



Simply Sensational Sides
with Adeena Sussman @adeenasussman
Sharon Wieder, RDN startsmartnutrition.net
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Cabbage, Apple, and Pomegranate Slaw with Cumin Dressing

Serves 8 to 10

Active Time: 10 minutes

Total Time: 30 minutes

- 1 medium apple, cored and thinly sliced
- 1/3 cup apple cider vinegar
- 4 cups shredded green cabbage
- 4 cups shredded red cabbage
- 1 small red onion, thinly sliced
- 1 large carrot, shredded
- 2 scallions (green and white parts), very thinly sliced
- 2 medium radishes, very thinly sliced
- 1/2 cup extra-virgin olive oil
- 2 tablespoons whole-grain Dijon mustard
- 1 1/2 tablespoons honey
- 1 1/2 teaspoons ground cumin
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup pomegranate seeds
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh mint
- 1/2 cup lightly toasted shelled pumpkin seeds (pepitas)

The joy of a tricked-out falafel stand is the unlimited supply of goodies you can stuff into your pita. It used to be you'd stand in front of the *miznon* (bar) and use tongs to refill your pita as many times as humanly possible. These days, in a development I've got mixed feelings about, more and more places give you tiny plastic receptacles to fill and take back to your table. This recipe is a fresher, more colorful version of the wilted cabbage salad you'll find on every self-serve falafel or shawarma bar. Tart apples and pomegranate seeds, loads of fresh herbs, two kinds of crunchy cabbage, and pumpkin seeds come together in a cumin-laced dressing that evokes the flavor profile of falafel itself. Stuff it into the sandwich of your choice, or use it as a more conventional side salad with meat or fish.

In a large salad bowl, toss the apples with 1 teaspoon of the vinegar, then add the green and red cabbage, onion, carrot, and scallions and toss. In a jar with a tight-fitting lid, combine the olive oil, remaining vinegar, honey, mustard, cumin, salt, and pepper and shake until creamy. Pour the dressing over the salad, toss to coat, and let the slaw sit for at least 15 minutes (30 minutes will really mellow the acidity of the vinegar), then toss again with the pomegranate seeds, cilantro, mint, and pumpkin seeds before serving.

Recipe by Adeena Sussman from Sababa: Fresh, Sunny Flavors From My Israeli Kitchen, published by Avery books 2019.

Supported by:



Freekeh and Roasted Grape Salad

Serves 4 to 6

Active Time: 15 minutes

Total Time: 1 hour 15 minutes (including soaking time)

1½ cups freekeh, preferably whole (cracked is also fine!)

2½ cups (1 pound) seedless red grapes

½ cup extra-virgin olive oil

1½ teaspoons kosher salt, plus more to taste

½ teaspoon freshly ground black pepper, plus more to taste

⅓ cup plus 2 tablespoons freshly squeezed lemon juice, plus more for seasoning

¼ teaspoon dried hot pepper flakes, such as Aleppo

Finely grated zest of 1 lemon

½ cup finely minced fresh chives or chopped parsley

½ cup chopped toasted walnuts

Freekeh comes cracked or whole, which impacts its cooking time, but either way, it's chewy and mild, but not overwhelmingly smoky. It has a natural stickiness, and releases a gray film when cooked, but don't worry; you can skim it off after cooking. Though it's great warm, I love freekeh cold as the base for a salad with roasted vegetables or, better yet, fruit, which plays nicely in the flavor sandbox. Enter grapes, which I know you may be tempted to roast only after they began to wilt in the fridge. But I discovered that when starting with plump, fresh grapes—just the kind you'd want to eat out of hand—they shrivel slightly but maintain a concentrated burst of grapey flavor that's spot-on when combined with the crunch of toasted walnuts.

Preheat the oven to 400°F. Place the freekeh in a medium bowl, cover with water, and soak, 15 minutes for cracked and 30 minutes for whole. Drain and rinse the freekeh. Place the grapes on a large rimmed baking sheet, drizzle with 2 tablespoons olive oil, season with ½ teaspoon of the salt and ¼ teaspoon of the black pepper, and roast in the oven, shaking every 5 minutes or so, until the grapes shrivel and some are very caramelized and even a little burned on the edges, 20 to 25 minutes.

