
RECIPES

Here are some of my favorite, super easy, and delicious recipes for you to incorporate into your *Yes I Can Get Pregnant* self-love health mission. Enjoy!

BONE BROTH RECIPES (ADAPTED FROM *NOURISHING TRADITIONS* BY SALLY

FALLON)

Here are three different bone broth recipes. The chicken stock is my favorite. For those of you who prefer to eat fish rather than meat, the fish stock recipe is easy to make as well. Enjoy!

CHICKEN STOCK

1 whole free-range chicken* or 2 to 3 pounds of bony chicken parts, such as necks, backs, breastbones, and wings

Gizzards from one chicken (optional)

2 to 4 chicken feet (optional)

4 quarts cold, filtered water

2 tablespoons vinegar

1 large onion, coarsely chopped

2 carrots, peeled and coarsely chopped

3 celery stalks, coarsely chopped

1 bunch parsley

**Note: Farm-raised, free-range chickens give the best results.*

1. If you are using a whole chicken, remove the fat glands and gizzards from the cavity. Remove the neck and wings and cut them into several pieces.

2. Place whole chicken and chopped-up neck and wings or chicken pieces in a large stainless steel pot with water, vinegar, and all vegetables except parsley.
3. Let stand 30 to 60 minutes.
4. Bring to a boil, removing scum that rises to the top. Reduce heat, cover, and simmer for six to eight hours. The longer you cook the stock, the richer and more flavorful it will be. About 10 minutes before finishing the stock, add parsley. This will impart additional mineral ions to the broth.
5. Remove whole chicken and/or pieces/bones with a slotted spoon; discard the bones. If you are using a whole chicken, let cool and remove chicken meat from the carcass. Reserve for other uses, such as chicken salads, enchiladas, sandwiches, or curries.
6. Strain the stock into a large bowl; discard residue. Reserve the liquid in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.

BEEF STOCK

4 pounds beef marrow and knuckle bones (from grass-fed beef)

1 calf's foot, cut into pieces (*optional*)

3 pounds meaty rib or neck bones

4 or more quarts cold, filtered water

½ cup vinegar

3 onions, coarsely chopped

3 carrots, coarsely chopped

3 celery stalks, coarsely chopped

Several sprigs of fresh thyme, tied together

1 teaspoon dried green peppercorns, crushed

1 bunch parsley

1. Preheat oven to 350°F.

2. Place the knuckle and marrow bones and calf's foot in a very large pot with vinegar, and cover with water. Let stand for one hour.
3. Meanwhile, place the meaty bones in a roasting pan and brown in the oven. When well-browned, add to the pot.
4. Pour the fat out of the roasting pan, add cold water to the pan, set over a high flame on the stovetop, and bring to a boil, stirring with a wooden spoon to loosen up coagulated juices. Add this liquid to the pot.
5. Add all vegetables, thyme, and peppercorns to the pot. Add additional water, if necessary, to cover the bones, but the liquid should come no higher than within 1 inch of the rim of the pot, as the volume expands slightly during cooking.
6. Bring to a boil. A large amount of scum will come to the top, and it is important to remove this with a spoon. After you have skimmed, reduce heat and add the thyme and crushed peppercorns.
7. Simmer stock for at least 12 and as long as 72 hours (if it is feasible and in good judgement). Just before finishing, add the parsley and simmer another 10 minutes.
8. Remove bones with tongs or a slotted spoon; discard. Strain the stock into a large bowl; discard residue. Let cool in the refrigerator and remove the congealed fat that rises to the top. Transfer to smaller containers and to the freezer for long-term storage.

FISH STOCK

Ideally, fish stock is made from the bones of sole or turbot. In Europe, you can buy these fish on the bone. The fishmonger skins and filets the fish for you, giving you the filets for your evening meal and the bones for making the stock and final sauce. Unfortunately, in America sole arrives at the fish market preboned. But snapper, rock fish, and other non-oily fish work equally well; and a good fish merchant will save the carcasses for you if you ask him. As he normally throws these carcasses away, he shouldn't charge you for them. Be sure to take the heads as well as the body—these are especially rich in iodine and fat-soluble vitamins. Classic cooking texts advise against using oily fish such as salmon for making broth, probably

because highly unsaturated fish oils become rancid during the long cooking process.

3 or 4 whole carcasses, including heads, of nonoily fish such as sole, turbot, rockfish, or snapper

About 3 quarts cold, filtered water

2 tablespoons butter

2 onions, coarsely chopped

1 carrot, coarsely chopped

Several sprigs fresh thyme, tied together

Several sprigs parsley

1 bay leaf

½ cup dry white wine or vermouth

¼ cup vinegar

1. Melt butter in a large stainless steel pot. Add the vegetables and cook very gently, about 30 minutes, until they are soft.
2. Add wine and bring to a boil.
3. Add the fish carcasses and cover with cold filtered water. Add vinegar. Tie herbs together and add to the pot. Bring to a boil and skim off the scum and impurities as they rise to the top.
4. Reduce heat, cover, and simmer for at least 4 hours or as long as 24 hours. Remove carcasses with tongs or a slotted spoon and discard. Strain the liquid into pint-sized storage containers for refrigerator or freezer; discard residue. Chill well in the refrigerator and remove any congealed fat before transferring to the freezer for long-term storage.

