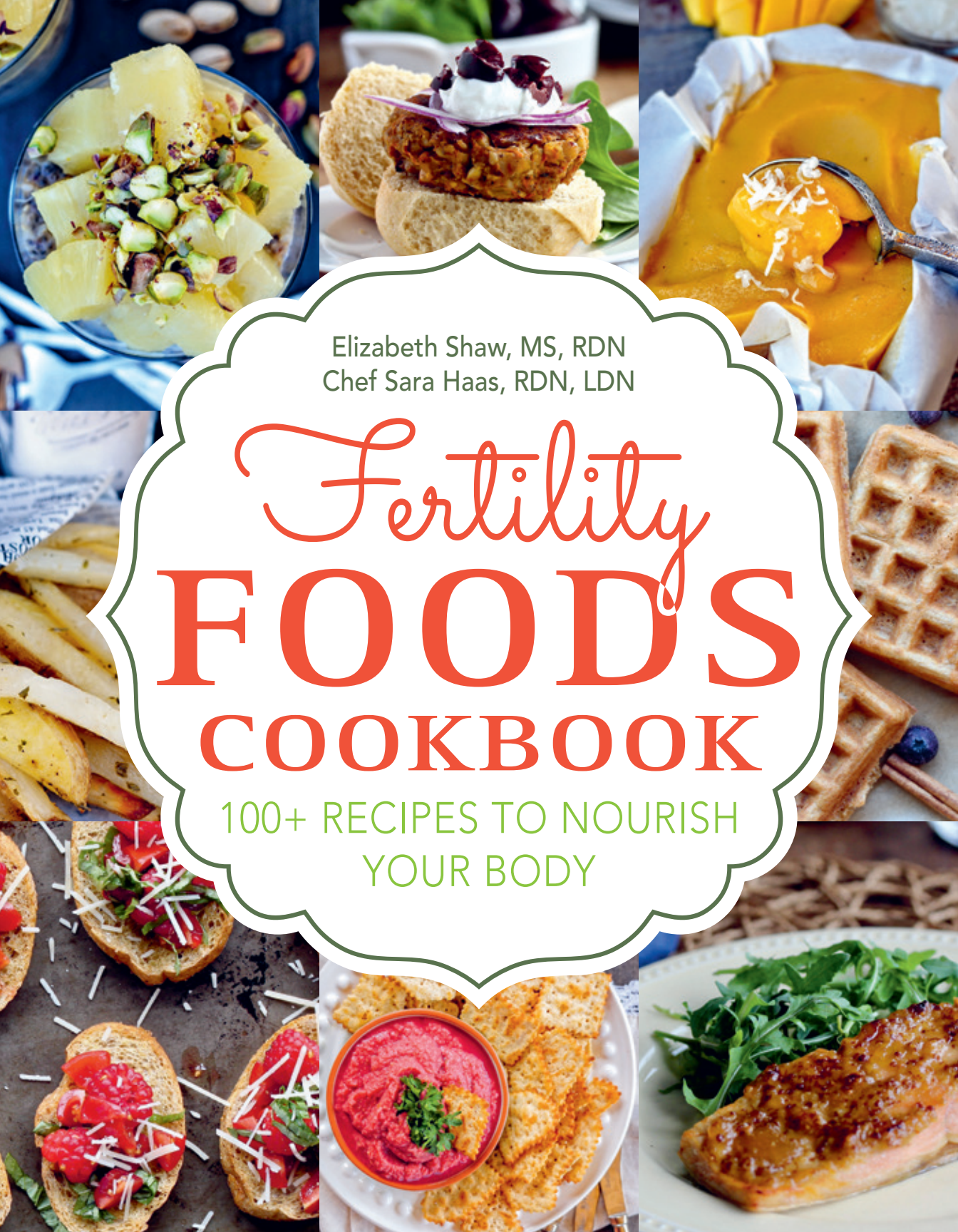




Elizabeth Shaw, MS, RDN  
Chef Sara Haas, RDN, LDN

# Fertility FOODS COOKBOOK

100+ RECIPES TO NOURISH  
YOUR BODY





## THE COMPLETE COOKBOOK TO BOOST YOUR FERTILITY

Struggling with infertility can be one of the most frustrating experiences for women looking to conceive. Rather than juggle multiple prescription medications all while scheduling an endless series of doctors' visits, *The Fertility Foods Cookbook* helps you to seek better results—just by changing your diet! As you prepare to enter one of the most significant times in your life, you owe it to yourself and your future children to make sure that your body has absolutely everything it needs, at the proper times and in the proper quantities.

