



A Taste of Autumn
with Pamela Salzman

National Webinar Transcript

Month Day, 2021

Presented by:



This program was made possible with support by:



The Siegmund and Edith Blumenthal Memorial Fund

The Cooperative Agreement DP19-1906 from the Centers for Disease Control and Prevention

Jessica Jablon: Welcome, everyone. We are so excited to have you join us today for a Taste of Autumn with Pamela Salzman, cooking instructor and cookbook author. I'm Jessica Jablon, California Program coordinator at Sharsheret. For those of you who don't know about Sharsheret, we help women and families facing breast and ovarian cancer, as well as those who are at elevated genetic risk through free confidential and personalized support and resources. We also provide health education throughout the country.

One of our goals during COVID is to make sure that we are offering healthy living and cancer prevention information to you during this hard time and giving you what support you need. In addition to our virtual services that can be found on our website or by emailing us, you can also access prior webinars on a range of cancer related topics as well as access our calendar of upcoming virtual programs through our website.

Before we begin, a few housekeeping items. Today's webinar is being recorded and will be posted on Sharsheret's website, along with a transcript. Participants faces and names will not be in the recording. If you would like to remain private, you can turn off your video and rename yourself, or you can call into the webinar. Instructions are in the chat box for both options. You may have noticed at all participants were muted upon entry. Please keep yourself on mute throughout the call. If you have questions for Pamela, put them in the chat box either publicly or click on Sharsheret in the chat box to submit a private question and I will ask them throughout the program.

We are thrilled to continue our new season of Sharsheret in the Kitchen, initiative and partnership with Cedars-Sinai here in Los Angeles to empower those of us at risk for breast and ovarian cancer to make healthier diet choices. You should've received the recipes for today's program in advance. My colleague is going to put the link in the chat box, so you can download and print it or see it on your screen. We want to thank our generous sponsors, Cedars-Sinai, the Cooperative Agreement DP19-1906 from the Centers for Disease Control and Prevention, Eisai, GSK, Merck, Seagen, and the Siegmund and Edith Blumenthal Memorial Fund.

It is thanks to their support that we are able to continue to provide our series of webinars throughout the pandemic. I'm excited to let you know that we have a new page on our website dedicated to our past Sharsheret in the Kitchen programs. You can watch the prior cooking demonstrations and download the healthy recipes for each program at the link in the chat. And, I also want to announce a special pilot program just for Los Angeles County residents. We are offering free nutrition coaching generously supported by Cedars-Sinai and the Cooperative Agreement DP19-1906 from the Centers for Disease Control and Prevention.

Participants must be in treatment or survivorship for breast or ovarian cancer, or have been diagnosed with increased hereditary risk for breast or ovarian cancer. Eligible participants can sign up for one of these two exciting opportunities. The

Sharsheret in the Kitchen - A Taste of Autumn with Pamela Salzman

first is joining cancer nutrition expert Rachel Beller, founder of the Beller Nutritional Institute in her next exclusive eight-week transformation masterclass beginning on October 30th. The second option is three one-on-one nutrition coaching sessions with Tamar Rothenberg of Nutrition Nom Nom.

To find out more information or sign up for the Sharsheret in the Kitchen nutrition coaching pilot for Los Angeles County residents, please click the link in the chat and also please note that space is limited. Now before we get cooking, I want to introduce you to Emma, who's going to share her personal story with us.

Emma:

Thanks so much, Jessica. So, I know what you may be thinking, she looks way too young to have had ovarian cancer, and you're right, I am too young, but this is also what ovarian cancer looks like. My name is Emma, I am 27 years old, and I am an ovarian cancer survivor. It's a real pleasure to be sharing my story with you all today and it's also the first time in a public forum to a community that I believe so deeply in. September is Ovarian Cancer Awareness Month and I hope that sharing my story will encourage you to reassess your assumptions about what ovarian cancer looks like and how to support people you love facing a cancer diagnosis.

My story begins on a Sunday morning in San Francisco in February 2020. The thick fog filled the air as I walked home from brunch with my recent-ish boyfriend Matt. Out of nowhere I felt a strange cramping sensation in my lower left abdomen. Although bouts of IBS and horrific menstrual cramps were the norm for me, lucky me, something felt different this time. I decided I needed to go to urgent care and I asked for an ultrasound.

Never have I been so grateful to be a total hypochondriac. The irony is also that I've spent my entire career working in the field of adolescent and sexual reproductive health where I manage programs that support young people in advocating for their health and wellness and I found myself in their shoes for the first time in my life, which was a humbling experience to say the least.

The doctors said there was definitely a nine centimeter mass on my left ovary. Mass is a word no one wants to hear. However, the doctors assured me it was probably a dermoid cyst or an endometrioma and that I could have it removed laparoscopically in a few weeks, no big deal. I tried not to think too much of it and I went to Singapore the next day on a wonderful two-week vacation with the boyfriend. The trip was amazing, and yes, my boyfriend and I are still together, and the pain had pretty much gone away. When I returned to the states in late February 2020, COVID had changed the world. In March 2020, I had the laparoscopic surgery to remove my left ovary and tube alone because no one was allowed to enter the hospital with me.

We waited seven agonizing days before we received the pathology results, which changed my life forever. Low grade serous ovarian cancer, a rare cancer that disproportionately affects young women in their 30s and 40s. Both my family, the doctors, and myself were baffled and devastated. I had no family history, no genetic mutations, nothing. After the removal of both my ovaries, fertility preservation in between, six rounds of chemotherapy, and now a lifetime

Sharsheret in the Kitchen - A Taste of Autumn with Pamela Salzman

Letrozole prescription, I was declared cancer-free on June 21st, just a few months ago.

