

The
Salicylate Sensitivity
Cookbook

The Salicylate Sensitivity Cookbook

Starting a new restricted diet can be daunting. It is easy to get into a rut and make the same safe meals over and over again. The aim of this cookbook is provide inspiration and ideas to free you from the boredom of eating the same thing over and over. We hope that it serves as a guide and that you will experiment and play with the recipes found in its pages.

Health to you and yours.

You may distribute this eBook freely as long as it is left completely intact, unaltered and delivered via the PDF file.
You may republish excerpts from this eBook as long as they are accompanied by an attribution link back to SalicylateSensitivity.com.

Table of Contents

<u>Appetizers & Sides</u>	4
<u>Breads</u>	9
<u>Breakfast</u>	12
<u>Soups</u>	16
<u>Salads</u>	24
<u>Sauces, Dressings & Spreads</u>	27
<u>Vegetables</u>	35
<u>Meat & Poultry</u>	40
<u>Seafood</u>	45
<u>Desserts</u>	49
<u>Drinks</u>	53

Appetizers & Sides

Home Fries with Leeks (low in Salicylates)

Ingredients

- 2 TBL canola oil
- 1 leek, chopped
- 4 baked or boil potatoes, cut into cubes
- salt to taste

Directions

Sauté the leek with the oil in a large skillet over moderate heat until the leek is soft. Add the garlic and potatoes and sauté another 10 minutes, being sure to turn the potatoes every few minutes. They are done once the potatoes are crispy and golden. Season with salt and serve warm.

Vodka Creamed Leeks (low in Salicylates)

Ingredients

- 8 medium sized leeks
- ½ cup vodka
- 1 cup water
- 1/3 cup heavy cream
- 2 TBL butter
- salt to taste

Directions

Heat butter and leeks in a large skillet over medium heat. Stir occasionally until leeks are softened (6 to 8 minutes). Add vodka and 1 cup water and bring to a boil. Reduce heat and cover, let simmer until very tender (20 to 25 minutes). Uncover skillet and increase heat to medium-high. Cook until liquid has evaporated (2 to 4 minutes). Add heavy cream and let simmer until it has thickened and the leeks are coated.

Season with coarse salt.

Garlic Mashed Potatoes (low in Salicylates)

Ingredients

- 10 potatoes, peeled
- 2 TBL butter
- 2-4 cloves garlic
- heavy cream to taste
- 1 TBL sunflower oil

Directions

Chop up garlic and place in a frying pan.

Sweat garlic in a little sunflower oil or butter until slightly soft.

Set aside garlic oil/butter mixture

Cut potatoes into large pieces and place in a pot with enough water to cover the potatoes.

Boil the potatoes until soft. Drain the water out of the pan.

Using an electric hand mixer mash up potatoes with butter and garlic and add enough cream to make them the desired consistency.

Note: For a side dish that is completely salicylate free leave out the garlic.

Beth's Stuffing (low in Salicylates)

Ingredients

- 4 cups bread cubes
- 1 cup celery, chopped
- 1-2 cups leek, chopped
- 1 cup parsley, chopped
- 1 lbs ground pork (or other meat of your choice)
- 2-4 cloves garlic, chopped or pressed
- 1 cup butter

Directions

Lightly sauté the pork in a little bit of sunflower oil. Then mix all ingredients in large bowl and pour melted butter over everything. Stir

well and pat into a baking dish. Cover tightly with foil and bake for 40 minutes. Remove the foil and broil just until lightly browned.

**Note: I recommend making your own bread to avoid the preservatives and using unbleached flour to avoid the bleach (which some salicylate sensitive people also react to). There are certain acceptable breads you can buy, just be sure to read the label carefully.*

Creamy Cheese Stuffed Potatoes (low in Salicylates)

Ingredients

- 4 large potatoes
- ½ cup milk, heated
- 1 cup monterey jack cheese, diced
- 4 TBL unsalted butter

Directions

Bake the potatoes until fully cooked.

Place the cheese and butter in a medium size bowl and add the hot milk. Stir to mix and melt the butter.

Split the baked potatoes in half lengthwise.

Scoop out the hot potato flesh (reserving the skins) and mix and mash it with the milk and cheese mixture.

Stuff the filling back into the potato shells and serve hot topped with cheese.

**NOTE: Potato skins are low in salicylate, so if you want to make this a salicylate free meal just eat out the filling in these and avoid the potato skins.*

Seasoned Brown Rice (low in Salicylates)

Ingredients

- 5 cups water
- 1 cup fresh green peas
- 2 cups long grain brown rice
- 1-3 clove garlic
- 2 TBL homemade broth
- 2 celery sticks
- ½ leeks
- 1 TBL pure soy sauce

Directions

Rinse rice well.

Combine garlic, leeks, and celery in food processor.

Add all ingredients into a pot, cover and simmer until water has been absorbed. Average cooking time is about 60 minutes (if you soak the rice overnight then the cooking time can be cut in half).

Let stand for 10 minutes and fluff with a fork.

Parsley Potatoes (low in Salicylates)

Ingredients

- 5 potatoes, peeled and cut in chunks
- 4 TBL butter, melted
- ½ cup parsley, chopped

Directions

Cook potatoes in salted water until tender.

Then drain the water and toss them with butter and parsley.

Add salt to taste.

Serve right away while still warm.

Potatoes Pancakes (low in Salicylates)

Ingredients

- mashed potatoes
- boiled or roasted cabbage
- sunflower oil

Directions

Mix mashed potato and cooked cabbage together (you can just mix them or you can put them both in a food processor to create a smoother texture).

Form rounded pancakes out of the mixture and fry them in Sunflower oil. Top with chopped chives and parsley.

**Note: If you want to make these completely salicylate free then just leave out the chives and parsley.*

Roasted Potatoes & Pears (low in Salicylates)

Ingredients

- 5 potatoes, peeled and cut into chunks
- 2 pears, peeled, cored and quartered
- 1 TBL canola oil
- 1 TBL parsley, chopped
- salt to taste

Directions

Preheat the oven to 350 degrees.

Place the potatoes and pears in a shallow casserole dish and drizzle the oil over the top. Sprinkle with parsley and salt.

Toss to coat the potatoes and pears on all sides.

Roast for 15 minutes, and then turn the potatoes and pears over.

Roast another 30 minutes and turn them again.

If they seem dry add another ½ Tablespoon oil.

Roast until the potatoes and pears are tender and golden brown.

Breads

Pizza Dough (Salicylate free)

Ingredients

- ¾ cup water (80 degrees F)
- 1 TBL sunflower oil
- 1 TBL sugar
- 1 ½ tsp salt
- 1 TBL powdered milk
- 2 ¼ cups flour
- 1 tsp active dry yeast

Directions

Mix everything in a bread maker according to dough instructions. Once mixed place on a lightly floured surface and divide and press dough into a 12-inch pizza pan, raising the edges. This recipe is enough for 1 thick crust pizza or 2 thin crust pizzas.

Top with desired toppings.

Bake at 425 degrees F for 20 minutes or until crust is golden brown around the edges.

