

**Sharsheret in the Kitchen**  
**with Adeena Sussman and Sharon Wieder, RDN**

National Webinar Transcript

October 18, 2021

Presented by:



This program was made possible with support by:



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

Jessica: Welcome everyone! We are so excited to have you join us today for the Sharsheret summit bonus program, the final event in our week of educational programming. Sharsheret in the Kitchen Simply Sensational Sides with Adeena Sussman and Sharon Weaver. I'm Jessica Jablon, I'm the 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 and 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 the transcript. Participants faces and names will not be in the recording as long as you remain muted. If you would like to remain private, you can turn off your video and rename yourself or you can call in to the webinar, instructions are in the chat box now for both options. You may have noticed that all participants were muted upon entry. Please keep yourself on mute throughout the call. If you have questions for Adeena or Sharon, 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.

Now as we move into the webinar itself, I also want to remind you that Sharsheret is a national not-for-profit cancer support and educational organization and does not provide any medical advice or perform any medical procedures. The information provided by Sharsheret is not a substitute for medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem. If you have any questions, that are specific to your medical care, our presenters may not be able to advise regarding specifics and we would advise that you speak to your medical provider. Always seek the advice of your physician or qualified healthcare professionals with questions you have regarding a health condition.

We are thrilled to have a new season of Sharsheret in the Kitchen, an initiative in 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. Prior Sharsheret in the Kitchen webinars and information about our nutrition pilot for Los Angeles county residents can be accessed on our website at the link in the chat. You should have received the recipes for today's program in advance, but 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 Cedar-Sinai, The Cooperative Agreement DP19-1906 from the Centers of Disease Control and Prevention, and

our incredible summit sponsors who are displayed on the introduction slide. It is thanks to their support, that we are able to continue to provide our series of webinars throughout the pandemic. Now before we get cooking, I want to introduce you to Carly, who is going to share her personal story with us.

Carly: Thank you Jessica. Hi everyone, I'm Carly. March 20th, 2017, that was the day I found out my mom had breast cancer. The day, the place, the conversation, it will forever be ingrained in my mind. My family had never imagined that we would be coordinating chemo radiation schedules, creating master calendars for who would take my mom to doctor's appointments, and yet here we were. One of the first things my mom did when she found out she was BRCA negative, I'm sorry, when she found out she had breast cancer, was to test for the BRCA gene. When she found out she was BRCA negative, we all exhaled a huge sigh of relief. While it didn't ease the pain of her situation, it did bring some comfort knowing that there was not a genetic component.

After a double mastectomy, two rounds of chemo, one round of radiation, and a reconstructive surgery, my mother was declared in remission. In November 2020, my uncle, my father's brother, suddenly passed away. While we knew his daughter, my cousin, had had triple negative breast cancer the year prior, we weren't regularly in touch with them. But when he passed, we started to reach out more and speak more frequently. In one conversation, my cousin Damon, mentioned his sister had breast cancer, which we knew, but he also mentioned that she was BRCA1+. This, we had not known. My father's side of the family had no history of cancer. Absolutely none. So we figured it must be from her mother's side. Also, my family wasn't very concerned because my mother had tested negative for the mutation. We assumed if my mother was negative, there was nothing to worry about for us.

That week, in what would become a potentially life-saving coincidence, my sister had a doctor's appointment. She decided to get tested, just to be safe. We were all so sure there was nothing to worry about, that I said I was only going to test if my sister came back positive. Three or four weeks later, when the test had mostly been forgotten about, the results came back and my sister was in fact BRCA1+. My family was shocked. This led to the testing of my father, my brother, and myself. All of us were positive.

I often think of all the ways that this could've turned out. In our society, there is a huge miseducation behind the genetic components to breast cancer. I figured my mother was negative for the gene so I must be fine. There's no history of cancer on my dad's side so it must not be from his side of the family. In fact, my father's sister had tested negative for the BRCA mutation. Who even knew that you could get it from your father? If my sister had been negative, I probably wouldn't have even bothered testing. There were so many opportunities to simply brush it off, but thank God, I didn't.

That is why I am so drawn to the work of Sharsheret. While they do an incredible job of supporting women with breast and ovarian cancer, they also play a vital and much needed role in educating the community about the genetic associated. I found out I was BRCA1+ in the beginning of February this year. For me, the

next steps were easy. I am a mother of a nine, six, and four year old. I was not going to put my family in the same position to watch me go through all we had watched my mother go through only four years earlier. I had my complete hysterectomy at the end of February, and my double mastectomy at the end of April.