There are many details and dramas that I have skipped over, not just in the interest of time, but also because I want to focus on what got me through and how I will continue not just to survive, but thrive amidst daunting recurrence rates and statistics. I connected with Sharsheret early on into my diagnosis. My Sharsheret social worker, Amy, who's here today, and I discussed which meditation apps we liked best, how to deal with overly emotional parents, and how to make some really tough medical decisions.

Even though life gets busy, or I'm not in the mood to chat, Amy has made herself available to me if and when I need her and that is a boundary I'm so grateful for. I spent a lot of time trying to understand how or why this happened to me, but unsurprisingly that didn't really get me anywhere except for the deep depths of the internet, so I decided to become an advocate, which has come naturally to me given my passion about reproductive health and rights.

I became a board member of an organization that is dedicated to raising funds for research for this rare cancer. I was even featured on a billboard in Times Square in May on World Ovarian Cancer Awareness Day, which was pretty cool. And, my hope is that sharing my story makes you think twice about that fleeting pain or about putting off your annual OB-GYN appointment, we've all been there. I hope it helps de-stigmatize conversations about our bodies, fertility, and menopause, and ultimately I hope it helps me process this trauma in a way that feels both productive and healing. Thank you.

Jessica Jablon:

Thank you so much, Emma. That was so inspiring and we're so grateful for you for coming today and raising awareness. We would never know that was your first time speaking on this in a public forum. You're so engaging and it's such an important and personal message and we really are grateful for you. As Emma mentioned, September is Ovarian Cancer Awareness Month. One in 72 women will be diagnosed with ovarian cancer in her lifetime and it's the second most common gynecological cancer. My colleague is going to put a link to our Know the Facts brochure in the chat. It lists some important information, as well as signs and symptoms of ovarian and breast cancer for you to be aware of.

Please schedule your appointments, learn your family history, know your body and talk to your doctor about anything that doesn't feel right. Now, I'm so excited to introduce our guest. If you haven't already checked out her delicious and beautiful healthy recipes on her website and Instagram, you will want to follow her. Pamela Salzman is a cooking instructor, cookbook author, holistic health counselor, and food blogger. Pamela's first cookbook, *Kitchen Matters*, was published in June 2017 and her second book, *Quicker Than Quick*, was released in April 2020.

She is the culinary nutritionist for *Clean Eating Magazine* and a regular contributor to the *Food Network Kitchen App*. Pamela has appeared on numerous media outlets, including the *Today Show*, the *Rachael Ray Show*, *Hallmark's Home & Family*, dozens of local TV shows, *Group Mind*, *Body Green*, *Elle*

Sharsheret in the Kitchen - A Taste of Autumn with Pamela Salzman

Magazine, Allure and many others. She shares her family friendly recipes and nutrition tips on her website at pamelasalzman.com and social media channels. Pamela lives in Manhattan Beach, California with her husband and her three children. Pamela, we're so excited to have you here on Sharsheret in the Kitchen today. Thank you so much for being here.

Pamela Salzman: Oh, I'm delighted to be here. Thank you for including me. So, do you want to get started? Should we start-

Jessica Jablon: Yeah, let's get started.

Pamela Salzman: Okay. So, we have a very ambitious cooking demo today. Hopefully you guys say the link in the chat. If you didn't already receive the recipes, we're doing some beautiful fall recipes and some of the things that we are going to be doing for these recipes they've been done in advance, so hopefully if you saw the notes with the recipes, some of the things had to be prepped in advance just because things have to cook for 30 minutes or whatever.

So, the first recipe that we are going to tackle is the chicken sheet pan, the Moroccan sheet pan recipe. Clearly, my dog is very excited about this, and if you have any questions about anything, product, substitutions, just type it in the chat and I will answer the questions as we get cooking. So, let's get started. So, the first thing I wanted to show you is with the chicken specifically. If you like white meat, you can use white meat. I have a combination of chicken breast and chicken thighs.

I do like to take the fat off of the chicken thighs though. It's important that we reduce our saturated fat from animal products, so I like to at least take some of that off and I do it with shears as opposed to a knife. I just find it's really easier and it's faster, so I just get in there with my kitchen shears and I just bend the chicken back and then trim that way, and that way you're just getting off the chicken fat as opposed to the meat. It's a lot trickier to do that.

There isn't any notes in the recipe about what to do if you're using kosher chicken, but if you're used to using kosher chicken you'd probably know that it's already salted. So, I would adjust the salt in any recipe that hasn't been tested with kosher chicken by reducing it by at least half, if not more. So, you can make that note to yourself in the recipe, write that down in case you are using kosher chicken.

Now, I'm going to cut this into half inch, one inch type slices, and I did the same thing with the chicken breast. So, I'll put that in here, and let me get this out of the way, and then we're going to season this up. So, the spices that I'm using today have a Moroccan influence. I've never been to Morocco, I do not pretend to know anything about Moroccan cuisine, but I love the spices. So, I just kind of went with some spices that, again, are like typical of Moroccan flavors. So, I have some of them lined up here, which let me try and move them with a clean part of my hand, but turmeric is one of the healthiest spices. It's very anti-inflammatory, cumin same thing, a little cinnamon, ginger, and a pinch of cayenne.

If you're not loving heat and spiciness, you can just omit it, but it's not that much. So, I have some salt and pepper in here too. One thing to note about turmeric is that if you are including it in any of your cooking, you want to use a little black pepper with it. So, the black pepper, even if it's in a supplement, the black pepper will help you absorb the active compound in turmeric that you want called curcumin. It elevates it by about 2,000%, so if you're taking a turmeric supplement, read your label to make sure there are black pepper extractives in that supplement, otherwise it's sort of a waste, same thing goes for anything sweet.