** Serving suggestion: Spread parsley pesto sauce (see recipe under sauces section) over the dough and sprinkle with white un-dyed cheese of your choice. You can also top with leeks, ground meat, chunks of chicken or whatever other salicylate free food you desire.*

Basic Easy Muffins (Salicylate Free)

Ingredients

- 2 cups flour
- 1 cup sugar
- 1 TBS baking powder
- ½ tsp salt
- ½ cup canola oil
- 1 ¼ cup milk

Directions

Mix all dry ingredients and then add wet ingredients.

You can let the batter stand for 30 minutes (recommended), but you don't have to if pressed for time.

Pour into a greased muffin pan and bake for 25-30 minutes or until a toothpick inserted in the center comes out clean.

* You can add a variety of different things to this recipe without damaging the muffins. Try adding 2 Tablespoons of ground flax seed for a healthy twist, or some diced peeled pear, diced peeled apple, or mashed banana for a fun fruity variety. Be creative.

Vegetable Muffins (low in Salicylates)

Ingredients

- 1 leek, chopped
- 1 cup finely shredded cabbage
- 1 cup diced celery
- 1 cup chopped chives
- ½ cup mung bean sprouts (optional)
- ½ blended tofu
- ½ cup flour
- ¼ sunflower oil
- 4 eggs
- a pinch of salt

Directions

Combine all ingredients. Spoon mixture into a well greased muffin tray and bake at 350 degrees for 25-30 minutes or until set.

Maple Banana Muffins (Salicylate free)

Ingredients

- 2 cups flour
- ¼ tsp salt
- ½ cup sunflower oil
- ½ cup pure maple syrup

- 4 eggs, separated
- 2 TBL milk
- 3 bananas, mashed

Directions

Preheat oven to 350 degrees F (175 degrees C).
Combine flour and salt and then add oil, syrup and egg yolks; stir well.
Add milk and mashed bananas; stir well.
Beat egg whites until stiff peaks form.
Fold the egg whites into the batter carefully.
Pour batter evenly into a lightly greased muffin tray.
Bake until a toothpick inserted into center of muffins comes out clean.

Yogurt Muffins (Salicylate free)

Ingredients

- 2 cups flour
- 1 cup sugar
- ½ tsp baking soda
- ½ tsp salt
- ½ cup canola or sunflower oil
- 1 ½ cups plain yogurt

Directions

Preheat oven to 350 degrees. Mix all dry ingredients and then add wet ingredients. Pour into a muffin pan and cook for about 10 minutes or until a toothpick inserted into the middle of a muffin comes out clean.

Breakfast

Pancakes (Salicylate free)

Ingredients

- 1 cup flour
- 2 TBL sugar
- 2 tsp baking powder
- ½ tsp salt
- 1 cup milk
- 2 TBL unsalted butter
- 1 large egg
- 1 TBL canola oil

Directions

Whisk together flour, sugar, baking powder and salt and set aside.

In a separate bowl, whisk together milk, butter and egg.

Add dry ingredients to wet ingredients and whisk until just moistened (a few lumps are fine, don't over mix).

Heat a lightly greased (with butter or oil) skillet or griddle over medium heat.

Spoon 2 to 3 tablespoons of batter onto the skillet for each pancake.

Cook until surface of pancakes have some bubbles and a few have burst and then flip carefully with a thin spatula and cook the other side until browned.

Serve warm with pure maple syrup, powdered sugar, homemade pear jam, whipped cream or other expectable topping.

Toasted Cereal (Salicylate free)

Ingredients

- 1 ½ cups rolled oats
- 2 TBL pure maple syrup
- 2 TBL sugar
- 1 TBL canola oil

Directions

Mix all the ingredients well and stir in a frying pan on medium heat until golden brown.

Serve with milk, soy milk, pear puree, or plain yogurt.

Yogurt Pancakes (Salicylate free)

Ingredients

- 1 cup flour
- 1 TBL sugar
- $\frac{3}{4}$ tsp baking soda
- $\frac{1}{2}$ tsp salt
- 4 eggs
- 1 (8 oz) container plain yogurt
- $\frac{1}{4}$ cup water

Directions

Preheat lightly oiled (or buttered) frying pan or griddle.

Mix the flour with the sugar, baking soda and salt until well combined.

In a separate bowl, beat eggs until light and lemon colored.

Gently blend the yogurt and water with the eggs.

Add the dry ingredients and beat until well blended.

Cook the pancakes on the lightly oiled (or buttered) frying pan or griddle.

Once the top side starts to bubble flip the pancakes and cook the other side until underside is lightly brown.

Makes around 24 three-inch pancakes.

Simple Granola (low in Salicylates)

Ingredients

- 2 cups plain oatmeal
- $\frac{1}{4}$ wheat germ
- 1 handful raw cashews, chopped
- $\frac{1}{4}$ cup sunflower or canola oil
- $\frac{1}{4}$ pure maple syrup
- a sprinkle of sugar

Directions

Mix all this together and then spread it out on a cookie sheet and bake

at 250 degrees F. Stir every 20 minutes to prevent burning. Cook slowly until crispy but not burned. It may take 1-2 hours, just keep a close eye on it.

Banana Pancakes (Salicylate free)

Ingredients

- 2 cups flour
- 4 tsp baking powder
- ½ tsp salt
- 2 TBL sugar
- 1 ¾ cup milk
- 2 eggs, beaten
- 2 TBL butter, melted
- 3 bananas, mashed

Directions

Combine flour, baking powder, salt, and sugar together.
In a separate bowl, mix milk, melted butter and eggs together.
Gently mix the wet ingredients into the dry ingredients.
Fold in the mashed bananas just before frying.
Cook on a hot griddle or frying pan until golden brown on both sides.

Beth's Omelet (low in Salicylates)

Ingredients

- 2 eggs
- 1 TBL milk
- 1 TBL celery, finely chopped
- 1 TBL leek, finely chopped
- 1 TBL chives, finely chopped
- small handful of un-dyed cheese, shredded
- salt to taste

Directions

Mix all ingredients until well blended.
Pour into hot buttered frying pan
Cook over low flame occasionally raising the side of the omelet and letting the uncooked portion run into the pan.
Once it is well cooked sprinkle with a little cheese and fold.

Poached Eggs (Salicylate free)

Ingredients

- eggs
- salt to taste

Directions

Bring water to boil in a sauce pan.

Add salt to the water (this helps the egg white set quickly)

Carefully break an egg into the boiling water.

Simmer gently for 3-5 minutes depending on desired firmness.

Soft Boil Eggs (Salicylate free)

Ingredients

- eggs
- salt to taste

Directions

Fill pot about ½ way with water and boil. Once boiling add eggs (at room temperature) to the boiling water. Boil eggs uncovered for 4 minutes. Cover and turn off heat for 4 more minutes. Then take the pot to the sink and run cold water over the eggs until comfortable to touch.

Peel and Enjoy with a little salt.