While my journey hasn't always been an easy one, both mentally and physically, I was fortunate to have an organization like Sharsheret at my disposal. The incredible staff members and their resources played an important role in further educating me about the gene and what that meant for my children and the rest of my family, helping me process my diagnosis and now giving me an incredible platform to share my story and to hopefully help others. I am so grateful everyday that I was informed enough to make this decision and to take my life into my own hands. Thank you to all of you for letting me share my story today.

Jessica: Wow, thank you Carly for sharing your story and the story of your family with us and raising awareness in such an important and personal way. You mentioned genetic testing and counseling throughout your speech, if anyone has questions, we do have a free genetic counselor on staff here at Sharsheret, the email is in the chat if you are interested in contacting her to find out if you should think about pursuing genetic testing, please feel free to reach out. Thank you so much Carly.

Also I wanted to mention October is breast cancer awareness month. One in eight women will be diagnosed with breast cancer in her lifetime. Please schedule your appointments, learn your family history, know your body, and talk to your doctor about the right screening plan for you. Make sure to contact your healthcare providers if anything doesn't feel right. My colleague is going to put a link to our "Know the facts for sure" in the chat. Take a look as it contains some important information as well as signs and symptoms of ovarian and breast cancer for you to be aware of.

Our guests today, Adeena Sussman and Sharon Weider have been long time supporters of Sharsheret, having launched the Pies for Prevention national Thanksgiving bake sale in 2008, in memory of their mother and grandmother, whom the lost to ovarian cancer. In the past 13 years, Pies for Prevention has raised over \$615,000 to support Sharsheret's ovarian cancer initiative. The week of Thanksgiving, we typically have about 35 bake sales happening all over the country, with individuals or sometimes bakeries selling anything from pies, to chocolate chip cookies, to pumpkin loaves, and more. If you are interested in finding out more about being a baker for Pies for Prevention, please contact Sarah Eagle, her information will be in the chat. If you are interested in purchasing baked goods and supporting Sharsherets 13th annual Pies for Prevention Thanksgiving bake sale, visit the link in the chat to see if there is a bake sale happening in your area. Check back as we are always adding bake sales to the list for this year.

Now I'm so excited to introduce today's guests, Israeli food expert Adeena Sussman is the author of Sababa: Fresh, Sunny Flavors From My Israeli Kitchen, which was named a best fall cookbook by the New York Times, Bon Appetit, and Food and Wine. She is finishing up her follow-up cookbook Shabbat: All about

weekend cooking in Israel, both modern and traditional, to be released Spring 2023. The co-author of 15 cookbooks, 3 of Adeena's most recent collaborations including Cravings and Cravings: Hungry for more with Chrissy Teigan were New York Times best sellers. A lifelong visitor to Israel who has been writing about that country's food culture for almost 20 years, Adeena made Aliyah in December 2018. She cooks and writes in Tel Aviv, where she lives in the shadow of that city's Carmel Market with her husband Jay Shofet. You can follow her on Instagram @adeenasussman.

Sharon Weider is a registered dietitian-nutritionist and the owner of Stark Smart Nutrition- Sharon Weider Nutrition LLC, a private pediatric nutrition practice focusing on health and wellness for kids, teens, and their families. Sharon holds a certificate in childhood and adolescent obesity and is a mindful and intuitive eating practitioner. She uses a holistic approach to help guide her clients toward achieving a healthier lifestyle, through small and impactful changes and realistic goals. Sharon is a breast cancer survivor and is so appreciative to Sharsheret and their programs and support network. She has been a Sharsheret volunteer since her diagnosis and served as a peer supporter or link many times.

Just a quick note, make sure you fill out the very short survey evaluation form at the end of the program. Anyone who completes the survey will be entered in a giveaway for one of three copies of Sababa or a one hour virtual coaching session with Sharon. Adeena and Sharon, welcome to Sharsheret in the Kitchen, and thank you so much for being here today.

Adeena: Hi everybody.

Sharon: Hi Adeena.

Adeena: Hi my love, my best friend, my sister, 6,000 miles away, but so fun to cook with you on screen. Hi everybody. Greetings from Tel Aviv. Its 9:00 and Sharon and I are so happy to be here. I think I can speak for both of us when I say that there is no cause that we are mutually more connected to than Sharsheret. Sharon is a breast cancer survivor, which she will tell you about. We embrace this organization and are thrilled to be involved and will tell you about our involvement over the course of the next 45 minutes or so. I am going to hand it over to my wonderful sister to get the cooking going and tell everyone what you're making and we'll just have a nice schmooze like we always do when we're cooking together.