I'm going to add some olive oil and maple while I'm talking. So, if you are doing any kind of sweet preparation with turmeric, like let's just say you're doing a turmeric latte, you want to still put in one grind of that black pepper. I know it sounds a little odd, but it's very important. So, a little maple syrup, just like a half a table spoon. There's something about this sweet and spicy that is so delicious.

Now, whenever you're doing any kind of a sheet pan recipe, if you're doing an animal protein, the important thing is to match the cook time of the animal protein with the cook time of your vegetables. So, boneless, skinless protein is about as fast as it gets. The only thing faster than boneless, skinless chicken is seafood. So, if you're doing some salmon or halibut, you can absolutely do this recipe with fish as well, but fish cooks faster. So, in that case, you would give your vegetables a headstart in the oven and then halfway, or you have to just kind of work backwards, then you can add your seafood, so same thing. I hope that makes sense.

And by the same token, if you wanted to use bone in, skin on chicken, you'd give the chicken a headstart unless you were using vegetables that take as long as the bone in, skin on chicken. So, if you're planning bone in, skin on thighs and you figure in your head it takes 35 minutes, you can put in potatoes and butternut squash or sweet potatoes or big pieces of cauliflower. Otherwise, if you're using quick cooking veggies... I'm going to use some artichoke hearts, which are technically already cooked, so I'm using these from a package, otherwise you can get them frozen and defrost. These take nothing. I've sliced carrots kind of thinly, so this will take the same amount of time as this chicken. I hope that makes sense.

So, I like a lot of color. Color is I think one of the most important tenets of a healthful diet is just getting a lot of color in your plant foods, so I'm using the artichokes, the carrot, and then some red onion. I very often, when I'm doing sheet pan recipes, I do like to include some onion. I just think it infuses everything with a lot of good flavor. So, I'm going to cut this into some wedges, but at this time of year zucchini is really nice and it cooks quickly. Smaller pieces of cauliflower are delicious here. You could also add some olives and some lemon slices and that would also be wonderful.

But, you just kind of think to yourself, how long does this take to cook? And, adjust accordingly, so I'm going to now just toss all this with a little oil. I'm not going to put any of the seasoning on here because the seasoning can be a little overpowering if just everything tastes like seasoning, and then for those of you

Sharsheret in the Kitchen - A Taste of Autumn with Pamela Salzman

that like to prep ahead, this chicken, you can do this whole seasoning situation a day in advance even two days in advance and keep it in the fridge all seasoned up and it just tastes even better.

So, now I'm going to put the chicken here and I'm going to just position the chicken like spread out. So, that's one of the I think most important things about doing a sheet pan dinner is that everything should be kind of spread out, so it has a chance to caramelize. I'm using a pretty large sheet pan. It's a three quarter sheet pan. If you don't have one this big and you're noticing that not everything has its own space, then just use two sheet pans, and I also have this lined with parchment paper because I don't like cooking directly on aluminum on a regular basis because aluminum, when it's heated, it can leech, so I usually buffer everything with a little parchment paper.

Now, I'm going to cook this in a regular oven heat setting, but if you are using two sheet pans, you may want to consider using the convection setting. It's very advantageous to use convection if you're loading your oven with a lot of stuff, especially high moisture foods like vegetables. So, you would just drop the temperature that the recipe indicates by 25 degrees. So, if it says 400, you would use convection at 375. Let me get some pepper.

Jessica Jablon: And, there's a couple of questions that also just came in. One is, can you substitute artichoke because sometimes it's hard to find kosher artichokes?

Pamela Salzman: Yes, you can substitute zucchini for the artichokes, you can really substitute any vegetables, so I had mentioned zucchini before, I had also mentioned cauliflower, broccoli would be great. The key whenever you're doing a substitution is just think about some of the vegetables that you've roasted in the past. I'm going to stick this in the oven for about 18 minutes, so the vegetables that you use need to cook in 18 minutes. If they take longer to cook, you can start those first and then pull out the sheet pan, add everything else in, and then stick it back in the oven.

So, the artichokes I don't remember why I decided to use them. Sometimes I test recipes and I use what I have and then it's delicious and I'm like, "That's great." And, I type it up that way, but there's always a substitution. So, I think you got the gist of what this looks like. I'm going to pop this in the oven, and if you have another question while I'm setting up the next recipe, let me know.

Jessica Jablon: Perfect, I do. There's a couple of questions about the parchment paper. One questions is, doesn't it start to burn at about 425?

Pamela Salzman: No, it doesn't. The only time I've ever burned my parchment paper, which was kind of ridiculous on my part, was I broiled with it. Then it will catch on fire, but otherwise I've done parchment at even 500 degrees. You're not going to do it at 500 for an hour, but you wouldn't cook anything at 500 for an hour. So, it will not burn.

Jessica Jablon: And, is there one side of the parchment paper that goes up and another side that goes down, does it matter?

Sharsheret in the Kitchen - A Taste of Autumn with Pamela Salzman

Pamela Salzman: It doesn't matter. What I tend to do is when the parchment paper is rolled, I like to flip it, so that it doesn't start to curl, and then be hard to work with on my sheet pan. That's the only thing.

Jessica Jablon: I know exactly what you're describing, and is there a particular brand of turmeric supplement you recommend that has black pepper included?

Pamela Salzman: I'm not aware because I don't actually take a turmeric supplement myself, but you can always look online, and you can read the ingredients in turmeric, in the supplements, and then plan accordingly. So, whatever you like in terms of a good brand of supplements, just check that out.

Jessica Jablon: Right, and of course, always talk to your doctor before your-

Pamela Salzman: Oh yeah. I don't give supplementation advice because I don't know you or what your deficiencies are and what you need supplementation for, so what I take is completely irrelevant to what anybody else should take.