### FERTILITY FOODS

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## Kimchi Baked Eggs

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**MAKES: 2 servings, 1 portion each**  
**GLUTEN FREE\*, VEGETARIAN**

*Kimchi is a delicious Korean food made of fermented cabbage, scallions, radish, fish sauce, ginger, garlic, and other seasonings. The flavor is tangy and slightly spicy, and makes for a lovely way to enjoy eggs!*

½ cup chopped kimchi

2 large eggs

2 tablespoons whole milk

Freshly cracked black pepper, to taste

2 tablespoons chopped fresh cilantro

2 slices (1½ ounces each) whole grain  
bread, toasted<sup>GF</sup>

Preheat oven to 375°F and coat two 4-ounce ramekins or small baking dishes with non-stick cooking spray.

Place ¼ cup of the chopped kimchi in the bottom of each ramekin. Crack an egg on top of each kimchi-filled ramekin and top with a tablespoon of milk. Sprinkle with pepper and bake in preheated oven until whites are set and yolks are just firm around the edges, about 12 to 15 minutes (or longer depending on your preferred “doneness”).

Garnish with cilantro and serve with toast.

**Shopping Tip:** Kimchi can be found in the refrigerated section of your grocery store. Natural and specialty grocery stores often carry it. If you can’t find it at your store, ask the grocery store staff to help you.

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### NUTRITION INFORMATION

PER SERVING: Calories 220; Fat 8g (Sat 2.5g); Protein 14g; Carb 25g; Fiber 4g; Calcium 110mg; Iron 2.1mg; Sodium 600mg; Folate 53mcg

ALLERGENS: Egg, Milk, Wheat

\* = Gluten Free Option

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**FERTILITY FOCUS:** Kimchi offers nutritional benefits similar to other fermented foods. It's rich in good-for-your-gut bacteria known as *lactobacilli*, which are awesome for digestive health. Remember: nurturing yourself for fertility means making sure ALL of you is properly nourished!

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## Shakshuka (Eggs in Tomato Sauce)

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**MAKES: 4 servings, ½ cup portion each**  
**GLUTEN FREE, VEGETARIAN**

*This traditional Israeli breakfast dish is the perfect addition to any brunch. It's a simple meal that tastes wonderful paired with crisp greens, like the Arugula Salad with Apricots and Champagne Vinaigrette (page 147).*

1 tablespoon olive oil  
½ cup (2 ounces) onion,  
chopped  
1 medium (5 ounces) bell  
pepper (any color), chopped  
2 cloves garlic, minced  
½ teaspoon black pepper  
¾ teaspoon Italian seasoning  
⅛ teaspoon kosher salt  
1 can (28 ounces) diced  
tomatoes, no salt added  
4 large eggs  
Red pepper flakes (optional  
garnish)

Place a large nonstick skillet over medium heat. Add olive oil, onion, and bell peppers. Cook 5 to 7 minutes, or until softened. Add the minced garlic, black pepper, Italian seasoning, and kosher salt. Stir and cook for 2 to 3 minutes, then add the tomatoes. Turn heat to medium, cover, and let cook for 5 minutes.

Remove lid and create four small holes in the tomato mixture. Crack an egg into each hole, then cover and cook for an additional 6 minutes, until white is firm and yolk is set but still able to be punctured with a fork. (If you prefer a set egg with a firm yolk, cook for 8 minutes.) Remove from heat and serve with Herb Roasted Potatoes (page 78) or toasted bread.

**Kitchen Tip:** Crack each egg into a small dish before adding to each hole. This makes it easier to pour and to remove any rogue shell.

