



SIMPLY SENSATIONAL SIDES **with Adeena Sussman and Sharon Wieder, RDN**

Follow Up
October 18, 2021

- Click [here](#) for Sharsheret in the Kitchen webinar – Simply Sensational Sides with Adeena Sussman and Sharon Wieder, RDN
- **Recipes from this webinar:** <https://sharsheret.org/wp-content/uploads/2021/10/SITK-October-2021-FINAL-Adeena-Sussman-and-Sharon-Wieder-Recipes.pdf>
- **Information about Pies for Prevention:** <https://sharsheret.org/get-involved/pies-for-prevention/>

Follow Adeena and Sharon:

- **Adeena's Cookbook:** [Sababa: Fresh, Sunny Flavors From My Israeli Kitchen](#)
- **Adeena's Instagram @adeenasussman:** <https://www.instagram.com/adeenasussman>
- **Adeena's Website:** <https://www.adeenasussman.com/>
- **Sharon's Website:** <https://www.startsmartnutrition.net/>

Tips from Adeena and Sharon:

Mushroom and Apple Stuffing:

- This stuffing will freeze well so you can make in advance or make extra and freeze for another time.
- Sharon adds purple onion because the purple onion has more antioxidants.
- Zucchini would work as a substitute. Eggplant could be an option, but it tends to get mushy so it won't have the same texture.
 - If subbing a different vegetable, try searing/roasting it ahead of time to try and get a better end texture.
- Buy pre-sliced mushrooms to save time.
- Sharon adds the salt right after adding the mushrooms because this will help the mushrooms release liquid, which we want for when we add the matzah.
- If trying to reduce your salt intake, decrease the salt and cook the mushrooms on a lower heat so that they can still release liquid, but not burn.
- Leave the skin on the apple, as it is high in fiber and gives a pretty color. Use any type of apple – red, green – it doesn't matter.
- If you want, substitute regular matzah for the whole wheat matzah, which has more fiber.

- Gluten-free matzah would also work (but this is not a vegan option, as the gluten-free matzah has eggs)
- A gluten-free, egg-free English muffin could be a gluten-free alternative to matzah.
- When adding raisins to your stuffing, it's okay to use the older raisins that have been sitting on the bottom of the container for a while. Adding them to the stuffing mixture will liven them up again!
- Note: the recipe should say 1/2 teaspoon cinnamon

Freekeh and Roasted Grape Salad:

- Substitutions for freekeh can be: barley, wheat berries, brown rice, or quinoa, whatever you want! Quinoa is a more nutritional choice.
- Note: not all brown rice is equal in nutrition.
- Update: Parboiled rice vs. regular white rice. Parboiled is a healthier alternative as it has fewer calories, fewer carbohydrates, more fiber, and more protein. Parboiled is a more nutritious option than white rice, but not more than quinoa, freekeh or brown rice.
- Substitute for walnuts can be almonds
- When cooking freekah, the water may give off a dirty appearance- this is normal.
- This dish is served at room temperature. Pour the freekeh onto a baking pan after it is done cooking so that it cools off faster.
- Always wash your herbs. Adeena washes them, puts them in a salad spinner and makes sure they dry well. She then stores them in glasses with water, in the fridge.
- Adeena juicer is a [Zaksenberg Commercial Citrus Juicer](#) but this is pricey and can be a bit more affordable in Israel.

Cabbage, Apple, and Pomegranate Slaw with Cumin Dressing:

- When shredding the carrot, it is easier to use a julienne peeler. If you do a few layers of one side, you can then put the flat side down on a table and then easily start peeling the top side.
- After chopping the apple, toss in the vinegar to avoid it browning if you aren't going to be serving it right away.
- If you don't like cider vinegar, lemon juice would be a good alternative.
- Adding jalapeno or chili's at the end, can add more flavor.
- Substitute pomegranate seeds with craisins, chopped green apple, dried currants- anything that has some tartness to it.
- [Diamond kosher salt](#) is Adeena's preferred brand of salt.
- Adeena chops up the parsley and cilantro with the stems. However, for the mint, she takes the mint off the stems before chopping.



- Instead of mustard, possibly mash up some lemon juice, garlic cloves, turmeric, and a little bit of spice of some sort.
- When using mint, spearmint is milder, while peppermint is spicier.
- Cilantro can be substituted with parsley, mint, basil or whatever herbs you like.
- Parchment paper isn't needed when roasting nuts because they aren't sticky. Adeena doesn't use parchment paper when she wants something dark and caramelized. She may use it for something mellow or sticky.

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

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