

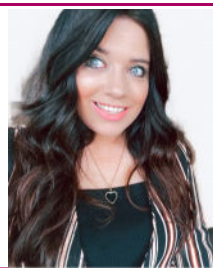


Simple Summer Dishes

with Nina Safar @KosherintheKitch

Author of *The Simply Kosher Cookbook*

August 12, 2021



Mediterranean Couscous Salad

Ingredients:

- | | |
|---|------------------------------------|
| 1 box of Near East toasted pine nut couscous
(or preferred couscous) | 1 bunch of parsley, finely chopped |
| 1 cup of chickpeas | Juice of 1 lemon |
| 2 cucumbers, diced | Salt and pepper to taste |
| 2 tomatoes, diced | Tahini |
| 1 small red onion, diced | Zaatar |

Directions:

1. Prepare couscous according to instructions on the back of the box.
2. Fluff couscous once cooked then place on a large serving dish or bowl.
3. Top with chickpeas.
4. Combine cucumbers, tomatoes, onions, parsley, lemon juice, salt and pepper then layer over chickpeas and couscous.
5. Drizzle tahini over salad.
6. Garnish with zaatar.

Optional: If desired you can add thinly sliced chicken, schnitzel, tofu cubes or crumbled feta and sliced hard boiled eggs.

Lemon Tomato Salmon with Dill

Ingredients:

- 1 lb. Salmon
- Olive oil
- Salt & Pepper
- 3 lemons, thinly sliced
- 2 medium to large tomatoes, thinly sliced
- 1 bunch of fresh dill, finely chopped

Supported by:





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Lemon Tomato Salmon with Dill (cont'd)

Directions:

1. Place salmon on parchment lined baking sheet.
2. Drizzle olive oil on top of salmon and season with salt and pepper.
3. Layer lemon and tomato slices on top of salmon.
4. Top with freshly chopped dill.
5. Bake on 350 degrees for 18 to 25 minutes, until salmon flakes easily.

Optional: Serve with dill sauce. Combine mayonnaise, lemon juice and dill.

No Bake Dairy Free Key Lime Cheesecake Bars

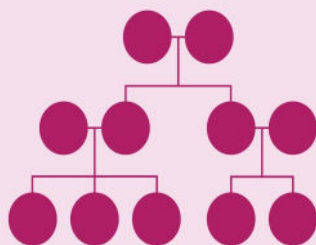
Ingredients:

1 cup pitted dates	1 avocado
1 cup pecans	Zest and juice of 2 limes
1 can coconut milk, refrigerated overnight	1 tsp vanilla extract
	2 tablespoons honey

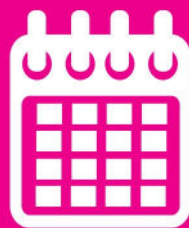
Directions:

1. In a food processor, pulse together pitted dates and pecans.
2. Press mixture down firmly in a parchment lined baking dish and freeze.
3. Clean out food processor before combining coconut cream, avocado, lime juice and zest, vanilla and honey until smooth and creamy.
4. Place mixture on top of crust then place back in freezer until hardens.

Optional: Serve with melted dark chocolate and crushed pecans on top.



Both men and woman can be carriers of BRCA and other gene mutations. Know your family history.



Keep up with your annual appointments and screenings.



Carriers of the BRCA mutation are at increased risk for breast, ovarian, male breast, prostate, pancreatic, and melanoma cancers.

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