Jessica Jablon: Right, and then there was a question about calorie counts for the recipes.

Pamela Salzman: I know that some people do need calorie counts. I have never done it, and the reason is that I personally don't count calories. I find it can create a little bit of obsessiveness about food and calories for some people, not for everybody, but also I really do try for myself personally to be more in touch with my hunger cues than eating for calories. So, that's one of the reasons I don't do it, but there's a lot of apps that people can do, and I know that for example diabetics for example need to count their carbohydrates for medical reasons, and so I fully understand there's a lot of reasons that people would do that, but MyFitnessPal is a really good app that a lot of people like.

Jessica Jablon: And one last question, can you suggest a site that provides a chart of roasting times for various vegetables and the second part, what was quickly sprinkled over the pan [crosstalk 00:23:21] place and before the [crosstalk 00:23:23] was added?

Pamela Salzman: I sprinkled a little bit more salt, salt and pepper just because the veggies weren't salted, so I just sprinkled salt and pepper at the end. Now, to go back to the roasting question, it's funny that you ask that because I never found that chart available. I'm sure it's available somewhere, but I actually did put it in my first book. It's not like I'm trying to plug my book, but I did put it in my first book, which is called Kitchen Matters. I put a chart of vegetables, what temperature, what type of oil, and how long. But here is a good rule of thumb, if you never want to look it up, 400 degrees is usually the perfect default temperature at which to roast most vegetables.

So, if you just never want to think about it, in general though, high moisture vegetables can take a little bit higher heat, so zucchini, cherry tomatoes, those have a lot of water, those can usually go a little bit higher if you want, but 400 is usually perfect.

Sharsheret in the Kitchen - A Taste of Autumn with Pamela Salzman

Jessica Jablon: Great [crosstalk 00:24:34]-

Pamela Salzman: Okay.

Jessica Jablon: I think that's it for right now.

Pamela Salzman: Good. All right, now let's move on to the farro recipe. I love farro, it is a grain, so it's a very chewy grain, it looks like this. The tricky part about farro is that it comes in different varieties. So, there might be some ancient farro that has the hull on it and it takes like two hours to cook, and you have to sort of know what you're getting. I use this organic farro from Bob's Red Mill. This is one that I use. You can get a quick cooking farro from Trader Joe's. This one takes about 30 minutes and I love it.

It does contain gluten though, so if you have to be gluten free, and the only reason you would have to be is if you have celiac or maybe an autoimmune issue or every time you eat gluten you don't feel good, so you can swap in something like cooked brown rice, or cooked quinoa, or even whole oat groats that you cook until they're nice and tender. So, there's always a sub. So, I've already done this ahead of time because we had to, and I cooked this in a little bit of apple juice, salt, apple cider vinegar, and a bay leaf. This just gives it some really good, savory flavor.

If you don't want to do this, or if you buy your farro pre-cooked, don't worry about it. It's all going to be delicious. There's a lot of flavor already in this recipe, but what I love about this is that you can make the farro and the dressing in advance and then just let it sit overnight and then add everything else the next day. So, we were talking before about what I'm making for the breakfast on Thursday night, and I've made this many, many times. It's always very popular, and you can also adjust what we're adding to it.

So, let me put this now in my serving bowl. So, how do you know when this is done? You taste it. That's how I know when a lot of stuff is done, I taste it. So, if it tastes chewy, just remember to take out those bay leaves because even if they are cooked, they're still kind of sharp, they're not meant to be eaten, and if it tastes like chewy and tender then it's done, and this is delicious, so it's again, nice and nutty, goes with a lot of different things. It's really one of my favorite grains.

Jessica Jablon: Pamela, if you're using the Trader Joe's quick farro, are you losing any nutrients there?

Pamela Salzman: No, that's a great question, but there's really nothing to be lost. Grains have a lot of their nutrients stay intact, except for grains that are polished that may have the germ and bran layer taken off where then you're losing a bit of fiber, you're losing some of the essential fatty acids, you may be losing a few vitamins that way. There's pros and cons though to grains that are somewhat more refined, so let's just say a white rice for example, those grains can actually be easier to digest. So, there is a benefit to something that's easier to digest. So, I think you kind of have to know yourself and what works for you, but there's no disadvantage, nutritionally speaking, to getting the par-cooked Trader Joe's ones.

So, now what we're going to do is let's do the dressing. So, we'll get this started to get a little bit more marinated with the dressing. So, I have some lemon juice already pre-squeezed. So, if you guys, especially if you're entertaining and you've got a holiday coming up and you need to do dressings for that or you tend to use a lot of citrus juice, you can do this in advance. So, I do this all in advance, I put it in a glass jar, I stick it in my fridge like four days in advance, and then it's ready to go. Who needs to be squeezing lemons at the last second?

So, I've got some olive oil here. I know on the recipe it says to whisk it together, but don't worry about it, just put it in here. So olive oil, and then I'm going to just measure this out. I'm going to guess because I don't have my glasses on, and I can't see a darn thing, I'm just going to guess. That looks like four table spoons, doesn't it? We'll taste it, then we'll know, and then a pinch of salt.

Jessica Jablon: I love it though because it shows that it's not an exact science.

Pamela Salzman: Half the time, especially with cooking and savory stuff I don't measure. I should but sometimes I don't. So, now we've got this together, and this is what I'm talking about, so you can cover this, stick it in your fridge, and then the next day pull it out, bring it to room temperature and then add everything else. Good enough?

So, we'll set this off to the side and then to this, and this is where we get nice and fall, fall flavors, so I roasted some butternut squash ahead of time, and this was 400 degrees, like I said, default temperature, you can roast this in olive oil, avocado oil. If you like coconut oil, and you want to do coconut oil, great, but those are really the three oils that I use most of all, and then you just want that nice caramelization. This could be done ahead of time too, so if you want to do this the day before, do it the day before, just bring it to room temperature, that's all.