Soups

Barley and Veggie Soup (low in Salicylates)

Ingredients

- ½ cup barley
- 3 cups water
- 1 leek
- 2 brussels sprouts
- ⅛ cabbage
- 1 cup green beans
- 1 medium potato

Directions

Cook barley in a saucepan of 3 cups boiling water for 30 minutes. Combine all other ingredients in a food processor until finely chopped. Add veggie mixture to barley and water and simmer until tender. You can add more water if needed and top with graded white (un-dyed) cheese if desired.

Homemade Broth (low in Salicylates)

Ingredients

- leftover chicken or turkey carcass
- water
- leeks (optional)
- onions (optional)
- celery (optional)

Directions

After carving a roasted chicken/turkey place the carcass, neck, gizzards and any other unwanted leftovers into a large pot. Fill the pot with enough water to cover and bring to a boil. Reduce heat and simmer for 8 to 10 hours (I usually just let it simmer over night). After letting it simmer for a good amount of time strain out all the meat and bones so that you have just liquid left. Return the liquid to a pot and simmer for an additional 1 to 8 hours, until it has reduced the desired amount. The more you reduce the liquid the more intense a flavor your broth will have. If desired you can also add leeks, and or onions, and celery cut in

large pieces to the liquid after you have strained it and let them simmer in it while it reduces. If you do this your broth will be low in salicylates instead of salicylate free. Also if you add these root vegetables to the stew then don't leave them simmering for more than about an hour or so before straining the broth again. Once the broth has been reduced to the desired amount you can store it in the refrigerator for up to one week or in the freezer for a few months.

Beef Stew (low in Salicylates)

Ingredients

- ½ cup celery
- ½ cup leeks
- ¼ cup parsley
- ¼ chives
- 3-7 potatoes peeled and cut in chunks
- 1-2 lbs stewing beef
- 3-4 cups homemade stock (beef, chicken or turkey)
- water (as much as needed for desired consistency)
- salt to taste

Directions

Throw all ingredients into a crock pot and cook for 8 to 10 hours. Add water as needed to make the stew the desired consistency. Season with salt to taste and sprinkle with fresh chives and parsley leaves to garnish.

Lentil Soup (low in Salicylates)

Ingredients

- 2 cups lentils (soak over night first)
- 8 cups water
- 2-3 TBL sunflower oil
- 1 cup chopped parsley
- ½ cup chopped chives
- 3-5 cloves garlic

Directions

Combine all ingredients in large pot and cook for a few hours (around

3) on a low to medium heat. Season to taste with salt. Serve with white (un-dyed) cheese.

Creamy Potato and Leek Soup (low in Salicylates)

Ingredients

- 1 TBL canola oil
- 3 leeks, diced
- 3 potatoes, peeled and diced
- 4 cups homemade chicken broth
- ½ cup heavy cream
- ½ cup chopped fresh parsley
- salt to taste

Directions

Sauté the leeks with the oil over medium heat until the leeks are soft (about 3 to 4 minutes). Add the potatoes and a little salt and cook another 2 minutes or so. Add the broth and bring to a boil.

Reduce the heat and simmer until potatoes are tender.

Puree the soup in a blender or food processor.

Transfer the pureed soup back to the pot and stir in the heavy cream.

Serve hot or chilled and garnish with parsley.

Dutch Split Pea Soup (low in Salicylates)

Ingredients

- 3 cups split green peas
- 3 quarts water
- 1 pork hock (optional)
- 3 leeks, sliced
- 2 onions, chopped
- 2 TBL butter
- 2 TBL chopped parsley
- 1 cup chopped celery with leaves
- salt to taste

Directions

Place the peas in a large pot with the water and cook until tender.

Once the split peas are tender puree in a blender or food processor.

Place the pea mixture back in the pot and add the pork hock. Simmer for 2 hours, adding extra water when necessary. Remove pork hock; bone and cube meat, and add the meat to the soup. After cleaning and slicing the leeks and onions sauté them in the butter over medium heat until the onions and leeks are tender but not brown. Add the sautéed leeks and onions to the soup. Add the parsley and celery at this time as well. Simmer, covered, for 1 hour. Remove the soup from the heat and refrigerate overnight. Reheat the soup the next day to serve, adding salt and water if needed (the soup with thicken over night so it might need some extra water to get it to the desired thickness). Serve hot with homemade bread.

Cream of Cabbage Soup (low in Salicylates)

Ingredients

- 10 cups coarsely cut cabbage
- 1/3 cup chopped celery
- 1/4 chopped leek
- 1 cup homemade chicken broth
- 1 TBL salt
- 4 cups milk
- 1/3 cup flour

Directions

Simmer cabbage, celery, leek, and salt in the broth for about 10 minutes.

Mix the milk and flour and to a boil and then add the milk mixture to the cabbage mixture.

Egg Drop Soup (low in Salicylates)

Ingredients

- 2 eggs, lightly beaten
- 4 cups homemade chicken broth
- parsley, chopped to garnish

Directions

Bring chicken broth to a boil.

Slowly pour the beaten eggs into the hot broth (keep the broth in motion so that it cooks in threads).

Serve immediately.

Sprinkle each serving with parsley to garnish.

Serves 4 to 6

**NOTE: If you leave out the parsley this is a Salicylate Free meal.*

Celery Soup (low in Salicylates)

Ingredients

- 12-15 large stalks celery, sliced ½ inch thick
- 1 medium leek, thinly sliced
- 1 potato, peeled and cut in ½ inch cubes
- 2 TBL butter
- 1-2 TBL fresh lime juice
- 6 cups water
- parsley, chopped for garnish
- salt to taste

Directions

In a large saucepan heat butter, celery, leek, and potato over medium heat until vegetables begin to soften (about 8 to 10 minutes).

Add the water to the saucepan and bring it to a boil.

Reduce heat to medium and simmer until vegetables are really tender (about 20 minutes).

Puree soup in a blender or food processor until smooth (I recommend you do this in batches and don't fill the blender only half way each time to avoid splattering).

Return soup to pan; stir in lime juice and season with salt.

Serve warm and garnish with fresh parsley and celery leaves.

Red Lentil Soup (low in Salicylates)

Ingredients

- 10 cups water
- 2 cups red lentils
- 2 TBL white rice
- 2 onions, chopped
- 1 cup celery, chopped

- 1 cup leek, chopped
- ¼ chives, chopped
- 1 cup cabbage, chopped
- 1-4 cloves garlic, crushed
- 6 brussels sprouts, halved (optional)

Directions

Combine water, lentils and rice in pot and bring to a boil.
Add all other ingredients and reduce heat.
Simmer for at least 30 min. or until thoroughly cooked

Red Cabbage Soup (low in Salicylates)

Ingredients

- ½ head red cabbage, washed and shredded
- 1 leek, washed and sliced
- 2 shallots, chopped
- 3 cups water or homemade broth
- 3 cups milk, scalded
- 1 TBL butter
- 1-5 cloves garlic
- salt to taste

Directions

Put all ingredients in a large pot, cover, and let cook on medium heat for about 30 minutes or so until ready to eat.

