



**Simple Summer Dishes with Nina Safar (@kosherinthekitch)
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August 12, 2021**

Follow Nina:

The Simply Kosher Cookbook: <https://www.amazon.com/Simply-Kosher-Cookbook-Weeknight-Favorites/dp/1641526718>

Website: <https://www.kosherinthekitch.com/>

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

Recipes from this webinar: <https://sharsheret.org/cms/assets/uploads/2021/08/SITK-Nina-Safar-@kosherinthekitch-Recipes.pdf>

[Click here for Sharsheret in the Kitchen - Simple Summer Dishes with Nina Safar.](#)

Nina's Tips & Tricks:

Lemon Tomato Salmon with Dill

- 1) You can use coconut or avocado as an alternative oil
- 2) You can add any of your favorite spices
- 3) Slice the tomatoes as thin as possible. It's much easier to cook and eat that way.
- 4) If cooking with individual pieces of salmon, alternate between lemon and tomato when layering.
- 5) Fresh herbs are best for this recipe.
- 6) Serve it on a platter with fresh dill and lemon sauce.
- 7) If desired omit oil and rub spices directly on salmon.
- 8) You can use skinless salmon.
- 9) The salmon can be served cold, warm or room temperature.
- 10) Nina always uses fillet salmon. However, she doesn't have a preference for what type as long as it's boneless.

Mediterranean Couscous Salad

- 1) If you are using this dish as a meal, you can add grilled chicken, tofu, feta, or tuna.
- 2) Nina loves using the Near East couscous for time saving purposes!
- 3) Nina uses canned chickpeas.
- 4) You can swap out couscous for any grain. For example, brown rice, barley, quinoa or farro.
- 5) You can add pine nuts or slivered almonds as well.

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- 6) Serve in a large shallow dish to get the full layered presentation.
- 7) Nina likes using the [Mighty Sesame Company Tahini](#). It comes in an easy squeeze bottle for time saving purposes!

No Bake Dairy Free Key Lime Cheesecake Bars

- 1) If you're using a 9x13 pan, double the recipe and make sure to use 2 ½ cups of dates and 2 ½ cups of pecans.
- 2) Keep the can of coconut milk in fridge overnight and the liquid should harden on top overnight – scoop it out for the recipe. That is the coconut cream Nina refers to in the recipe. It is the same as coconut milk.
- 3) Nina prefers the [Roland brand](#) of coconut milk.
- 4) The dish needs at least a couple of hours in the freezer before ready to serve.
- 5) You can serve by cutting pieces into squares and serve with a dollop of coconut whip cream.
- 6) You can also shave some lime zest on top.
- 7) You can also drizzle sugar free/ dairy free dark chocolate (melted with added coconut oil), with raspberry and crushed pecan.
- 8) Keep it in freezer until right before serving (it melts quickly).
- 9) You can use walnuts instead of pecans.

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.

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.



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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