So, see how everything was in one layer? That's the key to roasting vegetables, one layer. They caramelize much better that way, and if you don't like butternut squash, listen, again, there's a sub for everything. You could do sweet potato, you could do carrots, you could do raw vegetables here, you could do radishes, it doesn't matter, whatever you like, and then we're going to use some fennel.

So, fennel is one of those veggies that I think is equally delicious raw as it is brazed or roasted. It's so sweet and it has a very unique flavor, so I can't say, "Oh, the perfect sub for fennel is X." But, if you don't have fennel, if you can't find it, what it's adding right now is something a little bit fresh and crunchy. So, you could add in thinly sliced Granny Smith apple, you could do radishes, you could do celery, you could do cucumber. To me, I don't think of cucumber and butternut squash as going together, but there's not food police that's going to tell you you did it wrong.

So, what you want to do, after you wash this, you're going to chop off this. Now, I keep stuff like this, I keep this, I keep these scraps that are clean, they're all washed. I put this in the freezer, the next time I make vegetable stock, I don't even use all whole vegetables. I just throw my vegetable scraps into a pot, fill it

Sharsheret in the Kitchen - A Taste of Autumn with Pamela Salzman

with water, and let it go for an hour, and I've got free vegetable stock. So, that's just something that I do.

All right, so trim this like that and then I'm going to cut this like so and then just thinly slice it. Now, if you want to be a better cook and have more fun in the kitchen and you want it just to be easier, sharpen your knives. You don't need a fancy knife. I'm not going to tell you go get a better knife, just sharpen your knives. So, bring it to a cutlery store, get them sharpened, and all of a sudden your life is changed.

So, I'm going to just thinly slice like this. Oh good, and I grew up eating fennel raw like after a big meal because it's actually a digestive aid, so if you're ever using a tea that helps with digestion, very often there's fennel seed in it. You might find it in some camomile teas as well because it helps with digestion and there are some Ayurvedic teas that use fennel seed in them. So, it's just also if you entertain and you have crudite platter, fennel is really nice. It's not very expected, but it has a really delicious licorice flavor. There, so that looks good.

Jessica Jablon: We have a couple of questions that just came in if that's okay.

Pamela Salzman: Of course.

Jessica Jablon: Somebody said, my roasted butternut squash is always either burned or undercooked, what's the secret to getting it right?

Pamela Salzman: So, if it's undercooked, it's probably not necessarily undercooked inasmuch as it's not caramelized. If it's just undercooked, then you just keep cooking it, but to get it nice and caramelized, it needs space. So, it might just be kind of packed together and there's not air circulating around each little piece, so there could be that. If it's burned, maybe the temperature is too high, maybe the pieces are too small, and so they just get a little bit overcooked that way. So, you can see this is about a one inch cube and I did that at 400 degrees for about 30-ish minutes.

So, one thing I learned teaching cooking classes in people's kitchens is that ovens vary like crazy. I used to teach four days a week and I would teach the same recipes for a month straight, so I could teach the same recipes 16 times in a row and sometimes they would be really different in certain ovens, and I started to get the know the ovens. I would know, "Oh, her oven is really, really hot. Let's knock the temperature down by 25 degrees or this oven is slow or whatever or this one is really hot on the bottom. Let's not use the bottom rack." So, you also have to get to know your ovens a little bit to kind of work with the idiosyncrasies of them.

Jessica Jablon: One other question, if we're roasting veggies at 450, can we still use olive oil or is that above its smoke point?

Pamela Salzman: That's a really, really good question. So, there's been some data that has come out, not super recently, but not a long time ago either about olive oil, that it really is totally fine to cook with and cook with at higher temperatures, especially in the oven. So, when you cook at an oven temperature, the temperature of the oven is

not really what's affecting the olive oil. So, it's not really elevating the temperature of the olive oil in the same way that the stove top would be. That's when you can really overheat your oil.

If you want to remember nothing else, what you're really trying to do is avoid the oil from smoking. So, if you are preheating a skillet over high heat and then you add your olive oil and it starts smoking, that's when you've damaged your oil, but roasting vegetables at 450 has been shown that the polyphenols and the nutrition in the olive oil has really stayed intact, so it's totally fine.

Jessica Jablon: [inaudible 00:36:49].

Pamela Salzman: Really good question though. So, let's do some fresh herbs. You can if you want... I have some parsley here and then some fresh mint, you can leave this whole if you want and treat them like little tiny leaves of lettuce if you want to, or you can chop them up. So, I am going to take this, this is washed and dried, I'm just going to bunch them up like this, and then go across with my knife, and then kind of snowplow it all together, guide the knife, and just keep pushing it together like this, like that.

I think that fresh herbs really can take your cooking up a notch. They're also really healthy for you, so a lot of benefits to fresh herbs, obviously if you roast with them too, that's fine too, but parsley especially very supportive of the liver, and also we have a lot of vitamins too and a lot of... Anything with color is going to be wonderful for you, so a lot of chlorophyll.

So, that looks good. We'll add this here, and then if you don't like mint... I get that a lot. Some people don't like mint in savory preparations. Well, then don't use it. Who cares? It doesn't matter. You can use chives if you want to, you could use nothing, you could just use the parsley, but it's not really the same to use dried in a salad. So, I would say if you have dried mint, just leave it out, just use fresh or don't use anything.

