



ASIAN LETTUCE WRAPS

These delightfully flavorful lettuce wraps are a cinch to prepare, making them a great option for a nutrient-dense weeknight meal. For an extra burst of flavor, drizzle with Coconut Peanut Sauce from the Condiments, Sauces, and Seasonings chapter.

Serves 4

Ingredients

½ cup raw cashews
2 tablespoons coconut or avocado oil
2 tablespoons sliced shallots
2 cloves garlic, finely chopped
2 tablespoons freshly grated ginger
½ cup chopped crimini or shiitake mushrooms
2 tablespoons filtered water or broth
1 pound ground chicken
3 tablespoons fresh lime juice
1 tablespoon reduced sodium tamari soy sauce or coconut aminos
¼ teaspoon red pepper flakes
1 head butter lettuce, washed and patted dry
1 cup shredded cabbage
1 large carrot, shredded
Coconut Peanut Sauce from the *Condiments, Sauces, and Seasonings* chapter

Preparation

1. Preheat oven to 350°F. Spread cashews out on a sheet pan and toast in the oven for 6-8 minutes. Be careful not to burn. Remove from heat and set aside.
2. Heat oil in a medium-sized skillet over medium heat and sauté shallots, garlic, ginger, and mushrooms for 3-4 minutes until softened and lightly browned. If ingredients begin to stick to the pan, add water or broth to deglaze. Add ground chicken and cook thoroughly, for about 4-5 minutes, while using a wooden spoon to break into smaller pieces.
3. Remove pan from heat. Add lime juice, soy sauce or coconut aminos, and red pepper flakes. Mix well and adjust seasonings as desired.
4. To serve, spoon several tablespoons of chicken mixture into the center of a lettuce leaf and top with shredded cabbage, carrot, and cashews. Drizzle with Coconut Peanut Sauce.

Paleo adaptation: Substitute coconut aminos for soy sauce. Use Paleo adaptation for Coconut Peanut Sauce recipe.

AIP adaptation: Substitute coconut aminos for soy sauce and omit toasted cashews and Coconut Peanut Sauce.

Nutrients: A(BETA), B₂, B₆, B₁₂, C, D, E, CA, CU, FE, MG, MN, SE, ZN, GL, LY, TY



COCONUT PEANUT SAUCE

This is an amazingly flavorful sauce that can be used over grilled meat, steamed or roasted vegetables, and Asian-inspired rice bowls. Try it with the Asian Lettuce Wraps in the Main Dishes chapter. It will keep for at least a week in the refrigerator, but I promise it won't even last that long.

Makes 1 cup

Ingredients

- ½ cup full fat or light coconut milk
- ½ cup unsweetened, natural peanut butter
- 3-4 tablespoons reduced sodium tamari soy sauce or coconut aminos
- 1½ tablespoons pure maple syrup
- 1 tablespoon brown rice vinegar
- 1 clove garlic
- 1 teaspoon freshly grated ginger
- ¼ teaspoon red pepper flakes (optional)
- Sriracha hot pepper sauce to taste (optional)

Preparation

1. Place all ingredients into a blender and puree on high until smooth and creamy.
2. Store in an airtight jar for up to 7 days in the refrigerator.

Cook's notes: Substitute almond butter, sunflower seed butter, or cashew butter for peanut butter, if desired. To make soy-free, use coconut aminos in place of soy sauce.

Paleo adaptation: Substitute any nut or seed butter in place of peanut butter. Substitute coconut aminos for soy sauce.

Nutrients: B₆, E, Cu, Fe, Mg, Mn, Zn, Rv



GUIDE TO THE ESSENTIAL THYROID RECIPES

While this cookbook is targeted specifically towards those who want to nourish their thyroid through optimal nutrition, the recipes were thoughtfully created to appeal to all palates, no matter what your health condition.

They've been crafted from the most health-supportive, whole food ingredients and are full of color, flavor, and texture. Each recipe is free of gluten, dairy, and highly processed ingredients. (For more information on why gluten and dairy are not recommended for those with Hashimoto's, see the chapters *Gluten and Your Thyroid* and *Dairy and Your Thyroid* in Part One.)

