PINEAPPLE RAINBOW SALSA

This colorful salsa provides the perfect balance of sweet and spicy without being too fiery hot. With every color of the rainbow represented, this salsa boasts a wide variety of important health-supportive nutrients. It’s especially delicious served over chicken or fish.

Makes approximately 2 cups

Ingredients

1-1½ cups diced fresh pineapple
1 medium tomato, diced
1 red, yellow, or orange bell pepper, diced
1 jalapeño or serrano pepper, seeded and diced
2 cloves garlic, minced
¼ cup minced red onion
¼ cup chopped fresh cilantro or parsley
3 tablespoons fresh lime juice
½ teaspoon sea salt
¼ teaspoon chili powder (optional)

Preparation

1. Toss all ingredients together in a medium-sized bowl. Add additional lime juice to taste.
2. Serve immediately or store in refrigerator for up to 4 days. Flavors will build the longer the ingredients marinate.
## HEMP SEED CHIMICHURRI

*Chimichurri is an easy yet flavorful South American sauce that can provide a zesty kick to chicken, fish, pork, or beef. Add a dollop of this antioxidant-rich sauce to season your proteins. It's also great stirred into pasta dishes and spiralized veggies or drizzled over baked spaghetti squash.*

**Makes ¾ cup**

### Ingredients

- 1 cup fresh flat-leaf Italian parsley, tightly packed
- ½ cup extra virgin olive oil
- 3 tablespoons hemp seeds
- 2 tablespoons fresh lemon juice
- 2 cloves garlic
- 1 teaspoon dried oregano
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ⅛-⅓ teaspoon red pepper flakes

### Preparation

1. Combine all ingredients in the bowl of a food processor affixed with an S-blade and process until coarsely chopped.
2. Use immediately or store in a tightly sealed glass container in the refrigerator.

**Cook’s notes:** Double the recipe and freeze any extra in a freezer safe container like a mason jar. Leave about 1 inch of space at the top of container to allow sauce to expand as it freezes.

Recipes written by Lisa Markley, MS, RDN. Shared with permission from the forthcoming *The Essential Thyroid Cookbook: Over 100 Nourishing Recipes for Thriving with Hypothyroidism and Hashimoto’s* by Lisa Markley, MS, RDN and Jill Grunewald, HNC. Publication date: September 19, 2017. For more info, visit [www.thyroidcookbook.com](http://www.thyroidcookbook.com).
EASY OVEN-BAKED CHICKEN

By following a few simple techniques inspired by thekitchn.com, it’s easy to achieve oven-baked chicken that’s juicy and flavorful, instead of dry and bland. The chicken can be seasoned very simply with salt and pepper, or feel free to experiment with your favorite additive-free seasoning blends. Batch cook several breasts at a time in advance to easily incorporate into soups, salads, sandwiches and wraps, and other dishes.

Serves 4-6

**Ingredients**

- 1-2 tablespoons olive oil or ghee
- 2-4 (4-ounce) boneless, skinless chicken breasts
- Sea salt and black pepper
- Favorite seasonings (optional)

**Preparation**

1. Preheat oven to 400°F. Line the bottom of a sheet pan or baking dish with parchment paper and lightly grease the parchment with oil or ghee.
2. Gently pat the chicken breasts dry using paper towels. Lay each breast evenly on the baking pan and season with a small amount salt, pepper, and favorite seasonings, if desired.
3. Cover chicken by pressing a separate sheet of parchment paper firmly against the breasts and tucking it snugly to make a nice seal. Be sure to completely cover all of the chicken.
4. Place pan in the oven on center rack and bake for approximately 20-30 minutes, or until the chicken reaches an internal temperature of 165°F.
5. Remove from oven and let rest for 5 minutes. Discard parchment paper and enjoy right away or cool thoroughly and store for up to 3-4 days in the refrigerator.

**Cook’s notes:** Sealing the chicken in parchment paper is key for creating tender and juicy meat because it acts like the chicken’s skin and prevents it from drying out. An instant-read thermometer is the safest and easiest way to check for doneness. Insert into the thickest part of the breast; it should read 165°F when done.
MAPLE ALMOND DRIZZLE

Adding almond butter to maple syrup is a simple way to reduce the glycemic effect of the syrup because of the protein and wholesome fats in the nut butter. Drizzle over pancakes, waffles, or oatmeal to increase the yum factor.

Makes 6 tablespoons

Ingredients

- ¼ cup plus 2 tablespoons pure maple syrup
- 3-4 tablespoons raw, unsalted almond butter
- ½ teaspoon almond extract (optional)
- ¼ teaspoon sea salt

Preparation

1. Whisk all ingredients together in a small bowl until well combined.

Cook’s notes: Double or triple recipe and store in the refrigerator for up to 7 days.