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### NUTRITION INFORMATION

PER SERVING: Calories 170; Fat 9g (Sat 2g); Protein 9g; Carb 15g; Fiber 4g; Calcium 66mg; Iron 1.4mg; Sodium 200mg; Folate 42mcg

ALLERGENS: Egg

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**FERTILITY FOCUS:** The beauty of this dish is that it provides a hefty dose of vegetables first thing in the morning! Plus, shakshuka is made with canned tomatoes, which are a great source of the powerful antioxidant lycopene, known to be a fertility-fueling food.



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## Stone-Ground Mustard and Apricot Glazed Salmon

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**MAKES: 2 servings, 3 ounces each**  
**GLUTEN FREE**

*To ensure you are getting the most nutritious type of salmon, we recommend purchasing wild-caught salmon. Nutritionally speaking, wild caught fish is more nutrient-dense, has a better nutrition profile, and, in the case of salmon, has less saturated fat and more zinc, iron, and potassium than many other fish. If you're interested in trying another twist on using this superfood, we suggest the Smoked Salmon Breakfast Flatbread (page 70).*

2, 4 ounce wild salmon fillets,  
with skin  
1 tablespoon stone-ground mustard  
2 teaspoons apricot preserves  
¼ teaspoon kosher salt  
Black pepper, freshly ground, to taste

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### NUTRITION INFORMATION

PER SERVING: Calories 200; Fat 8g (Sat 1.5g);  
Protein 26g; Carb 4g; Fiber 0g; Calcium 17mg; Iron  
1.1mg; Sodium 380mg; Folate 29mcg  
ALLERGENS: Fish

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Preheat the broiler and place the oven rack about 5 to 6 inches away from the heat source. Line a rimmed cookie sheet or broiler pan with foil and coat with nonstick cooking spray.

In a small bowl, combine the mustard and apricot preserves.

Place the salmon on the prepared pan, skin side down. Sprinkle with salt and pepper. Place in the oven and broil for 5 minutes. Remove and spread mustard mixture evenly over the top and cook an additional 5 to 6 minutes, or until internal temperature reaches 145°F.

**Storage:** Cover and refrigerate in a sealed container for up to 3 days.

**Kitchen Tip:** Refer to the Monterey Bay Aquarium Seafood Watch to pick the most sustainable option.

**Shopping Tip:** Stone-ground mustard is also referred to as whole-grain mustard. You can find this in the condiment aisle. It is prepared using the whole mustard seed.

**FERTILITY FOCUS:** Salmon is, without question, an excellent addition to a fertility-fueled diet! It's packed with omega-3s, the heart-healthy fat that helps promote cardiovascular function, brain health, and improved mood. We know how moody this rollercoaster of fertility can make us, so we try to incorporate this entree at least weekly in our meal plan and encourage you to do the same!



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## Mediterranean Veggie Burger

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**MAKES: 8 servings, 1 burger each**  
**GLUTEN FREE\*, VEGETARIAN**

*No need to pay top dollar for a box of veggie burgers anymore! These Mediterranean Veggie Burgers are versatile and taste great, pleasing omnivores and carnivores alike. Enjoy them with Oven Baked French Fries (page 228).*

1 can (15 ounces) no salt added  
cannellini beans, rinsed and drained  
½ cup (2 ounces) walnuts or almonds,  
finely chopped  
¼ teaspoon kosher salt  
¼ teaspoon freshly ground black  
pepper  
⅓ cup quick oats<sup>GF</sup>  
1 teaspoon + 1 tablespoon olive oil  
½ medium (about ⅔ cup or 3 ounces)  
chopped onion

2 cloves garlic, chopped  
1 tablespoon Italian seasoning  
1 medium carrot, grated (about 1 cup  
or 3 ounces)  
1 large egg, lightly beaten  
¼ cup crumbled feta cheese, plus extra  
for garnish, if desired  
¼ cup whole milk Greek yogurt  
5 Kalamata olives, chopped  
8 whole wheat hamburger buns<sup>GF</sup>



## APPETIZERS, SANDWICHES AND SNACKS

In a large mixing bowl, combine the beans, nuts, salt, pepper, and oats.