Another thing you can do if you don't have a sharp knife is it's better to just tear it like this by hand. My grandmother taught me that because especially with something like mint, if your knife is not sharp, and make sure your herbs are very, very dry, what's going to happen is you're just going to bruise the herbs instead of cutting through them and then they get kind of dark, so chop, chop, chop, chop, chop, chop, chop, chop, There, like that and I think that looks good.

All right, perfect, and then lastly I have some arugula in here. We'll toss this all around. If you weren't ready to serve this, but you wanted to assemble it, you could leave it like this and then toss. And, then we're going to take some pumpkin seeds and I'm going to tell you how I did these. These add a nice crunch and this also adds some protein. So, now if you wanted to do a vegetarian meal, you're good. You could serve just this because you've got the protein from the seeds, and then it balances, completes the protein from the grains.

So, what I did with pumpkin seeds is I put them in a dry skillet, zero added, nothing, nothing, pumpkin seeds in, and then I just stood by the stove, and I kind

of shimmied them, stirred them. It was on kind of medium low heat, and then they start popping a little bit and then you start to smell them and they start to look a little bit golden. The whole thing probably takes eight minutes, and then turn off the heat and I put in... When I tell you a quarter of a teaspoon of oil, I mean just the littlest amount and then I sprinkle salt and then just stir those around like that and they taste so much better.

So, if you like salted pistachios, so good in here. If you like walnuts, sliced almonds, anything, but it just gives it some nice crunch, and I think anything with pumpkin seeds makes me think of fall. So, this gets tossed together, and then this is done, but it's so beautiful, if you wanted to add even more color, I'm thinking pomegranate seeds. I think that would be so pretty and they're in season right now, but they have this really nice juiciness and they're like little jewels, but this is a beautiful salad. Look at that.

Jessica Jablon: Wow, that looks delicious.

Pamela Salzman: It's so delicious. Trust me, so delicious. So that's good, and occasionally I'll do a little bit more of black pepper and I'm a big salt girl. I know it's not for everybody, but I love... It's called Maldon, a little flaky salt. You can see the crystals, it's like little flakes of... I call it a finishing salt, and I just love it. Try an apple, fresh apple with a little flaky salt. It'll blow your mind, so good. How are we doing?

Jessica Jablon: Great, this is great.

Pamela Salzman: Good, we have one more recipe. We are going to get this done, so good. We're going to do the whole roasted cauliflower. I've got a nice little hack up my sleeve. So like I said, we have to do a couple of things ahead of time. If you stick a whole cauliflower in the oven, it's going to take you an hour and a half. I don't have that kind of time, so what my hack is is to steam this, just like in one of those little steamer baskets in water, in a pot, like old school.

Take your cauliflower, put it on here, a couple of inches of water, cover it, steam it for like seven minutes, and you save yourself like an hour. So, you're precooking your cauliflower, and then you're going to roast it with... This is my little secret when I want to bake something instead of frying it, and I'm using breading or something, or if I'm taking a little shortcut like this is paprika. So, you see hot it has that red color, so it makes things browner faster, but you're going to still get it nice and cooked and whatever.

And so, then I add a little olive oil to this, and if you need more, if you're using a gigantic head of cauliflower just add more, it's fine. A silicone pastry brush, one of my favorite tools in the kitchen, and then you're just going to paint it. You're going to paint it on your cauliflower like this, you're going to add some salt and pepper, and this is one of my little party tricks. Any time I make a whole roasted cauliflower, and hopefully we have time and I'll show you how to plate it and everything, people go crazy and it's the easiest thing in the world, but people go crazy like, "Oh my gosh."

I started making this also for certain holidays where we used to eat meat and my husband is mostly plant based now and I've never really liked meat and my kids are mostly plant based, so we really love it and make it a lot, but everybody goes like, "Wow." So, a bit of salt, just get it all over. You'll do a better job than I'm doing because you'll have more team.

Jessica Jablon: Can you steam the cauliflower in the microwave, and if so, for how long?

Pamela Salzman: Sure, I'm not really sure. I've never tried it, but I know that you can, so just do it in some water, and I would just do it in increments, just so that you don't overdo it. Honestly, try it for two minutes and just see what happens. I'm not super experienced with microwave cooking. I just moved here, so I have a microwave for the first time in like 20 years, and I'm getting used to it again. So, I'm sorry that I don't really have the right answer.

So, then you stick this in the oven. So, you see how it's all kind of painted. Good to go, and then ta-da, it's all beautiful and golden. Then, what we're going to do is I've got a platter here with some dill, which is my new favorite veggie herb, some parsley. If this were hot, you would transfer it with a spatula like that, and I use these herbs honestly like salad, live leaves, like this because we're going to be putting a beautiful tahini sauce and you can put it like a salad dressing on the herbs as well.

Mint is great here too, cilantro is great here too. If you have extra herbs, you can even just kind of decorate with them, but I think we're good for now. So, there's this, and I'm going to do this a little bit out of order, just because we're going to do the tahini sauce last. This combination is fantastic, so I've got chopped up hazelnuts, these have no skin on them, just buy them without the skin, it's so much easier, capers, and then I have some currants that we're soaking in warm water. I'm just going to drain them here.

So, you know when you get dried fruit and sometimes it's a little bit too dry and kind of not plump? So, you can plump them up in hot water for like five to 15 minutes, and then they just get more moist and chewy. Again, we're doing these out of order, but who cares. Golden raisins are great too, dates are fantastic chopped up, hazelnuts for crunch, capers, sweet and salty together, I just took it out of the brine. Already this has my name written all over it. This is my lunch today.

Then, we're going to make a quick tahini sauce to go with this. So, tahini is just whole sesame that's been ground up to be like a nut butter, except it's just sesames. So, you can get any kind you like. This is by a company called The Tahini Goddess, I like her tahini. It can be very different though from brand to brand the consistency of tahini. Sometimes it's very thick and almost you have to scoop it with a spoon and sometimes it's very runny. So, you have to adjust the water that you add based on the consistency of the tahini.