Sharon: Thank you love. Greetings from Teaneck, New Jersey, where it's 2:00 in the afternoon, and it's actually the first cool day, so the stuffing recipe that I'm about to demo I think is very apropos and fitting. Thank you Carly for sharing your incredibly inspiring story. It is always amazing to hear these stories and it gives us great hope. Thank you thank you. So we're going to begin. I am going to turn on the heat under my pan. I hope you can all see it. I will tilt it as I'm cooking. I'm making a mushroom and apple stuffing, which actually, our mother made years ago. It started over Passover and we actually had it at Thanksgiving. I have tweaked it over the years and it's become a family favorite. Something near and

dear to our hearts and it invokes memories of our mom who really inspired us to be in the kitchen, to love cooking, and to hosting people around the table.

So while I'm starting and my pan is heating, I'm going to add a few teaspoons of extra virgin olive oil to my pan and I'm going to wait until that gets warm. I have done a little prep work before. I have chopped, I don't know if you can see this in the light, one purple onion - medium size, and one regular white onion also medium size, and I've also chopped up, you see that, two stalks of celery. I'm going to put them into my pan.

Adeena: So, mommy didn't use red onion. Is that something you added because you like the color or because you had it handy one time? Why did you switch to red onions?

Sharon: Excellent, thank you. Yes, for a number of reasons. Number one, I love the color and I think it adds such a brightness to this dish. Number two, yes I have been without white onions and I love purple onions, because especially when they're caramelized, they become sweeter and they add an extra depth to a dish. Also using a variety of fruits and vegetables, lots of different colors, brings in more nutrition, more antioxidants, etc... so we are adding a little bit of a healthier component as well. So yeah, if you look just right here, I don't know if you can see with the light, but you have the beautiful bright green, you have the purple of the onion, and then the white onion.

So this gets sautéed about four-five minutes, where the onions just begin to soften a bit and just start to brown. You don't want them to be fried, we want them to still be soft because they're going to be doing quite a bit of cooking with them and then they're going to go into the oven. We don't want them to sort of fall apart. I guess I have a minute or two to talk about my experience with breast cancer.

16 years ago, I was diagnosed with breast cancer on actually my first mammogram. I had actually been given the script to the mammogram a year earlier but when I was given that prescription for my mammogram, our mother, Stephanie Sussman, may she rest in peace, was actually experiencing and going through ovarian cancer. So I stuck the prescription into my purse and forgot about it. A year later I found it. Our mom was towards the end of her fight against ovarian cancer, but I did go for my [inaudible 00:16:37] mammogram and they found a lump and to make a very long story short, I ended up having a double mastectomy with reconstruction and because of the ovarian cancer history in our family, even though the test came back negative, I also had a complete hysterectomy and bilateral salpingectomy. So that is my cancer story and became involved in Sharsheret since the beginning and have been grateful ever since.

So I am still sautéing this up. It is actually getting nice and yummy. It smells delicious and it's starting to see some caramelization. Can you see that Jessica? I don't know if the lights are...

Jessica: It looks...

Adeena: It's okay if you just hold it up to the camera close I think people can see it. But people know. It's okay.

Jessica: Yeah.

Sharon: So I'm good in this department. I think I'm going to maybe pass it over and hand it over to Adeena because I'm going to let this cook a little bit more and then I'll do the next step.

Adeena: All right, so we are going to make a couple of really easy side dishes for Thanksgiving or anytime from my cookbook, Sababa. The first thing we're going to do is we're going to cook some Freekeh. Now freekeh is a cracked, smoked wheat. It's kind of like Green Kern for you major Ashkenazis out there. It's young wheat. The difference between green kern and freekeh is that freekeh is smoked over open fire. It is traditionally something that started in the Arab world and has been embraced by Israeli cooking as well. I soaked a cup and a half of freekeh in water to both soften it and clean it a little bit for about 15 minutes and I'm going to drop it into some boiling water. I'm going to cook it sort of like I would cook quinoa. I put enough water in there so that it's going to cook and absorb all the water and also evaporate extra water so it hopefully comes out nice and fluffy and perfect.