Heat 1 teaspoon of olive oil in a skillet set over medium heat. Add onions and cook, stirring frequently, until softened, about 5 minutes. Add the garlic and Italian seasoning and cook until fragrant, about 1 minute. Take the skillet off the heat and stir in the carrots.

Pour mixture into the bowl with the beans and, using a fork or avocado masher, mash and stir the mixture until combined.

Mix in the egg and feta cheese. Divide mixture into eight equal portions and shape into 2½-inch round patties.

Wipe out the pan used to cook the onion and garlic mixture, then set over medium heat. Add half of the remaining olive oil and, once hot, add half of the veggie burgers, cooking 5 minutes on each side. Repeat with the remaining oil and burgers.

Serve burgers on buns and top with a little Greek yogurt, feta cheese, and chopped olives. Or, go the traditional route and top with ketchup and mustard.

**Storage:** Keep in an airtight container in the fridge and enjoy within 4 days; or, transfer burgers to a freezer-safe zip-top bag and use within 4 months.

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### NUTRITION INFORMATION

PER SERVING: Calories 280; Fat 13g (Sat 2g); Protein 10g; Carb 35g; Fiber 7g; Calcium 102mg; Iron 2.2mg; Sodium 430mg; Folate 26mcg

ALLERGENS: Tree Nuts, Egg, Milk, Wheat

\* = Gluten Free Option

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**FERTILITY FOCUS:** Moving to a plant-based, fertility-friendly way of eating means enjoying more beans! Beans are loaded with soluble fiber—the type of fiber that lowers LDL (bad) cholesterol, which aids in the prevention of heart disease.

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## Oven Baked French Fries

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**MAKES: 4 servings, 3½ ounces per serving**  
**GLUTEN FREE, VEGAN**

*Satisfy your craving for a “fried” crispy potato without the added fat, calories, and sodium typically found in fast food varieties. Serve a side of these spuds with our yummy Umami Burger (page 128).*

1 large (14 ounces) russet potato, skin on, washed and cleaned  
¾ teaspoon ground garlic powder  
¾ teaspoon dried parsley  
¼ teaspoon ground onion powder  
¼ teaspoon ground black pepper  
¼ teaspoon kosher salt  
1 tablespoon olive oil  
Fresh parsley, garnish

Preheat oven to 400°F. Line a baking sheet with parchment paper. Slice potatoes lengthwise into ¼-inch strips. In a small bowl, combine garlic, parsley, onion, pepper, and salt.

In a large bowl, toss sliced potatoes with olive oil. Sprinkle on spices and toss again. Spread potatoes out in an even layer on prepared pan. Bake for 18 minutes and flip with a spatula. Bake another 12 to 14

minutes, until potatoes are browned and crispy. Remove and serve immediately with desired dipping sauce.

**Variation:** Use a variety of russet and sweet potatoes. Not only will this help to increase your intake of vitamin A, an essential nutrient for reproduction, but also provide great flavor!

**Storage:** Place in a sealed container, refrigerate, and consume within 1 day.

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### NUTRITION INFORMATION

PER SERVING: Calories 140; Fat 7g (Sat 1g); Protein 2g; Carb 19g; Fiber 1g; Calcium 16mg; Iron 1mg; Sodium 125mg; Folate 15mcg

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**FERTILITY FOCUS:** We’ve said it before, we’ll say it again: do not deprive yourself! We know how satisfying a burger and fries combo can be, so we’re providing a healthy option to enjoy it. While russet potatoes (also known as white potatoes) get a bad rap, it’s important to point out they do provide important nutrients such as vitamin B6 and potassium.



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PENNAN  
A nation in dis  
Sports page 1

**Weather:**  
Hurricane season  
has arrived!  
page E4

**Entertainment:**  
Summer Concert  
Lineup Announced  
page E3

**Don't forget**  
65th Annual Firehouse  
Pancake Breakfast  
Sunday 9am Town Hall

FRY ARE  
FRENCH  
FRIE  
FRENCH  
One

Pointe-à-la-Croix  
of the first places to  
deep fry thick cut fries  
in the early 1800's was  
a place by the bridge  
Pointe-à-la-Croix  
thick cut fries are  
known as pommes de  
terre Pointe-à-la-Croix  
popularity, of that  
chance to obtain the  
delicate treat was at a  
restaurant, whose  
better equipped  
from street vendors in  
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of coming for higher  
a small business  
\$200 million dollars.