Potato Leek Soup (low in Salicylates)

Ingredients

- 1-2 cups leek
- 10 potatoes, cut into small chunks
- 2 TBL butter
- 2 TBL sunflower or canola oil
- 1 handful chives, chopped
- 1-2 handfuls parsley
- 1 cup milk
- 2-3 cups homemade chicken broth

- salt to taste
- undyed cheese to top

Directions

Sauté leeks in oil until soft. Add in butter, chives, parsley, and potatoes. Stir and sauté on medium heat until butter is completely melted and potatoes start to soften (you can add a little water at this time if to keep the bottom from burning). Add in chicken broth and cover. Let the whole thing cook until the potatoes are completely cooked. In a blender puree half of the soup (be careful blending hot soup). Pour the pureed mixture back into the pot on the stove. This will give you a nice creamy pureed soup which still has some chunks of potatoes. Now add 1 cup milk and salt to taste. You can also add some water to the soup at this point if you wish to thin it a little or to make more of it. Serve soup warm with a little extra chives and parsley and graded cheese on top.

Chicken & Rice Soup (low in Salicylates)

Ingredients

- 1 leek
- 1-2 cups celery
- 2-4 cups homemade chicken broth
- 1 cup rice
- chicken (as much as desired)
- 1-3 cloves garlic
- ½ cup parsley, chopped
- 1 handful chives
- 1-2 TBL butter
- water to desired consistency
- salt to taste

Directions

Sauté the leek and celery in the butter and garlic until tender. Add Chicken and sauté until chicken is just cooked throughout. Add chicken stock, parsley, chives, rice and water (if needed). Bring to a light boil and then reduce heat to simmer. Simmer until rice is tender.

Fish Stock (low in Salicylates)

Ingredients

- 4 fish racks (use mild fish such as haddock or halibut)
- 1 large onion, quartered
- 3 stalks celery, chopped
- 3 sprigs fresh parsley
- water
- salt to taste

Directions

Combine all the ingredients in a large stockpot and cover with water (you can break up the fish racks if they are too large).

Bring to a boil, then reduce heat and cover partially.

Let simmer for about an hour, skimming off any foam that rises to the surface of the stock. Strain the stock and discard the fish and vegetables. Taste - if it's flavorful it's ready to use; if it tastes weak then let it boil and reduce longer.

Use right away, refrigerate for up to a week, or freeze for use later (it will keep in the freezer for several months).

**NOTE: You can make this without the onion or parsley if you want it to be Salicylate Free.*

Salads

Chic Pear Salad (low in Salicylates)

Ingredients

- pears
- feta cheese
- pecans, chopped
- salicylate free salad dressing (recipes in the cookbook)

Directions

Cut peeled and cored pears in half and top with crumbled feta cheese and finely chopped Pecans.

Drizzle with Parsley Salad Dressing or Easy Salad Dressing (see recipes).

Vegetable Coleslaw (low in Salicylates)

Ingredients

- 2 leeks
- 3 stalks celery
- 1 handful parsley, chopped
- 2 brussels sprouts, finely chopped
- 1 TBL sunflower oil

Directions

Lightly sauté the leeks in the sunflower oil. Mix the celery, parsley, brussels sprouts, and sautéed leeks.

**Note: the amounts in this recipe can be varied depending on preference*

Chicken and Apple Salad (low in Salicylates)

Ingredients

- 3 cups cooked chicken breast, cubed
- 2 cups golden delicious apple, peeled and cubed
- ½ cup thinly sliced celery
- 1 cup undyed cheese, cubed

- 1-4 TBL parsley

Directions

Throw all ingredients into a large bowl and toss with enough Easy Salad Dressing (see recipe) to cover.

Potato Leek Salad (low in Salicylates)

Ingredients

- 4 cups potatoes, peeled and cut into chunks
- 2 cups homemade broth
- ½ tsp salt
- ¼ sunflower oil
- 1/3 cup leeks, chopped
- ½ tsp sugar
- 2 TBL lime juice

Directions

Boil potatoes and leeks in the chicken broth with ¼ teaspoon salt until tender (about 5 to 8 minutes). Drain and toss with sunflower oil. Dissolve ¼ teaspoon salt and sugar in lime juice and then pour over potatoes. Let the salad marinate for 1 to 2 hours before serving.

Cabbage Salad (Salicylate free)

Ingredients

- cabbage, finely shredded
- fresh squeezed lime juice
- salt to taste
- sugar to taste

Directions

Toss everything together until cabbage is lightly coated.
**Serving suggestion: top with chopped chicken*

Chicken Salad with Parsley Dressing (Salicylate free)

Ingredients

- 1 cup chicken, boil and cut into pieces
- iceberg lettuce, cut up
- parsley salad dressing (see recipe)

Directions

Toss everything together until lightly coated.

Celery Salad (Salicylate free)

Ingredients

- 2 TBL fresh lime juice
- 4 tsp sunflower oil
- 5 stalks celery, peeled and sliced diagonally ½ inch thick
- 1 cup torn celery leaves
- salt to taste

Directions

Whisk together lime juice, sunflower oil and a pinch of salt.
Add celery and celery leaves and toss until well covered.

Sauces, Dressings & Spreads

Easy Salad Dressing (Salicylate free)

Ingredients

- sunflower oil
- fresh lime juice
- salt to taste

Directions

Whisk 2 parts sunflower oil to 1 part lime juice. Add salt to taste.

Green Cream Dressing (low in Salicylates)

Ingredients

- ¼ cup chopped fresh parsley
- ¼ cup chopped chives
- 1 glove garlic, chopped
- ½ cup plain yogurt (be sure that it contains no preservatives)
- 1 TBL low-fat milk
- 1 ½ tsp fresh lime juice
- salt to taste

Directions

Blend the parsley, chives, garlic, yogurt, milk, and half of the lime juice in a blender or food processor until smooth.

Taste for seasoning and add salt and additional lime juice if needed. If you want a thinner dressing then add another TBL milk and blend until smooth.

Parsley Salad Dressing (low in Salicylates)

Ingredients

- ½ cup fresh lime juice
- 1 handful chives
- 1 handful parsley

- 1-2 cloves garlic
- 1 cup sunflower oil
- salt to taste

Directions

Blend the lime juice, chives, parsley and garlic until all ingredients are pureed together. Slowly add the sunflower oil and season with salt to taste. Add more sunflower oil if too acidic and more lime juice if too oily.

**Serving suggestions: Use as a marinade for baking chicken (or some other form of meat). Drizzle over fresh fish.*

Leek Cream Sauce (low in Salicylates)

Ingredients

- 1 leek, slices thin
- 1-3 cloves garlic
- 1 cup cream
- 3 TBL butter or oil (canola or sunflower)
- salt to taste

Directions

Place sliced leeks and whole garlic cloves in a baking dish and drizzle with enough melted butter or oil to cover.

Place leeks in a 350 degree oven for about 30 minutes or until soft and slightly browned.

Remove leeks from oven and place in a blender or food processor add cream and blend until well blended.

Once blended pour the mixture into a sauce pan and heat for just a little while (to warm and thicken the cream).

Serve right away while warm.