So, I have some already measured. I actually had some that was in a pouch, and then I threw it in here to blend it and then I stuck in the jar. So, I hate washing dishes, so I didn't wash it, but that's what was in here. Why wash a pitcher when I

don't have to? So, we're going to just take this tahini and pour it. So, this is pretty pourable as you can see, but I love it, and tahini, because it's all only sesames, is very, very rich in calcium. So, if you're not doing too much dairy and you're trying to figure out where to get your calcium from, dark green leafy vegetables for sure are great, but... Let me get my water, but sesames are loaded with plant based calcium.

So, we're going to start off with not all this water because I can always add more and it depends on how thick or thin you want it. So, we're going to add in a clove of garlic, one of the healthiest foods in the universe if you can do it. If your blender tends to bounce food around a lot, just mince it ahead of time. I don't remember how much lemon juice. Two table spoons? Okay. Again, I'm guesstimating because I can't see, in like that.

If you want to add a little maple syrup you can. You can do a pinch of salt like that, you could do a little black pepper, but you don't have to add the maple. You can do honey if you want. I like a little, just honestly a drop, there, that's perfect. And then, am I missing anything else? I can't see. No? Okay, so let's blend this up. Make sure that you have a blender that's not too wide at the base, otherwise you would have to just whisk it by hand and mince the garlic.

Perfect, this is when you check for consistency. I'm going to add some more water, which I have here. I like it a little looser, and then we could just do this on low speed. Perfect, taste it before you commit to it. I love it, and you can make this ahead of time. It's going to get solid in the fridge, but just pull it out, let it get to room temperature, add a little warm water if you need to, and thin it out, but then you finish this off, and you can pour more on the side. Oh yeah.

Jessica Jablon: How long will it last in the fridge?

Pamela Salzman: A long time, as long as your lemon juice will last, but I've had it sometimes for a week, and it's so good. Make a double batch of this and then you can have it on a grain bowl or even just a regular salad if you want to, but sometimes I'll do these little grain bowls for dinner where I'm just kind of using up odds and ends, and I might have some quinoa and some chickpeas and then roasted vegetables, and then something like this just ties it all together so good, so, so, so good. Come on, if somebody served this to you, you'd be like, "Who are you? You're amazing." That's what people would say if you served this. They're going to be like, "Oh my gosh, you are amazing."

Jessica Jablon: It's so nice that it's not as complicated as it looks, so you look very fancy for it.

Pamela Salzman: I know, [crosstalk 00:50:49], and then we're kind of done. So, [crosstalk 00:50:53]-

Jessica Jablon: There was one question that came in. Can we use craisins instead of raisins?

Pamela Salzman: Yes, sure. You can use whatever you want. What do the currants or raisins add here? It adds something sweet, yeah? And, that sweet balances the salty from the capers and kind of like a little bit of the bitterness from the tahini. So, what are

Sharsheret in the Kitchen - A Taste of Autumn with Pamela Salzman

some other things that are sweet. Well, you want them to be a little bit small, but that doesn't mean that you couldn't chop up or thinly slice some dried apricots or dice up some dates, just a little tip for dates, just refrigerate or freeze them first because they're much easier to cut when they're cold. Sometimes if they're at room temperature, they're a little bit sticky, so you can do anything like that. If you love raisins, great, that sounds delicious, barberries, delicious.

Jessica Jablon: Amazing. Somebody is asking about how you cut up the cauliflower if it's being passed around to your guests at the table.

Pamela Salzman: Excellent question, so I usually will just take a nice knife, and then we usually have a... Erica is going to pull one out right now, just like a pie server, so you can cut it into wedges and then serve it with something like this. This is actually a cake server, so you cut the cake and then you serve it with this, but I love it for this too, or just any kind of a thing where it's for pies, for anything like a little wedge like that I think is great, or here's another way that I've done this before, I take a beautiful cutting board and then I put a larger cheese kind of wedge knife there, and let everybody just sort of hack it. If you want to make sure that it looks whole when you serve it just for the presentation, you could do that too.

The board is beautiful. One time I taught a cooking class, it was a lot of people. Erica, how many did we make, like four of them, five of them? Something like that, and the host of the house, she had a beautiful, really big wood board and we just put tons of herbs all over the place and put the cauliflower along this board, did the whole tahini, and then we'll serve this in a small pitcher on the side, just so that people can have extra, and it was so dramatic, but like you said, so easy.

Jessica Jablon: It's the best kind of recipe I think.

Pamela Salzman: Oh, 100% the best.

Jessica Jablon: Right, there are so many people who are so grateful for you being here today and they're very excited about the recipes.

Pamela Salzman: Oh good, I'm so glad. Listen, this can also be done with roasted vegetables too, so you can take... In fact, I adapted this recipe in my second cookbook for broccoli. So, if you want to do this a little bit faster, you could do a whole melange of roasted vegetables, you could do cauliflower florets, broccoli florets, we could do one vegetable. A little tip, one of my entertaining party tricks is to get cauliflower in three different colors. So, it's still just roasted cauliflower. We don't have to tell anybody, it's just roasted cauliflower, but when you get it in purple and yellow and white or green like Romanesco and you roast them all together, all of a sudden it's fancy stuff. So, you could do this whole thing with that too. It doesn't have to just be a head of cauliflower.

Jessica Jablon: Amazing, well thank you.

Pamela Salzman: You're so welcome. If anybody has questions after this, you can find me on Instagram, you can DM me and I'm happy to answer any questions that you have that maybe didn't come up during the class.

Sharsheret in the Kitchen - A Taste of Autumn with Pamela Salzman

Jessica Jablon: Can we see the cooked chicken sheet pan again?