**Jackpot! Winner wins the \$200**  
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of coming for higher  
a small business  
\$200 million dollars.

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## Tropical Chia Rice Pudding

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**MAKES: 4 servings, ½ cup each**  
**GLUTEN FREE, VEGETARIAN**

*Full of antioxidants, vitamins, and minerals, this sweet treat is almost too good to be true! For a fun twist, top pudding with the Zesty Mango Preserves (page 58).*

1 cup water  
½ cup brown rice, rinsed  
¼ teaspoon kosher salt  
⅔ cup whole milk  
2 tablespoons + 1 teaspoon honey  
½ teaspoon ground cinnamon  
1 teaspoon vanilla extract  
3 tablespoons chia seeds  
1 cup chopped pineapple, divided  
2 tablespoons chopped roasted,  
salted pistachios, divided

Pour water over brown rice in a medium pot. Add salt and cook over high heat until water begins to boil. Reduce heat to low, cover, and cook for about 30 minutes. Water should be fully absorbed and rice should be soft and chewy.

Drain any excess water and set rice in medium bowl. Add milk, honey, cinnamon, vanilla extract, and chia seeds to the bowl, stirring together until combined. Cover and set in the refrigerator for at least 2 hours to allow chia seeds to absorb milk and honey.

When ready to serve, portion pudding into bowls, then top with pineapple chunks and chopped pistachios.

**Storage:** Refrigerate for up to 2 days in a sealed container.

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### NUTRITION INFORMATION

PER SERVING: Calories 240; Fat 7g (Sat 1g); Protein 6g; Carb 40g; Fiber 6g; Calcium 116mg; Iron 1.4mg; Sodium 40mg; Folate 13mcg  
ALLERGENS: Milk, Tree Nuts

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**FERTILITY FOCUS:** Chia seeds are an excellent way to add omega-3 fatty acids into your diet, especially if you don't like seafood. Omega-3 fatty acids have been shown to help boost your mood, something we know we need every now and then on this journey!



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## Banana Mango Sorbet with Toasted Coconut

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**MAKES: 4 servings of 1 cup each  
(4 cups)**  
**GLUTEN FREE, VEGAN**

*A light and refreshing frozen treat! With no added sugar, this sorbet is the perfect snack to wow your taste buds while delivering a hearty dose of vitamin C.*

15 ounces (about 4 cups) frozen mango chunks  
3 large (15 ounces) ripe bananas, peeled  
4 tablespoons toasted and shredded sweetened coconut, divided

In a food processor or blender, puree frozen mangos until smooth, about 3 to 5 minutes. Add bananas and pulse another minute.

Transfer puree to sealed container and freeze for a minimum of 2 hours.

When ready to eat, remove from freezer 5 minutes prior to serving. Scoop into bowls and garnish with toasted coconut.

**Variation:** Use a scoop of sorbet in a smoothie (page 142) for a tropical kick!

**Storage:** Store in an airtight container in the freezer for up to 2 months.



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### NUTRITION INFORMATION

PER SERVING: Calories 170; Fat 2g (Sat 1.5g); Protein 2g; Carb 39g; Fiber 4g; Calcium 5mg; Iron 1.3mg; Sodium 15g; Folate 18mcg

ALLERGENS: Tree Nuts

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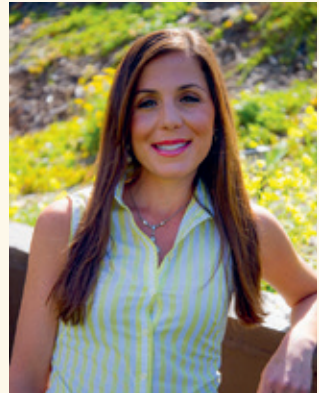
**FERTILITY FOCUS:** Getting adequate vitamin C is important to make sure your body has a strong immune system. We don't need research to tell us this; it's ingrained in us from childhood, right? The cool thing about this combo is that it also delivers potassium, an essential nutrient crucial for blood pressure control and your overall health.