AIMEE'S FAMOUS GUACAMOLE

2 avocados, cut into ¼-inch cubes

1 tomato

¼ of a red onion

2 cloves garlic, finely chopped

2 dashes balsamic vinegar

Juice from ½ a lemon

In a large bowl, using a fork, mash all the ingredients together. That's it!

HOMEMADE HEALTH BARS

Raw Walnut Bars (makes 8 to 10 bars)

2 cups raw walnuts

1 cup pitted dates

¼ cup dried cranberries

1 tablespoon cocoa powder

1 teaspoon coconut oil

½ teaspoon sea salt

1. Place all ingredients in a food processor and puree until smooth.
2. Shape puree into 4- to 6-ounce bars.
3. Store in a BPA-free Tupperware® container or glass container.

COCONUT DATE BARS (MAKES 8 TO 10 BARS)

1 cup of almonds

1 cup of cashews

1 cup pitted dates

½ cup shredded coconut (unsweetened)

1 teaspoon coconut oil

1. Place all ingredients in a food processor and puree until smooth.
2. Form into 4- to 6-ounce bars.

3. Store in a BPA-free Tupperware® container or glass container.

HUMMUS

3 cups drained cooked organic chickpeas (you can use canned organic chickpeas in BPA-free cans)

2 medium cloves garlic

¼ teaspoon crushed red pepper (*optional*)

½ cup tahini

2 tablespoons cold, filtered water

4 tablespoons organic lemon juice, to taste

4 tablespoons organic extra-virgin olive oil

1 tablespoons chopped parsley leaves

¼ teaspoon paprika

1. In a food processor, puree the chickpeas, garlic cloves, red pepper, tahini, water, half the lemon juice, and half the olive oil until smooth, stopping to scrape down the sides as needed. Taste and adjust the seasoning by adding salt and additional lemon juice, if necessary, to your liking.
2. Transfer to a wide shallow bowl for serving and use the back of a serving spoon to form a well in the center of the hummus. Drizzle with the remaining olive oil and sprinkle the top with the parsley and paprika.

KALE CHIPS

1 bunch of kale, washed and dried

3 tablespoons of melted coconut oil

Salt to taste

1. Preheat oven to 300°F.
2. Remove center stems from the kale and either tear or cut up the leaves.

3. Toss the kale and coconut oil together in a large bowl; sprinkle with salt.
4. Spread on a baking sheet (or two, depending on the amount of kale). Bake for 15 minutes or until crisp.

LIVER PÂTÉ

½ lb chicken livers (or beef) (free-range/grass-fed)

1 clove garlic, minced

3 thick slices of organic bacon, chopped in cubes

1 large diced onion

¾ cup butter

4 tablespoons chopped parsley

3 tablespoons sherry (or vinegar)

Fresh nutmeg (*optional*)

Salt and pepper, to taste

1. Heat a large pan to medium high heat and cook the bacon for about three minutes.
2. Add the onion, garlic, and a quarter-cup of the butter and soften for another three or four minutes.
3. Prepare the livers by cutting out the white stringy part. Add the livers to the pan and cook for about 7 to 10 minutes with a little more of the butter.
4. Once cooked through, add sherry, parsley, and salt, pepper, and fresh nutmeg to taste.
5. Remove from heat and pour mixture into a blender or food processor and blend until smooth. Pour the smooth mixture into a serving dish.
6. Melt the remaining butter and pour over the pâté evenly. Cover and put in the refrigerator to cool until the fat hardens.

Enjoy as a snack on celery sticks, on lettuce leaves, or directly off the spoon since it's so good on its own.

SHRIMP SALAD

3 eggs, hard boiled, peeled, and chopped
2 cups cooked and peeled shrimp, chopped
1 green apple, cored and diced
½ red onion, diced
4 stalks of celery, diced
¼ cup ground Dijon mustard
2 tablespoons white wine vinegar
1 tablespoon olive oil
1 tablespoon raw honey (*optional*)
½ teaspoon parsley (fresh is best)
½ teaspoon thyme (fresh is best)
½ teaspoon basil (fresh is best)
Salt and pepper, to taste

1. Add three eggs to a small saucepan filled with water. Place over high heat and boil for 15 minutes.
2. Remove eggs from boiling water and place in a bowl of cold water. Cool eggs until easy to handle.
3. Peel and chop eggs and add to a large bowl. Add the rest of the ingredients to the bowl and mix well.

SUMMER SQUASH PANCAKES (MAKES 6 TO 7 PANCAKES)

1 small zucchini, shredded
1 small yellow squash, shredded
1 small carrot, shredded
½ yellow onion, shredded
1 cup almond flour/meal
2 eggs
2 garlic cloves, minced

1 teaspoon dried basil

1 teaspoon dried parsley

Salt and pepper, to taste

2 tablespoons fat of choice (I prefer pastured butter)

½ avocado, diced (to garnish)

½ green onion, diced (to garnish)

1. In a large bowl, mix together with your hands the vegetables, almond flour, eggs, garlic, basil, parsley, and salt and pepper.
2. Make six to seven patties.
3. Heat a large skillet over medium-high heat. Add fat of choice (I usually use pastured butter). Place patties in the pan—be careful of overcrowding—and cook for five to seven minutes on each side, until pancakes are browned.
4. Remove from heat and serve topped with avocado and green onions.

Check out YesICanGetPregnant.com for more recipes!