If you don't have freekeh, because it can be a little bit hard to find, you can use barley, you can use wheat berries, you can use brown rice, you can kind of use whatever you want. And the sort of star of this salad is the roasted grapes, which a lot of people found very compelling when the book came out. So I'm going to take, the recipe calls for a cup and a half but I'm the queen of excess so I'm gonna do like a little bit over two cups of grapes here. What I love to do with these grapes is treat them almost like a roasted vegetable. I roast them as I would a savory vegetable. I'm going to drizzle some really good Israeli olive oil.

Israel as you know many of you, has incredible olive oil and I get it by the five gallon jug and transfer it to my handy little olive oil dispenser. I use this because it's closed and it has very little opportunity for light or oxygen to get to the oil and have the oil decompose faster. Oil needs to be kept in a dark, cool place. This is my solution. You can find a lot of these things on amazon. I'm going to take some fresh cracked black pepper; my oven has been preheated to 400 degrees. And then I'm going to take kosher salt, I use diamond, which is the salt of choice among a lot of people who cook for a living, but any salt will do. You can use fine sea salt, you can use Morton salt, you can use Atlantic salt, you can use anything you want. I am just going to toss that all together.

You can see on the small screen here they already look like marbles. They're so beautiful. They're shiny and they've got olive oil over them. I'm going to pop those right in the oven.

Sharon: Adeena.

Adeena: Yeah?

Sharon: Can someone substitute quinoa if they're gluten free?

Adeena: Absolutely. I actually did this recipe with quinoa for Pesach and it was a big hit. As this freekeh is cooking, I'm going to take a little bit of the scum from the top and pour it off. I'm going to do some double duty here. The other thing we're making is a cole slaw that has roasted nuts on it and the freekeh also has nuts. I'm going to take a half a cup of chopped almonds and a half a cup of pumpkin seeds. I'm going to put them on one baking sheet and I'm going to pop those in the oven. I'm roasting. I'm trying to do a lot of prep in advance. I always like to have tons of roasted nuts around and lots of yummy, my husband jay calls them toys, to put inside salads. Nuts are salad toys in our house. No oil, no salt, no nothing, there's a lot of seasoning in both of these salads, so I'm going to throw this in the oven and I'm going to turn back to Sharon.

I just thought I would say that the Pies for Prevention bake sale was our way of helping Sharsheret have a fore into the world of ovarian cancer. We knew that Sharsheret did incredible breast cancer programming and we thought that the model was there and all that we had to do was take the disease that was relevant to our family and start helping people. So Sharon and I, on a lark, one thanksgiving decided to start baking pies together, and lo and behold we raised \$16,000 the first year. A friend volunteered to do another sale the next year. So we decided to create this incredible program called Pies for Prevention and within a few years there were dozens of sales in different cities around the country.

It's a true grassroots organization or effort with very little overhead. Everyone pays for their own ingredients or raises the money, people devote their own time, and all the profits, after people's expenses, sometimes people take a little money for their expenses, but almost all the money goes to Sharsheret. We can't believe that we've raised more than half a million dollars to support women living with ovarian cancer and their families. It's a huge honor for us and an amazing way to honor our mother, Stephanie, who would have really liked what we were doing to commemorate her with something happy, and fun, and involving food. So that is a little bit about the program. We can talk about it a little bit more but I'm going to hand the cooking back to my sister.

Jessica: Sharon, before we jump back I just wanted to ask some questions about the freekeh.

Adeena: Huh?

Jessica: There are a few people that say they've seen it at whole foods. Is there any type that you recommend?

Adeena: It's available on amazon with the kosher certification in larger quantities for less, for a better price. Often times, middle-eastern stores and Indian markets have it as well. So those are two good places to look for it. I can show you guys what it looks like on its own. It really has a green color, and when you open the package, it smells incredibly smoky. So that in itself is another flavor element. It's like pre seasoned with this beautiful smokiness. I love smoky food. I use smoked paprika



all the time and smoked salt and all those kind of things. To me, it's a wonderful way to introduce something that is very exotic but also very healthy. Freekeh is full of fiber, it's very filling, my sister can probably speak to that more because she is the nutritionist. You can find it online or at middle-eastern markets and some kosher markets now as well.

Sharon: Yeah, I think freekeh is wonderful. Along with all the other grains that you mentioned, like wheat berry, farro, quinoa, those are all very high in fiber. Some of them are higher in protein as well. They help you to also stay full for longer and you get more nutrition from them versus like a white rice or something that has been overly processed. It's a wonderful choice but again these are interchangeable and you can use them.