This has a wonderful nutty flavor (a flavor I don't get much anymore) and it's great on top of almost anything - I usually put it over couscous, chicken or homemade pasta.

Parsley Lime Salad Dressing (low in Salicylates)

Ingredients

- ½ cup sunflower oil
- 2 TBL plain yogurt (be sure it contains no preservatives)
- 4 TBL lime juice
- ¼ cup fresh parsley
- 1 clove garlic
- ¼ tsp salt

Directions

Blend everything until fully mixed. Chill before using.

Parsley Pesto (low in Salicylates)

Ingredients

- 1-3 handfuls parsley
- 1-3 cloves garlic
- sunflower oil
- salt to taste

Directions

Combined everything in a blender slowly adding in sunflower oil until you reach your preferred consistency

Maple Pear Butter (Salicylate free)

Ingredients

- 1 large pear, peeled, cored and mashed
- ¼ cup butter, softened
- 1 ½ TBL pure maple syrup

Directions

Simmer mashed pear over medium heat in a small saucepan until liquid has evaporated and pear just begins to stick to the pan (about 15 minutes).

Let cool slightly and then stir in butter and maple syrup.
Let stand at room temperature to thicken.
Refrigerate until ready to use.

Banana Cashew Spread (low in Salicylates)

Ingredients

- ½ banana
- 3 TBL cashew butter (be sure it contains no preservatives or blend your own)
- drizzle of pure maple syrup

Directions

Mash the banana in a bowl and add in the remaining ingredients.
Mix thoroughly.

Basic White Sauce (Salicylate free)

Ingredients

- ¼ cup butter
- ¼ cup flour
- 2 cups milk
- salt to taste

Directions

Melt the butter in a saucepan and whisk or stir in the flour until well blended.

Remove from heat and gradually stir in the milk.

Put back on the burner at medium heat and cook.

Stir constantly, until mixture thickens.

Add salt to taste. Makes 2 cups (recipe can be doubled, tripled, etc.)

**Note: This is just a basic recipe feel free to play with it by adding in garlic, leeks, parmesan cheese or whatever else you can think of*

Parsley Butter (low in Salicylates)

Ingredients

- 1 cup butter at room temperature

- ½ cup parsley, finely chopped
- salt to taste

Directions

Combine all ingredients in a small bowl.

Transfer mixture to a piece of parchment or waxed paper and roll into a cylinder about 6 inches long and 2 inches in diameter; twist ends to seal.

Refrigerate until very firm (about 2 hours).

This will last in the refrigerator for up to 1 week or in the freezer for 3 months (place in plastic bag before freezing).

Seasoned Cheese Spread (low in Salicylates)

Ingredients

- soft cheese (ricotta or goat cheese)
- chives
- parsley
- salt to taste

Directions

Blender everything together.

**Serving suggestion: spread on celery sticks for a light snack*

**Note: you can substitute silken or soft tofu for the cheese to make tofu spread*

Turkey Gravy (low in Salicylates)

Ingredients

- giblets and neck from 1 turkey
- flour
- heavy cream

Directions

Cut up giblets and neck from the turkey and place in a sauce pan with enough water to just barely cover. Simmer at a low temperature for around an hour. Strain the mixture so that only liquid remains. Mix in a little flour and heavy cream to thicken. You can also add some of the juices from the bottom of the pan of the cooking turkey to give the gravy a little more flavor.

Blender Mayo (Salicylate free)

Ingredients

- 1 egg
- 2 TBL malt vinegar
- 1 tsp sugar
- 1/1 tsp salt
- 1 cup soy oil

Directions

Place egg, vinegar, sugar, salt and ¼ cup of the oil in blender container. Cover and blend on high speed for 5 seconds; stop blender. Blend on high speed, very gradually adding remaining ¾ cup oil and stop blender occasionally to scrape sides. Refrigerate in a tightly sealed container.

Yogurt Cheese (Salicylate free)

Ingredients

- 1 container of plain yogurt

Directions

Place a container of natural low-fat yogurt (make sure it doesn't have any preservatives in it) into a colander lined with cheesecloth set over a medium bowl. Let the yogurt drain for about 24 hours to remove the liquid. Make sure you press down on the yogurt to remove as much liquid as possible before removing the yogurt cheese from the colander and placing it in another container.

Enjoy yogurt cheese on it's own, spread on toast, tossed in preservative free pasta or use it as a substitute for sour cream.

Pear Sauce (Salicylate free)

Ingredients

- 1 quart pears, peeled and sliced
- 1 cup water
- ½ cup sugar
- 1 tsp fresh lemon juice (lemons are higher in salicylate than limes, but both are fairly low)

Directions

Combine ingredients in a pot and cook until pear is tender. Then use an electric mixer to mash the mixture until smooth. Place pear sauce into an air tight container in the refrigerator and let cool. Once cool enjoy pear sauce as a topping, filling or all on it's own as a light snack.

**Note: you can also use this same recipe with golden delicious apples to make apple sauce as golden delicious apples are still fairly low in salicylate. But, pears are lower in salicylate and it's always fun to try something new*

Caramel Syrup (Salicylate free)

Ingredients

- 1 cup sugar
- ½ cup water

Directions

Place sugar in a small saucepan then pour ¼ cup water evenly over the top. Set over medium-heat and swirl the saucepan gently by the handle until the sugar is dissolved and the syrup is clear. Don't let the syrup boil until the sugar is completely dissolved. Once dissolved increase heat to high and cover the saucepan. Let boil for 2 minutes. Uncover and gently swirl the pan by the handle, continuing to boil the syrup until it turns deep amber. Remove pan from the heat and add 1/3 cup water. Stir until smooth. If the caramel remains lumpy, stir briefly over low heat.

**Note: you can let this cool, then cover and refrigerate it for up to 6 months. When you are read to use it just reheat over low heat, stirring in a little water if needed.*

Basic Whipped Cream (Salicylate free)

Ingredients

- Heavy whipping cream
- sugar to taste

Directions

Mix heavy whipping cream until it forms soft peaks.
If desired mix in sugar (to taste).

Simple Icing (Salicylate free)

Ingredients

- ¼ cup powdered sugar
- 1 TBL milk

Directions

Slowly whisk the milk into the sugar adding milk until you reach your desired consistency.

Simple Frosting (Salicylate free)

Ingredients

- ½ cup powdered sugar
- 1 cup unsalted butter, softened
- small pinch of salt

Directions

Combine all ingredients thoroughly with a fork.

Creamy Pancake Topping (Salicylate free)

Ingredients

- pure maple syrup
- plain yogurt

Directions

Mix equal parts maple syrup and plain yogurt.

Vegetables

Potato & Leek Casserole (low in Salicylates)

Ingredients

- 10-15 potatoes
- 1 leek, cleaned and thinly sliced
- 1-4 TBL chives, chopped
- 1 cup cream
- ½ butter
- salt to taste

Directions

Preheat oven to 350 degrees F. Peel and slice the potatoes into thick rounds. Place ½ of the sliced potatoes at bottom of casserole dish. Now sprinkle sliced leeks and chives into the casserole dish. Now place another layer of potatoes on top. Pour melted butter and 1 cup cream over the whole thing and then cook for 30 minutes to an hour until the potatoes are soft and the top is golden and slightly crunchy.

