

Easy and nourishing recipes, created by dietitian, nutritionist, and author of *Real Food for Pregnancy*, Lily Nichols.

PROGRAM	Pregnancy & Postpartum
TOPIC	Nutrition
MODULE	Lily Nichols: Favorite Recipes

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PROGRAM	PREGNANCY & POSTPARTUM
TOPIC	NUTRITION
MODULE	LILY NICHOLS: FAVORITE RECIPES

At this stage of pregnancy, it can be helpful to have meals that pack a strong nutritional and fibrous punch, and don't require a ton of effort to make. These three recipes from Lily Nichols, registered dietitian, nutritionist, and author of *Real Food for Pregnancy* and *Real Food for Gestational Diabetes*, do just that. These recipes also make good options for cooking ahead and freezing for the postpartum transition. In my audio conversation with Lily Nichols, [In Conversation: The Real Truth About Pregnancy & Food](#), we take a deeper dive into food recommendations for pregnancy.

Recipes

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Grass-fed Beef Shepherd's Pie

INGREDIENTS

- 1 lb grass-fed ground beef
 - 3-4 ounces grass-fed beef liver, finely chopped OR liver pate (optional)
 - 1 onion, diced
 - 3 carrots, peeled, diced
 - 3 stalks celery, diced
 - 2 cups raw baby spinach
 - 2 cloves garlic, minced
 - 1 tablespoon butter
 - 1 teaspoon salt
 - ½ teaspoon black pepper
 - 2 teaspoons dried thyme
 - ½ teaspoon dried oregano
- Cauliflower Topping:
- 1 large head cauliflower, chopped (or ½ cauliflower and ½ potatoes)
 - 4 tablespoons butter
 - 1 teaspoon sea salt, or to taste
 - ½ teaspoon black pepper

STEPS

- ① Steam cauliflower while preparing the filling, which takes 10-15 minutes, depending on the size of cauliflower pieces.
- ② In a large cast iron pan, cook ground beef over medium-high heat. If the pan is dry, add a bit of butter or coconut oil (grass-fed beef can be very lean).
- ③ With a spatula, break up meat into bite-sized pieces. Once browned, add liver and cook for 1-2 minutes.
- ④ Remove from heat and place in a 9x13 inch baking dish. Do not drain rendered fat.
- ⑤ In the same pan, add butter, onion, carrots, celery, garlic, salt, pepper, thyme, and oregano.
- ⑥ Cook for 10 minutes, being sure to scrape up browned bits. Add baby spinach and stir in to wilt. Transfer to baking dish and spread evenly over beef.
- ⑦ Mash steamed cauliflower with butter, salt, and pepper. Spread on top of meat and vegetables.
- ⑧ Bake in a 400 degree oven for 20 minutes, until the topping is lightly browned.

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Wild Alaskan Salmon Cakes

INGREDIENTS

yields 12–14 salmon cakes, depending on size

- 2 lb wild Alaskan salmon (sockeye “red” salmon or coho “silver” salmon, cooked)
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- juice from ½ lemon
- 1 large russet potato, peeled, chopped
- 1 bell pepper, minced (red, orange or yellow for best color)
- 3 green onions, minced (green and white parts)
- 3–4 slices thick-cut bacon, cooked, chopped
- 2 eggs (ideally from pasture-raised hens)
- coconut oil for cooking

Tips

Even if you don’t have the luxury of living in Alaska or have access to quality fresh or frozen salmon, you can easily substitute canned wild Alaskan salmon—or any other type of fish—in this recipe. Halibut and cod work extremely well in this recipe.

This is a great way to use up leftover salmon or other fish.

STEPS

- ① In a small pot of salted, boiling water, cook potato until easily pierced with a fork. Drain water. Mash until smooth. Let cool.
- ② Once potatoes are cooled, place all ingredients in a large bowl. (Double check that any bones have been removed from salmon).
- ③ With very clean hands, thoroughly combine all ingredients. Form into patties and set aside (place in refrigerator unless cooking right away).
- ④ Heat 2–3 Tbsp coconut oil in a cast iron skillet over medium-high heat.
- ⑤ Fry the cakes for 1–2 minutes per side until golden brown. You may need to add additional coconut oil with each batch.
- ⑥ Serve with coleslaw, salad, or vegetables, and homemade tartar sauce.

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Carrot Ginger Squash Soup

INGREDIENTS

- 1 tbsp butter or coconut oil
- 1 large onion, chopped
- 1 lb carrots, peeled, chopped
- 1 Delicata squash, peeled, seeded, chopped (about ½ pound)
- 1-2" piece fresh ginger, peeled, minced
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon garlic powder (could use fresh cloves)
- 1 teaspoon turmeric
- 1 quart homemade chicken stock (really worth the effort)
- 1 Tablespoon honey
- ½ cup heavy cream (organic, grass-fed if possible)
- 1 Tbsp fresh lemon juice or cider vinegar (to taste)

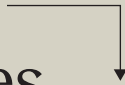
STEPS

- ① Prep all veggies as above. One note on ginger – peel first, slice thin across the grain, then mince. This way you don't get those tough ginger fibers in your soup.
- ② Using a heavy bottomed soup pot, brown onion in butter.
- ③ Add remaining veggies, ginger, salt, pepper, garlic powder, and turmeric. Cook for ~5 minutes, until lightly browned and fragrant.
- ④ Add chicken stock and honey. Bring to a simmer and cook until veggies are very soft (check by smashing with a spoon). Turn off heat.
- ⑤ Carefully puree with an immersion blender (it's hot!). If you're fancy, you can strain the soup. I'm not, so a wayward chunk of carrot is fine by me.
- ⑥ Add cream and lemon juice. Adjust seasonings to taste.

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Where We Found Our Information
On This Experience

References



Recipes were created by Lily Nichols, RDN, CDE and originally appeared at LilyNicholsRDN.com. Shared with permission. Lily is the author of *Real Food for Pregnancy* and *Real Food for Gestational Diabetes*.

- Grass-fed Beef Shepherd's Pie: www.lilynicholsrdn.com/grass-fed-beef-shepherds-pie
- Wild Alaskan Salmon Cakes: www.lilynicholsrdn.com/wild-alaskan-salmon-cakes
- Carrot Ginger Squash Soup: www.lilynicholsrdn.com/carrot-ginger-squash-soup