Pamela Salzman: Yes. We probably could've left this in another five minutes, but at least the chicken is totally cooked through, so 18 minutes is sort of my magic number for this, but we could've gotten a little bit more color even. My opinion, the thighs are easier to work with than breast meat. Thighs don't dry out, you have a little bit more flexibility, a little bit more leeway, they're more forgiving because they have more fat, but this is great with white meat too. The juices from the vegetable keep the chicken kind of moist. You don't want to overdo it, that's all. You just don't want to overcook it, so try and stick to that 20 minute mark max.

Jessica Jablon: The last question was about substitutions for capers.

Pamela Salzman: So, if you don't like capers, but you like olives, olives would be great because they have that same salty brininess, or just get nuts that have been salted, so you get a little bit of that saltiness, that's kind of what it's adding, so either one.

Jessica Jablon: Amazing. I can tell you that I'm sure I'm not the only one who's starving now. This looks amazing, and I want to make all of these recipes.

Pamela Salzman: [crosstalk 00:56:39] you do.

Jessica Jablon: For the holidays. Thank you so much for being here and thank you to Erica for all of her help in organizing this. We recommend that you follow Pamela on Instagram and check out her website and her latest cookbook *Quicker Than Quick*. I know I saw a question in the chat about the other cookbook *Kitchen Matters*. I want to also thank Emma again for sharing her inspirational story with us.

Please take a moment to fill out the brief evaluation survey that's linked in the chat box now. Evaluations really do inform our future programming, so we really appreciate your taking the time to fill it out. It's really a very short survey. We'd love for you to stay connected with Sharsheret via social media on Facebook or at Sharsheret Official on Instagram where we post about events like these, program updates, and fun ways to get involved.

Please never forget that Sharsheret is here for you and your loved ones during this time. Sharsheret provides emotional support, mental health counseling, and other programs designed to help you navigate you through the cancer experience. All are free, completely private one-on-one, and our number is 866-474-2774. You can also email us at clinicalstaff@sharsheret.org. Our social workers and genetic counselor are available to each of you. You are our priority, so please never hesitate to reach out. We're all going to get through this together.

Finally, I want to let you know that we have several exciting webinars on a range of topics planned over the next few months. Our next free national webinar is tomorrow at 8:00 pm Eastern, 5:00 pm Pacific. Please join us for the latest on COVID-19 and cancer, new developments on vaccines, variants, and changing guidelines with Dr. Sharyn Lewin, gynecological oncologist, a medical director of the Division of Gynecologic Oncology at Holy Name Medical Center, and

please check out our website regularly to see what topics are coming up. The link is in the chat.

You can also access our reportings and transcripts of all of our past webinars on our website. From all of us at Sharsheret, thank you for joining us today, we wish you a happy and sweet New Year, thank you. Thank you.

About Sharsheret

Sharsheret, Hebrew for “chain”, is a national non-profit organization, improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support and saves lives through educational outreach.

With four offices (California, Florida, Illinois, and New Jersey), Sharsheret serves 150,000 women, families, health care professionals, community leaders, and students, in all 50 states. Sharsheret creates a safe community for women facing breast cancer and ovarian cancer and their families at every stage of life and at every stage of cancer - from before diagnosis, during treatment and into the survivorship years. While our expertise is focused on young women and Jewish families, more than 15% of those we serve are not Jewish. All Sharsheret programs serve all women and men.

As a premier organization for psychosocial support, Sharsheret’s Executive Director chairs the Federal Advisory Committee on Breast Cancer in Young Women, Sharsheret works closely with the Centers for Disease Control and Prevention (CDC), and participates in psychosocial research studies and evaluations with major cancer centers, including Georgetown University Lombardi Comprehensive Cancer Center. Sharsheret is accredited by the Better Business Bureau and has earned a 4-star rating from Charity Navigator for four consecutive years.

Sharsheret offers the following national programs:

The Link Program

- Peer Support Network, connecting women newly diagnosed or at high risk of developing breast cancer one-on-one with others who share similar diagnoses and experiences
- Embrace™, supporting women living with advanced breast cancer • Genetics for Life®, addressing hereditary breast and ovarian cancer
- Thriving Again®, providing individualized support, education, and survivorship plans for young breast cancer survivors • Busy Box®, for young parents facing breast cancer
- Best Face Forward®, addressing the cosmetic side effects of treatment
- Family Focus®, providing resources and support for caregivers and family members
- Ovarian Cancer Program, tailored resources and support for young Jewish women and families facing ovarian cancer • Sharsheret Supports™, developing local support groups and programs

Education and Outreach Programs

- Health Care Symposia, on issues unique to younger women facing breast cancer
- Sharsheret on Campus, outreach and education to students on campus
- Sharsheret Educational Resource Booklet Series, culturally-relevant publications for Jewish women and their families and healthcare Professionals

Disclaimer

Sharsheret in the Kitchen - A Taste of Autumn with Pamela Salzman

The information contained in this document is presented in summary form only and is intended to provide broad understanding and knowledge of the topics. The information should not be considered complete and should not be used in place of a visit, call, consultation, or advice of your physician or other health care Professional. The document does not recommend the selfmanagement of health problems. Should you have any health care related questions, please call or see your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read here.

The information contained in this document is compiled from a variety of sources (“Information Providers”). Neither Sharsheret, nor any Information Providers, shall be responsible for information provided herein under any theory of liability or indemnity. Sharsheret and Information Providers make no warranty as to the reliability, accuracy, timeliness, usefulness, or completeness of the information.

Sharsheret and Information Providers cannot and do not warrant against human and machine errors, omissions, delays, interruptions or losses, including loss of data.