Crunchy Danish Potatoes (Salicylates free)

Ingredients

- 4 medium potatoes, peeled and sliced into rounds (thin like chips)
- 2 TBL sunflower or canola oil
- 2 TBL sugar

Directions

Microwave or steam potatoes until cooked.
Heat oil in pan and add sugar when hot. Stir until sugar is dissolved.
Add potatoes to pan and fry until browned on both sides.
Sprinkle with sea salt and serve.

**Note: for a more savory dish, substitute the sugar with chives*

Buttered Cabbage (Salicylate free)

Ingredients

- 1 cabbage, cored and cut into 1 inch strips
- 1 TBL butter, cut in small pieces
- salt to taste

Directions

Place cabbage in a pot with just enough water to cover it. Bring to boil and then reduce heat to medium-low and cover. Simmer until cabbage is very tender. Drain out any remaining water. Add butter and season with salt. Toss gently until butter is all melted and cabbage is covered.

Garlic Lime Green Beans (low in Salicylates)

Ingredients

- 1 lbs green beans
- 4 tsp sunflower oil
- 2 cloves garlic
- 2 tsp lime zest
- 1 TBL fresh lime juice
- 2 TBL chopped parsley
- salt to taste

Directions

Cook green beans in boiling water for about 5 minutes or until done. Drain green beans. Heat 2 teaspoons oil over medium-low heat and add garlic. Add green beans to garlic oil and then add lime zest and juice, remaining 2 teaspoons oil and parsley. Season with salt, toss and serve.

Celery Braised with Potatoes (low in Salicylates)

Ingredients

- 2 stalks celery, washed, peeled and cut into large pieces
- 5 potatoes, peeled and sliced

- 1 onion, chopped
- 1 cup water
- 1 cup milk, scalded
- 1 TBL butter
- salt to taste

Directions

Boil the celery in salted water until slightly tender (about 10 minutes).
Put the potatoes, onion, milk, and butter in a baking dish.
Drain the celery and add it to the baking dish.
Bake at 350 degrees F for about 40 minutes.

Parmesan Brussels Sprouts (low in Salicylates)

Ingredients

- 3 lbs brussels sprouts
- ½ cup canola oil
- ½ cup freshly grated parmesan cheese
- salt to taste

Directions

Preheat the oven to 425 degrees F.
Coarsely shred the Brussels sprouts in a food processor.
Toss the Brussels sprouts in the oil and spread in an even layer on 2 rimmed baking sheets. Sprinkle with salt.
Roast in the oven until the Brussels sprouts are tender and browned in spots (about 30 minutes) making sure to stir them halfway through the roasting.
Sprinkle with Parmesan cheese, toss and bake until the cheese is melted. Transfer the Brussels sprouts to a bowl and serve.

Dreamy Creamy Cabbage (low in Salicylates)

Ingredients

- 4 cups cabbage, shredded
- ½ cup leeks, chopped
- 1 handful chives

- 1 handful parsley
- 1-3 cloves garlic
- ¼ melted butter
- 1 cup breadcrumbs
- 2 cups Basic White Sauce (see recipe)
- ¾ cup white, un-dyed cheese, shredded

Directions

Mix the bread crumbs with ¼ cup butter and set aside.

Place cabbage in pot of boiling water and cover. Cook for about 7-8 minutes.

Mix the cooked cabbage with the chopped leeks, chives, parsley, shredded cheese and white sauce and spoon mixture into a baking dish.

Top with buttered bread crumbs.

Cook at 350 degrees F for about 20 minutes.

Celery Gratin (Salicylate free)

Ingredients

- 8-10 large stalks of celery, peeled and thinly sliced (about 4 cups)
- ¾ cup shredded Parmesan cheese
- ½ cup heavy
- 2 slices bread (I recommend making your own to avoid the preservatives)
- 1 TBL sunflower oil
- salt to taste

Directions

Preheat oven to 400 degrees F.

Combine celery, ½ cup Parmesan, cream and ½ teaspoon salt.

Divide evenly among four 6-ounce ramekins and pack mixture in firmly.

Cover with foil and bake until celery is tender (35 to 40 minutes).

While that's baking pulse bread in a food processor until coarse crumbs form.

Add remaining ¼ cup Parmesan to the bread crumbs and drizzle with oil, pulse in food processor until crumbs are all coated with oil.

Take the foil off the ramekins and sprinkle breadcrumb mixture over celery.

Return to oven and bake, uncovered, until the top becomes golden (8 to 10 minutes).

Let sit 5 minutes before serving.

Garlic Baked Potato Wedges (low in Salicylates)

Ingredients

- potatoes
- sunflower oil
- garlic to taste
- salt to taste

Directions

Peel Potatoes and cut them in wedges (you should be able to get at least 8 wedges per potato)

Put potato wedges in plastic bag and add sunflower oil (just enough to lightly cover each wedge), salt and fresh pressed garlic to the bag.

Mix vigorously

Spread wedges on baking sheet and bake at 400 degrees until fully cooked and slightly browned.

Note: If you want to make these completely salicylate free just leave out the garlic.

Meat & Poultry

Meat Balls (low in Salicylates)

Ingredients

- 1 lbs ground meat
- 1-2 cloves garlic
- 1-2 TBL chopped parsley
- 1 egg
- salt to taste

Directions

Mix all ingredients and form into small to medium size balls. Bake at 350 degrees until fully cooked.

Shredded Beef (low in Salicylates)

Ingredients

- 2 lbs beef brisket
- 1 TBL canola oil
- 2 cups homemade broth (beef or chicken)
- 2 cloves garlic
- 1 onion, chopped
- ½ tsp salt

Directions

Heat oil in a skillet over medium heat. Place the beef in the skillet and cook for 10 minutes, turning frequently to brown all sides. Place the beef and other ingredients in a crock pot or slow cooker and cover. Cook on low heat for 8 to 10 hours, until beef is very tender. Remove beef from crock pot and shred, using two forks. Place the beef back in the crock pot and keep on low setting until ready to serve. Serve beef on its own, make shredded beef sandwiches (using homemade rolls to avoid the preservatives), serve over lettuce as a shredded beef salad, or be creative and come up with your own low salicylate way to serve this tender beef dish.

Iceberg Lettuce Wraps (low in Salicylates)

Ingredients

- 1 lbs ground meat of your choice
- 1 small handful chopped chives
- 1 small handful mung bean sprouts
- 1 small handful chopped parsley
- 1-3 cloves garlic
- sunflower oil
- pure soy sauce
- iceberg lettuce

Directions

Fry up all ingredients with a little Sunflower oil and soy sauce (make sure that it is pure soy sauce and does not have any added ingredients).

Serve with iceberg lettuce. Let each person make their own by filling a leave of lettuce with the meat filling.

Crock Pot Greek Chicken (low in Salicylates)

Ingredients

- 2 lbs boneless chicken breast
- 2 TBL lime juice
- 1 onion, chopped (optional)
- 1 small handful parsley, chopped
- 3 TBL sunflower or canola oil
- ½ cup plain yogurt

Directions

Put all ingredients except yogurt in crock pot or slow cooker and mix well.