Adeena: Yeah.

Sharon: We are going to move on now to adding these mushrooms which I actually pre-sliced, but if you want to save yourself some time, because this does call for two pounds of mushrooms which is quite a bit of mushrooms, you can buy them pre sliced and it's just a bit of a time saver. So I'm going to raise the heat a bit on my pot because you see how full this pot is right now. We know with mushrooms, what happens is they shrink and they lose their moisture, and that's one of the things that we want to happen right now. So what I'm going to do, I'm actually going to modify the recipe that I sent you. I'm actually going to add the salt now because the salt helps to break down some of the vegetables and also brings out the moisture.

Adeena: Do mushrooms have nutritional value?

Sharon: Yeah, mushrooms do have nutritional value. They have antioxidants, they have a bit of fiber in them, and they are also a wonderful substitute if you have somebody who is a vegetarian or a vegan who doesn't want to have meat or an animal protein. So this dish and or a dish that is hearty in mushrooms can be a nice substitute for that and can be quite filling as well. In fact, our mom used to always have many many side dishes. We grew up in California; there were a lot of vegetarians a lot of vegans. This was sort of before it became even more popular. The only sort of animal protein that was on the table would be like the turkey or the chicken. Everything else did not have any animal protein in it so that anyone who was around the table really always had a lot to eat and was full and satisfied. Mushrooms played a big role in that.

So I'm going to sauté these mushrooms. In this recipe actually, you're going to see, we're going to use it to help soften the matzo that we're going to add into this pot. If you happen to have mushrooms that you haven't had a chance, and couldn't buy pre sliced or pre cleaned, and they're very dirty, you feel like you have to wash them, in this recipe having mushrooms which soak up a lot of the water, will be okay because when you add the matzo it will soak up that liquid and you might not have to add any more to make that matzo soft. That is one thing about this recipe which...

Jessica: Sharon, there was a question that came in, could you achieve this result without salt or a lot less salt?

Sharon: Excuse me? I'm sorry.

Jessica: Oh, is there a way to achieve the same result without salt or with a lot less salt?

Sharon: Yeah, sure. What I would recommend is maybe to cook it on a little bit of a lower temperature, not low, but a little bit lower, so that it softens the vegetables without sort of scorching them or burning them, and it will bring out the liquid eventually. So yes, if you need to be mindful of your sodium intake, absolutely. That is completely fine. Also remember that this is for 12 servings so you are dividing it, although I probably could eat it in one serving.

Adeena: If you wanted, you could in theory; you could bake this with bread, right? Matzo is our tradition but you could make it with [inaudible 00:28:28] challah or anything right?

Sharon: Yes. Absolutely. I was actually going to talk about that when I add the matzo because...

Adeena: Oh, sorry.

Sharon: No that's fine. Thank you. There was a pre-question that came in before today about how to make this a gluten-free recipe. So I actually demoed one for myself and one that I'm going to show you at the end of the program which was with gluten-free matzo here. So this is gluten-free matzo. The thing with this matzo is that it actually has eggs, so if you have a vegan, it's something you might not want to use cause it does have eggs in it. However, I did find Katz. It's a gluten-free, nut-free, egg-free, product which was English muffins. Which, I thought, like a bread stuffing, you can use that instead of the matzo and then you would really have a gluten free, vegan, substitute for that. So while my mushrooms are cooking down Adeena, I guess I can pass it back to you if you want to continue.

Adeena: Sure. I'm going to just bring the freekeh close to the camera so you can see it's bubbling, the water is starting to evaporate, the water has kind of a dirty or cloudy appearance, but that's fine. It's just because the product is smoked, when it's cooked, it releases the smokiness into the water. So that is still cooking. My nuts are now ready. As you can see, some of the pumpkin seed have popped and the almonds are nice and dark because that's how we want them to be. If you are going to roast nuts I think you should really go for it. Roasting brings out so much flavor. What you are doing is toasting the natural oil in any nut out and the oils are the carrier for the flavor in the nuts themselves.

So now let's also just have a quick look at our grapes. They need some time. They are starting to sizzle, as you can see some of them are releasing some juice. They look gorgeous. They actually brighten in color as they roast. By the way, the recipe called for walnuts, I didn't have any walnuts in the house, so I decided to use almonds. That's just the Sussman way. Whatever we have around, we use. I prepped a little bit in advance. I cut four cups each of purple

and white cabbage. Sharon, I wanted to ask you, also in relation to onions, is there a difference in nutritional value between purple cabbage and white cabbage, and also between red onions and white onions? Or are they exactly the same?