## ABOUT THE AUTHORS

### ELIZABETH SHAW, MS, RDN, CLT

Elizabeth Shaw has been a registered dietitian nutritionist for over six years. The unique positions she has held in the field of nutrition have helped her see the power nutrition has in public education.

Elizabeth is a nutrition expert and serves as a nutrition communications and product development specialist. A guest on regional television, she hosts healthy living segments that highlight the ease of incorporating nutrient-dense recipes into meal planning. In addition, she is a freelance writer and serves as a nutrition expert for many national publications, such as the *Academy of Nutrition and Dietetics Food and Nutrition Magazine*, *Stone Soup Blog*, *Shape.com*, *Womens Health*, *Mens Health*, *Mens Fitness*, *Self*, *Reader's Digest*, *FitPregnancy.com*, *Today's Dietitian*, *FitnessMagazine.com*, *Parents.com* and others.



Elizabeth believes all foods can fit in a balanced lifestyle. She shares her passion for cooking and life on her blog, Shaw's Simple Swaps, and in her work as a professor in the San Diego Community College system where she teaches Introductory Nutrition, Advanced Nutrition and Cultural Foods as an online instructor.

Elizabeth also runs a website, [www.BumpstoBaby.com](http://www.BumpstoBaby.com), in which she shares her personal struggles with fertility. In this she provides comfort, support and health coaching for clients looking to work with a Registered Dietitian Nutritionist to help nurture their diet while struggling with infertility.

Elizabeth received her Master's in Nutrition as part of dual program during her Dietetic Internship at Northern Illinois University outside Chicago. She also completed a Graduate Program in Eating Disorders and Obesity there as well. She is a CLT (certified lifestyle eating and performance therapist) and uses that skillset to assist those with food allergies and intolerances. She holds a leadership role within the Nutrition Entrepreneurs Practice Group as Mentorship Chair. Learn more at [shawsimpleswaps.com](http://shawsimpleswaps.com).

## FERTILITY FOODS

### CHEF SARA HAAS, RDN, LDN

A food and nutrition expert with formal training in culinary arts, Sara has been a registered and licensed dietitian since 2002 and a professional chef since 2008. Working as a freelance writer, recipe developer, media authority, and consultant dietitian/chef, her clients include The Academy of Nutrition and Dietetics, *Eating Well Magazine*, *Shape Magazine*, Luvo, Leo Burnett Advertising Agency, *Parents.com*, *Food and Nutrition Magazine*, *Stack.com* and *Plan to Eat*.

She is a past National Academy of Nutrition and Dietetics Media Spokesperson, lending her talents to all forms of media, and has been featured in *Shape Magazine*, *U.S.A. Today*, *The Wall Street Journal*, *The Huffington Post*, *Epicurious.com*, *BabyCenter.com*, *O Magazine* and *Today's Dietitian Magazine*.

Sara is a contributing writer for *Eating Well Magazine* as well as *Food and Nutrition Magazine* and writes for its *Stone Soup* blog. She is a feed editor for The Feed Feed and has created recipes for organizations including Kids Eat Right and the Hass Avocado Board. In addition, Sara is the voice of the “Eating Right” minute, publicizing key nutrition messages on WBBM Newsradio 780 AM and 105.9 FM. Sara also shares her love of food and nutrition on her website, [www.sarahaasrdn.com](http://www.sarahaasrdn.com), where she posts recipes and nutrition related blog posts.

Sara graduated from Indiana University with a Bachelor of Science degree in Nutrition and Dietetics, completed her dietetic internship at the University of Massachusetts and earned her associates degree in culinary arts at The Cooking and Hospitality Institute of Chicago, Le Cordon Bleu Program. She is a member of the Academy of Nutrition and Dietetics, the Chicago Academy of Nutrition and Dietetics, the Food and Culinary Professionals Dietetic Practice Group and she is also a member of the Nutrition Entrepreneurs Dietetic Practice Group where she serves on the Executive Committee as Incoming Director of Awards and Networking. Learn more at [www.sarahaasrdn.com](http://www.sarahaasrdn.com).