Cover and cook on low setting for 6 to 8 hours, or until chicken is tender and fully cooked.

Just before serving, remove chicken from crock pot and shred with two forks.

Place chicken back into crock pot and stir in plain yogurt.

Serve with rice, or as a sandwich in pita bread (make sure that the bread does not have any preservatives in it).

Roast Turkey (low in Salicylates)

Ingredients

- 1 turkey
- 1 lbs butter
- 4-7 cloves garlic
- salt to taste

Directions

Preheat oven to 325° F. Clean and prep the turkey. Rub turkey with salt and place it in a roasting pan. Melt ½ cup butter and press 1-3 gloves garlic into the butter. Poor garlic butter mixture over the turkey. Put in preheated oven. After 30 minutes add another ½ cup butter and more pressed garlic. Do this every 30 minutes until you have used 1 pound of butter. After you have used the pound of butter baste the turkey every 30 minutes with juices from the bottom of the pan. Cook until the thickest part of the thigh registers 175° F. Generally this takes about 10-12 minutes per pound if not stuffed and 12 to 15 minutes per pound if stuffed. Stuffing should register at least 160° to be safe to eat.

**Note: For a completely salicylate free meal leave out the garlic.*

Parsley Pesto Chicken & Potatoes (low in Salicylates)

Ingredients

- 5 potatoes, sliced and peeled
- 4 chicken breasts
- parsley pesto (see recipe)

Directions

Cover potatoes and chicken breasts with parsley pesto (see recipe) and wrap in foil. Bake at 350 degrees for 40 minutes or until fully cooked.

Lime & Garlic Flank Steak (low in Salicylates)

Ingredients

- 1 flank steak
- 1 lime
- 2 cloves garlic, pressed
- 2 TBL parsley
- 2 TBL canola oil
- coarse salt to taste

Directions

Mix oil with pressed garlic, parsley and the juice of ½ of a lime. Pour mixture over both sides of flank steak, making sure it is fully covered. Sprinkle salt over both sides of flank steak and let marinade for at least 30 minutes. Grill or bake flank steak until it is as cooked as you desire (for medium rare cook for 2 to 3 minutes on each side). Let flank steak sit for 10 minutes and then cut into thin slices.

Lime Roasted Chicken (low in Salicylates)

Ingredients

- 1 whole chicken (3-5 lbs)
- 1 handful chopped parsley
- 2 lime, quartered
- 1 TBL sunflower oil
- salt to taste
- 2 cloves garlic, crushed

Directions

Preheat oven to 425 degrees F. Stuff Parsley, garlic and one cut lime into the chicken cavity. Tuck wings under and tie chicken legs together with kitchen twine. Set chicken on a rack in a roasting/baking pan. Rub chicken all over with oil, and salt. Roast until thermometer registers 165 degrees F when inserted in the thickest part of the thigh - about 45 to 50 minutes depending on the size of the chicken.

Serve with fresh lime quarters.

*Note: save the leftover body and bones to make homemade broth

Turkey and Green Bean Stir Fry (low in Salicylates)

Ingredients

- 1/3 pound ground turkey
- 1 lbs green beans, washed and trimmed
- 1 tsp canola oil
- 1-2 cloves garlic, finely chopped
- 1 1/2 TBL pure soy sauce
- 1 1/2 TBL water

Directions

Heat the oil in a wok or large skillet over moderately high heat.

Add the garlic and turkey and sauté for about 5 minutes.

Add the beans and 1 Tablespoon each of the soy sauce and water and cook until the beans are just tender (you want them to still have a slight crunch though).

If you want more sauce you can add the remaining soy sauce and water at this point.

Easy Crock Pot Parsley Chicken (low in Salicylates)

Ingredients

- 1 chicken (3-4 lbs)
- 3/4 cup parsley salad dressing (see recipe)
- 1/4 tsp salt

Directions

Rinse and dry chicken.

Rub the chicken with salad dressing (inside and out) and sprinkle with salt. Put the whole chicken in a crock pot or slow cooker and cover.

Cook on low for 6 to 8 hours or until the chicken is tender and thoroughly cooked.

Seafood

Shrimp Scampi (low in Salicylates)

Ingredients

- 1 ½ lbs large shrimp, peeled and deveined with tails on
- 1 TBL sunflower oil
- 2 cloves garlic, minced
- 2 TBL fresh lime juice
- 2 TBL chopped fresh parsley
- coarse salt to taste
- lime wedges for serving

Directions

Heat broiler with rack set 4 inches from heat.
Place shrimp on a large broiler-proof rimmed baking sheet
Sprinkle with oil garlic and salt.
Toss until well coated and then arrange shrimp in a single layer.
Broil until opaque throughout (about 3-4 minutes)
Sprinkle with lime juice and parsley.
Toss until well covered.
Serve immediately and garnish with extra lime wedges.

Lime Grilled Swordfish (Salicylate free)

Ingredients

- 1 lbs fresh swordfish about 1 inch thick
- ¼ cup fresh lime juice
- 2 TBL canola oil
- coarse sea salt to taste
- 1 lime, cut in wedges

Directions

Place fish in a shallow baking dish and pour the lime juice and canola oil over the fish. Turn to coat the fish thoroughly and sprinkle with a little coarse sea salt.

Cover and refrigerate for at least 5 hours or overnight to marinate.
Remove the fish from the marinade and place under the broiler or on the grill.

Cook for about 4 to 6 minutes on each side or until the center is opaque, brushing with the marinade regularly.

Do not over cook.

Serve with lime wedges.

Vodka Poached Salmon (low in Salicylates)

Ingredients

- 4 salmon fillets (½ lbs each)
- ½ cup vodka
- ½ water
- 2 TBL butter, softened
- 1 small handful chopped parsley
- 1-3 cloves garlic, chopped
- salt to taste

Directions

Heat vodka and water over medium high heat for 5 minutes.

Add salmon pieces into poaching liquid and dot with butter.

Add garlic, parsley and a pinch of salt.

Bring to a slow boil and then reduce heat to medium and poach until salmon flesh is firm (10 to 15 minutes).

Using a slotted spoon scoop salmon out of the poaching liquid and serve.

Pesto Salmon (low in Salicylates)

Ingredients

- 2 lbs salmon fillets
- 2 limes
- 1 ½ cups parsley pesto (see recipe)
- ½ cup vodka

Directions

Place salmon on a lightly oiled baking pan, skin side down.

Squeeze juice of one lime over fish.

Pour vodka over fish. Let marinate for 15 minutes. Preheat broiler. Coat the top side of the salmon with a thick layer of Parsley Pesto (it should be between 1/8 of an inch and 1/4 of an inch thick). Place fish under the broiler (about 9 inches from heat source). Broil fish until it flakes and flesh is opaque (Pesto should have formed a brown crust). Remove from oven and squeeze half of second lime over fish. Serve with slices of the left over lime.