There's no one-size-fits-all way to make these recipes work for everyone, so we made every effort to provide sensible adaptations to modify them to fit the dietary practices listed, whenever possible. Jill and I recognize there are varying therapeutic dietary approaches in the functional and integrative nutrition communities that support thyroid health, so we created user-friendly icons to help you easily decipher the recipes that will fit your individual needs at-a-glance.

In most cases, the adaptation may include simply omitting an ingredient or making a simple ingredient swap to make it compliant. If you're curious to know more about certain ingredients or kitchen tools that may be mentioned, be sure to peruse Part Two: Essential Thyroid Kitchen for additional guidance.

We hope you find these recipes incredibly delicious and nourishing, no matter where you are on your dietary path.



Vegan. These recipes are free of all animal products (meat, dairy, fish, and eggs). They feature 100 percent plant-based ingredients such as fruits, vegetables, whole grains, beans/legumes, and nuts and seeds. Some of our recipes include honey although many vegans may choose to omit it.



Paleo. These recipes are free of grains, beans/legumes, dairy, refined sugars, and highly processed oils. They may include fish, grass-fed and pasture-raised meats and eggs, vegetables (including starchy vegetables), fruit, nuts and seeds, and healthful oils.



Autoimmune Protocol. These recipes are free of grains, beans/legumes, dairy, eggs, nuts and seeds, refined sugars, highly processed oils, nightshades (peppers, potatoes, eggplant, tomatoes), spices derived from nightshades (e.g. cayenne, paprika, chili-based spices), and spices derived from seeds (e.g. cumin, nutmeg, fennel, mustard, caraway). Black pepper is not a nightshade so it was not eliminated from our AIP adaptations. But if you're on an AIP diet, we recommend you're midly cautious with its use.



Elimination Provocation Diet. These recipes are safe to eat during a targeted, temporary Elimination Provocation diet, also known as “the gold standard” for sleuthing out food sensitivities. They're free of gluten, dairy, eggs, soy, corn, nightshades, nuts, peanuts (a legume), shellfish, citrus, and refined sugars. See the chapter, *Elimination Provocation Diet Instructions* in Part One for additional information.



30 Minutes or Less. These recipes take a total of 30 minutes or less to prepare.

Nutrient Legend

As mentioned in the *Our Springboard* chapter, it was important to Jill and me to do the hard grafting and necessary foundational nutrient research to keep this cookbook from being “just another cookbook” and to make it the most beneficial for you. We spent a great deal of time weeding through the subjective nature of nutrition and sleuthing out the most supportive nutrients for the thyroid and immune system and then researching the foods that are *dense sources* of these nutrients. This research is the heart and soul of this cookbook. You can find a pretty version of our findings at www.thyroidcookbook.com/nutrition_guide.

Thus, the foods we’ve chosen to highlight in these recipes possess a broad and substantive thyroid- and immune-supportive spectrum. You can find a legend at the bottom of most of the following recipes—the only ones missing a legend are some of the Nourishing Beverages, of which many can be used to complement a meal or be consumed as an after-meal treat.

Below are the thyroid- and immune-supportive nutrients we identified, including the symbols we incorporated into each recipe, as appropriate. In the chapter, *The Nutritional Heavy Hitters*, we show you how and why these nutrients are so beneficial.

Nutrients supportive to both thyroid and immune function:

Vitamin A (as beta-carotene)	A(beta)
Vitamin A (as retinol)	A(ret)
Vitamin B ₁	B ₁
Vitamin B ₂	B ₂
Vitamin B ₆	B ₆
Vitamin B ₁₂	B ₁₂
Vitamin C	C
Vitamin D	D
Vitamin E	E
Calcium	Ca
Copper	Cu
Iron	Fe
Magnesium	Mg
Selenium	Se
Zinc	Zn
Omega-3 fatty acids	O3

Additional nutrients supportive to thyroid function:

Iodine	I
Manganese	Mn
Tyrosine	Ty

Additional nutrients supportive to immune function:

EGCG	Eg
Glutathione	Gl
Lycopene	Ly
Probiotics	Pr
Resveratrol	Rv