free] and honey 1/2 teaspoon each ground cinnamon

Dash ground nutmeg, or to taste

1/2 cup water

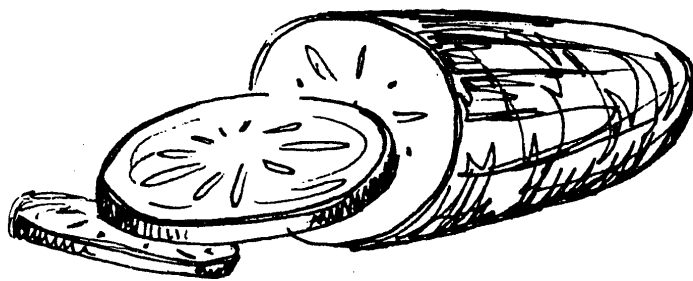
Cut squash in half lengthwise and discard seeds and membranes; score cut surface of each squash half in a crisscross pattern, being careful not to cut through shell.

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

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

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

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



Chicken Francaise

4 boneless chicken breasts

4 tablespoons unsalted butter

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

flour

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

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

Chicken Broth

2 large chickens

2 large onions or 2 leeks diced 5 carrots sliced in large chunks

Small bunch of parsley

pepper to taste

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

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

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

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

Italian Style Chicken

2 to 3 lbs. of ripe tomatoes

2 1/2 lb. chicken - cut into eighths

1 cup sliced fresh mushrooms

1 cup cut-up onions

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

1 teaspoon oregano

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

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

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

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

After cooking about 35 minutes add the mushrooms.

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

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



Chicken with Orange Pesto

Servings: Makes 6

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

1/2 cup fresh basil leaves

2 tablespoons grated orange peel 2 garlic cloves

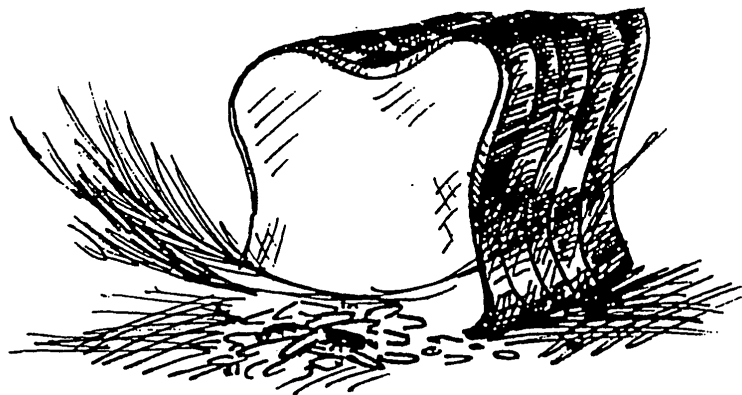
2 teaspoons olive oil

3 tablespoons orange juice ground pepper

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

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

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



Chicken and Potatoes with Cinnamon

One 4 lb whole roasting chicken

3 large potatoes or 6 small red potatoes 1 tablespoon canola oil

cinnamon

pepper

Preheat oven to 350·F

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

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

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



Baked Fish and Veggies

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

2 lbs. of fish, either whole or fillets

3 tablespoons of oil (canola or olive oil) 1 medium onion diced

3 carrots diced

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

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

garlic, parsley, basil, tarragon, paprika seasoning

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

Pre-heat oven to 400 degrees.

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

Toss to coat with oil and spices.

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

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

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

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

Serve with lemon slices.

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

Fruited Pork Chops

2 pork shoulder or loin chops (6 ounces each) 1/2 up thinly sliced carrot

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

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

cup cooked long-grained rice (hot)

Italian (flat-leaf) parsley sprigs

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

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