Scrumptious Swordfish (low in Salicylates)

Ingredients

- 6 swordfish steaks (6 oz each)
- 1 large bunch of parsley (about 3-4 cups)
- 3/4 cup cashews
- 2 cloves garlic
- 3 TBL lime zest
- 3 TBL fresh lime juice
- 3/4 cup unrefined safflower or canola oil
- salt to taste

Directions

Blend the parsley, cashews, garlic, lime zest, lime juice, and oil in a food processor/blender. Salt each side of swordfish steaks and grill for about 4 minutes on each side or until done. Cover swordfish with puree and serve with wedges of lime.

Salmon with Leeks (low in Salicylates)

Ingredients

- 8 medium leeks
- 2 TBL sunflower oil
- 4 salmon fillets
- salt to taste
- lime wedges for serving

Directions

Preheat oven to 450 degrees F.

Toss leeks with oil and season with salt.

Spread oil covered leeks on a large rimmed baking sheet and roast, until beginning to soften, tossing once.

Remove leeks from oven and toss.

Push leeks to the edges of the baking sheet and arrange salmon pieces in center and season with salt.

Return to oven; roast until salmon is opaque throughout (10 to 15 minutes).

Serve salmon with leeks and lime wedges.

Desserts

Easy Scottish Shortbread (Salicylate free)

Ingredients

- 1 ½ cups flour
- 1/3 cup sugar
- ¾ cup butter

Directions

Preheat oven to 350 degrees F (180 degrees C).
Mix all ingredients until well blended, dough should be stiff.
Press into a 9×9 inch buttered dish and prick the top with a fork.
Bake until a pale golden color around the edges.
Let cool and cut into squares.

Pear Crisp (low in Salicylates)

Ingredients

- 3 ½ pounds pears, peeled cored and sliced
- ½ cup butter
- 1 ½ cup brown sugar
- 1 cup flour
- 2 cups oatmeal
- 1 pinch salt
- ½ cup maple syrup

Directions

Preheat oven to 350 degrees F (175 degrees C)
Place pears in a 9×13 inch baking dish.
In a bowl cream butter and sugar together, then stir in flour, oatmeal, and salt.
Sprinkle oatmeal mixture evenly over pears and drizzle the maple syrup over the top.
Bake in preheated oven for 50 to 70 minutes, or until the pears are tender and the topping is golden.
**Note: you can also substitute golden delicious apples for the pear, but remember that apples do have slightly more salicylate than pears and be sure to use golden*

delicious apples which have the least amount of salicylates.

Maple Baked Pears (Salicylate free)

Ingredients

- pears, halved
- pure maple syrup

Directions

In a baking dish, drizzle pear halves with pure maple syrup and bake 350 degrees until soft and tender (check around 20-30 mins).
Serve with homemade ice cream.

Maple Banana Slices (Salicylate free)

Ingredients

- 1 banana
- 1 tsp butter
- 1 TBL pure maple syrup

Directions

Heat the butter over moderately high heat in a medium skillet.
Add the banana and cook until golden brown (about 1 to 2 minutes on each side). Add the maple syrup and stir to coat the banana.
Serve hot, warm, or cold. Serve with homemade whipped cream, homemade ice cream, or over pancakes, waffles, or pound cake.

Beth's Salicylate Free Cookies (Salicylate free)

Ingredients

- 2 $\frac{3}{4}$ cups flour
- 1 cup butter
- 1 $\frac{1}{2}$ cups sugar
- 2 eggs
- 1 tsp baking soda
- $\frac{1}{4}$ tsp salt

Directions

Mix all ingredients and roll dough into balls about 1 inch in diameter. Roll the balls in a little sugar and then cook on a greased cookie sheet at 375 degrees F for 8-10 min.

Fruit Popsicles (Salicylate free)

Ingredients

- pears
- bananas
- water

Directions

Puree the pears and bananas separately with a little water. Layer the two purees in popsicle trays and freeze.

Chocolate Shortbread (Salicylate free)

Ingredients

- ½ cup unsalted butter, softened
- ¾ cup flour
- ½ powdered sugar
- 3 TBL pure cocoa powder

Directions

Preheat oven to 300 degrees F.

Beat butter with an electric mixer until creamy.

Add flour, sugar, and cocoa and mix until just combined.

(If dough is too soft to handle chill it in the refrigerator for about 10 minutes).

Pat dough into an 8-inch round cake pan and press the edges with the tines of a floured fork.

Bake until firm (about 30 minutes).

As soon as you remove shortbread from the oven score it into eight wedges then let it cool completely before turning it out of the pan and breaking wedges apart.

Decorate by dipping tips of wedges into Simple Icing (see recipe).

Buttery Pie Crust Crisps (Salicylate free)

Ingredients

- 1 ½ cups flour
- ½ tsp salt
- ½ cup butter
- 3-6 TBL cold water
- sugar to sprinkle

Directions

Mix the flour and salt and cut in ¼ cup of the butter together with your fingertips, 2 knives or a pastry blender.

Once you have a mixture of tiny flakes and bits (like bread crumbs) add the water 1 Tablespoon at a time until mixture forms a flaky dough.

Roll the dough out on a floured surface until it is as thin as desired.

Cut dough into pieces or use a cookie cutter to make shapes.

Place dough pieces/shapes on a greased cookie sheet.

Melt ¼ cup butter and drizzle over the dough pieces/shapes.

Sprinkle with sugar and bake at 350 degrees F.

Crisps are done when they become a light golden color.

Oatmeal Cookies (Salicylate free)

Ingredients

- 1 cup plain yogurt
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 2 cups flour
- 1 tsp salt
- 3 cups oats
- ¼ water

Directions

Mix all ingredients and place balls of dough on greased cookie sheet.

Cook at

375 for 12-15 minutes.

Drinks

Bubbly Limeade (low in Salicylates)

Ingredients

- 1 cup sugar
- 1 cup water
- 1 cup fresh lime juice (about 8 limes)
- 1 quart soda water
- ice cubes
- lime slices for garnish (optional)

Directions

In sauce pan combine 1 cup water and sugar. Cook over medium heat until sugar has dissolved and mixture is clear.

Transfer to a pitcher and let cool.

Once cooled stir together sugar-water, lime juice, and soda water.

Serve with ice and lime slices.

Hot Cocoa (Salicylate free)

Ingredients

- 4 cups milk
- 6 TBL pure, unsweetened cocoa
- sugar to taste (about 8 tsp)

Directions

Heat the milk over low heat in a small saucepan.

Mix 1 ½ Tablespoons of cocoa and about 2 teaspoons sugar in each of 4 mugs and fill each with the hot milk.

Stir or whisk until fully blended.

Chocolate Banana Smoothie (Salicylate free)

Ingredients

- 1 banana

- ½ cup milk
- 1 TBL pure cocoa
- 2 TBL sugar
- ice

Directions

Blend everything together until smooth.

Chocolate Milk (Salicylate free)

Ingredients

- 1 spoonful pure cocoa
- 2 spoonfuls sugar
- 1 glass of milk

Directions

Mix everything together until there are no lumps of cocoa powder.