Place the drained freekeh in a medium saucepan with 2½ cups water and ½ teaspoon of the salt, bring it to a boil over medium-high heat, reduce the heat to medium-low and simmer, skimming off any scum and stirring occasionally once the water is partially absorbed, until the freekeh is cooked, 15 minutes for cracked and 25 to 30 minutes for whole (if water is absorbed but whole freekeh is not fully cooked through after 20 minutes, add ¼ to ⅓ cup water). Transfer to a large rimmed baking sheet and spread out to cool.

In a medium bowl, whisk ⅓ cup lemon juice with the remaining ⅓ cup olive oil, ½ teaspoon salt, ¼ teaspoon pepper, and the dried pepper flakes. Add the cooled freekeh and grapes along with the lemon zest and chives; gently toss and let sit for 5 minutes. Toss in the remaining 2 tablespoons lemon juice with walnuts. Season with salt, pepper, and lemon juice to taste.

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Mushroom and Apple Stuffing

Serves 12

Active time: 20 minutes

Total Time: 1 hour 10 minutes

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Neutral cooking spray

2 teaspoons olive oil

1 medium white onion, roughly chopped

1 medium purple onion, roughly chopped

2 stalks celery, sliced

2 pounds cleaned button or Baby Bella mushrooms, sliced

¼ cup black or golden raisins

1 large Granny Smith apple, cored and chopped

Two whole high fiber matzahs, crushed into bite sized pieces

Water

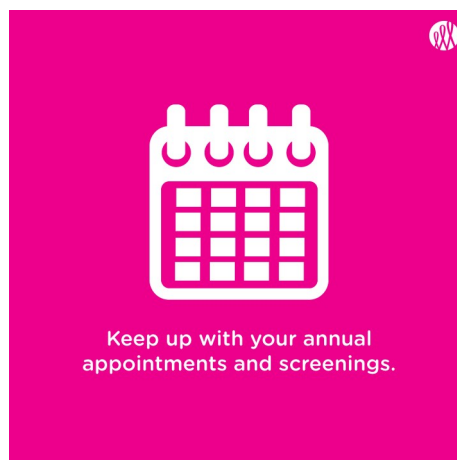
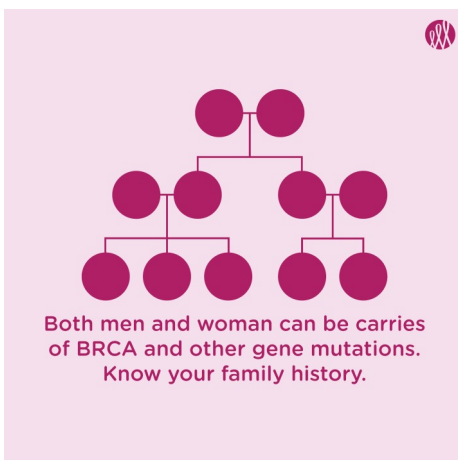
1 egg (to make this recipe vegan, omit the egg)

¾ - 1 tsp salt

Drizzle of honey

1. Preheat the oven to 350°F. Coat a 9- x13-inch baking dish with cooking spray and set aside.
2. Heat the oil in a large (at least 6-quart) pot over medium heat.
3. Add the onions and celery and sauté, stirring occasionally, until translucent and just beginning to caramelize, 8 to 9 minutes.
4. Add the mushrooms and cook until they release their water and are reduced in size by half, 5 to 6 minutes. Stir in the raisins and apples and cook, stirring, until the apples just begin to get tender, 3 to 4 minutes.
5. Remove from the heat, add the matzah and stir thoroughly until incorporated; if there is not enough liquid to hydrate the matzah, add water a few tablespoons at a time until the matzah is soft, but not mushy.
6. Add the egg, salt, honey, and cinnamon and mix well.
7. Transfer to the prepared pan and bake until the top begins to brown, 50-60 minutes.

Recipe by Sharon Wieder.



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