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The Jewish Breast & Ovarian Cancer Community

**Follow up for
Easy Healthy Recipes from My Israeli Kitchen
with Danielle Renov
April 12, 2021**

Follow Danielle:

Instagram: <https://www.instagram.com/peaslovenicarrots/>

Website: <http://peaslovenicarrots.com/>

Podcast: [Peas in a Pod](#)

Book: *Peas, Love & Carrots – The Cookbook* (available at bookstores like [Amazon](#) or through [Artscroll Mesorah Publications](#))

Recipes from this webinar: <https://sharsheret.org/cms/assets/uploads/2021/04/SITK-Passover-Danielle-Renov-Recipes.pdf>

Danielle's Tips and Tricks

Crispy Baked Falafel:

- 1) Use dried chickpeas. Make sure to soak them in water overnight and rinse them again after being drained.
- 2) Chickpeas expand when they absorb water and grow large quickly!
- 3) She likes to bake the falafel. It feels healthier and less time consuming.
- 4) Moroccan paprika is more delicious than regular paprika. Only buy it in small quantities as it spoils faster.
- 5) Peel your garlic at the beginning of the week.
- 6) When putting all the ingredients in the food processor keep scraping the sides to make sure it gets mixed and distributed evenly. The final texture should look like wet sand and the grains should be about the size of a pebble.
- 7) Cilantro and parsley are her favorite herbs to add.
- 8) If you don't like cilantro, just use more parsley.
- 9) Can freeze half the mixture because it makes a lot.
- 10) Cooking is a great activity to do with kids. Including them makes a new food a lot less intimidating and they are excited to try a food they had their hand in.
- 11) She likes to serve this dish with schug.

Shuk Salad with Spiced Nuts:

- 1) This salad can be made with whatever is in season or whatever ingredients you have on hand! In Israel the salad at the shuk is never just cucumbers and tomatoes. Every "Israeli Salad" she tried had something different in it. Whatever was in season with a bright vinaigrette!



- 2) You must cut the veggies yourself so that they are the same size all around. NO FOOD PROCESSOR.
- 3) You can add pumpkin seeds and or pine nuts (the green makes the salad colorful and appealing).
- 4) Mustard powder is the key in this salad- gives it tang!
- 5) When making the spiced nuts, make two batches at once. Keep one batch in the freezer as a snack!
- 6) When making the dressing, start with the tomatoes and cabbage and make it right in the bowl.
- 7) Put the salt directly on all the veggies. This helps you know that there is the right amount of salt in the salad.
- 8) A sharp knife is key to cutting vegetables. Make sure the knife is one solid piece, and that the blade runs right in to the handle for the safest grip.
- 9) Cherry tomatoes were invented in Israel.
- 10) Make the salad at least an hour before serving. It tastes better the longer it sits and the lemon will soften it up!
- 11) Before adding nuts to the salad let it completely cool on the pan.
- 12) Adding Sumac gives a delicious flavor and bright color (avoid Sumac with additives such as salt)
 - a. [All Shuk Up](#) sells Sumac without any additives
 - b. Eating Around Israel @eatingaroundisrael – also sells pure Sumac from Israel

Questions from the Chat:

- 1) Will canned chickpeas not work as well? Canned chickpeas should not be used. It will turn pasty and dense.
- 2) Easiest way to wash and dry herbs? The herbs do not have to be super dry for this recipe. Danielle washes the herbs with cold water and allows it to sit for 5 minutes. She then gently scrapes the leaves off and rinses them again. She lets them airy dry on a paper towel and stores them in a plastic bag. Never use frozen herbs for the recipe!
- 3) Does it need to be Canola oil? Any neutral oil works in this recipe. Ex: Avocado oil, grapeseed oil, etc...
- 4) Can you use an air fryer? It would be difficult in this shape. It may fall through. If you make it in a small coin size it would probably work.
- 5) How do you manage to roast the nuts and seeds without burning other? If they are all sized differently? They will not all be perfectly cooked. They will end up having different textures- this is what makes it work.
- 6) Can you use a food processor to chop the vegetables and can you recommend a good video for learning good chopping knife skills? No the vegetables will be too small or uneven. For this salad consistent cuts work best. [Epicurious.com](#) has great videos for this.



- 7) Do you use lemons or limes? Recipe says limes, but she used lemons? Does not matter. Lemons are in season so that is why it was used!
- 8) How much cabbage? Half a head
- 9) What is a long green spicy pepper? In the US, it would be a jalapeño.
- 10) What level would you categorize your cookbook? There is something for everyone. There are different level recipes for every individual.
- 11) Name of Danielle's podcast? *Peas in a Pod*

Email info@sharsheret.org to connect with Sharsheret support, Sharsheret's genetic counselor, or to bring Sharsheret to your school, doctor's office, or community.



CANCER GENETICS FAST FACTS



EVERYONE who carries a cancer gene mutation has a **50%** chance of passing it on to the **NEXT GENERATION**.



Multi-gene panel testing can **IDENTIFY MUTATIONS** in genes other than BRCA1 or BRCA2, such as ATM, CHEK2, Lynch or PALB2, that may predispose you to a variety of cancers including male breast, colon, pancreatic, prostate, uterine and melanoma.



If the results of genetic testing in a family are negative, it is **STILL POSSIBLE** that the cancer in the family is **INHERITED**, resulting from genetic mutations that we do not yet know how to identify.



1 IN 40

Ashkenazi Jews, **BOTH MEN AND WOMEN**, carries a BRCA1 or BRCA2 gene mutation.



Individuals who carry genetic mutations should **HAVE THE OPPORTUNITY** to make choices about high risk screening and risk-reducing surgery and treatment that can **SAVE THEIR LIFE**.



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For more information about Sharsheret, visit sharsheret.org or call 866-474-2774.

If you have any personal questions about your family cancer history or genetics, please contact our genetic counselor at genetics@sharsheret.org.