Sharon: The colors, just like in peppers, they have different nutrition, yes. So again, we talk about eating the rainbow, about bringing in the different colors, so yes, you're gaining. It doesn't mean that white cabbage, you shouldn't eat it, but yeah, absolutely. The more colors that you bring in the more types for sure.

Jessica: Okay, along those lines, someone has asked if brown rice is a better substitute than quinoa for the freekeh for the gluten-free individuals. Do you have an opinion on that?

Adeena: Sharon?

Sharon: Me?

Adeena: From a nutritional kind of view or from a culinary point of view?

Jessica: [crosstalk 00:32:09]

Adeena: Go ahead Sharon.

Sharon: So from a nutritional perspective, quinoa is the only grain that is a complete protein. There are I think 13 amino acids that combine to make a complete protein. Animal protein is complete, but usually when we talk about rice and beans, I'm combining them. That is so we can get a complete protein for someone that isn't eating an animal protein. So quinoa actually happens to be a complete protein. So as far as nutritionally goes, it has more protein and more fiber than brown rice. I read labels all the time when I'm shopping, food labels. Surprisingly, brown rice, very often is like two grams of fiber. We think it's going to be very high in fiber, but it's better than a white rice...

Adeena: Don't they sometimes polish the rice and take off some of the fiber?

Sharon: Yes.

Adeena: That is the issue with the rice, right?

Sharon: Yes. So not all brown rices are equal but I think nutritionally if you can, not everybody loves quinoa, but I think quinoa would be a more nutritious choice. Not to say that you can't use brown rice, but if they're asking.

Adeena: All right you guys, I'm slicing some radishes and what I did was, if you can see, I cut the radishes into sort of thin rounds and then I go across with a knife and I make a really simple julienne. Kind of the same technique that you would do with ginger, that's the way I like to. I peel the ginger and then I cut it into nice planks as they're called, as they taught us in culinary school, very fancy. But for

something like a carrot, I have my julienne peeler, which is one of my favorite kitchen tools. I'm just going to take that and cut beautiful strips.

I really like had cutting things for this salad, just because I like a variety of length and thicknesses and textures for the vegetables. The cabbage I chopped by hand. Of course you can do everything in the food processor. No judgment here. But because it's just one carrot and I like the result, I'm just peeling here. And once you peel a little bit on one side, you get a flat surface going and you can just keep going here until you have some really nice carrot shreds. This is also great if you're doing zoodles. You can also cut down on pasta by adding some carrots and cutting down on rice noodles, it works really well if you're doing an Asian dish. I do this sometimes with different vegetables. So these things, and all of my cabbage and everything, are going to go into a bowl. Sharon, you tell me when you're ready for the next step or I can just keep going. But if you have something to do, feel free to contribute.

Sharon: Yeah, absolutely. Perfect timing because the mushrooms have released a lot of water and they have actually shrunk a lot in size. They are probably about half, this mixture is about half what it was when I added the fresh mushrooms. I'm going to tilt it; hopefully you can see how they've shrunken down. What I'm going to do, the other thing we're going to rehydrate is actually our raisins. The great thing about this dish is, you know at the bottom of your raisin container, you've got these old, dried out, really really shriveled, raisins and they're not always so appetizing to eat. But in this recipe, you can add them and they will plump up and rehydrate. So it takes some of that moisture from the mushrooms.

The other thing is I'm going to be back here, I hope you have a little bit of a sight line for what I'm doing. I'm going to just cut up a whole green apple and I'm going to make it into sort of smallish bite sized pieces. I'll show you.

Adeena: It's the skin on, right?

Sharon: I kept the skin on because I wanted to sort of bump up that fiber a little bit more. Also the color, the green color, along with the celery in this, it really adds something to it as well. I'm going to cut up this green apple into like I said small, bite sized pieces. I'm going to add them in and also continue cooking the mixture so that the apple becomes soft. We don't want the apple to become mushy, we do want it to be defined, but we do want it to soften so it's not crispy. That will also happen when it goes into the oven and cooks. We want to get it started. I just mixed...

Adeena: You could slice apples or you could do fried apples, you would use red apple.

Sharon: Yes absolutely. I was just going to say, if you don't have a granny smith or a green apple you can use a red apple, which would also probably add some very pretty color as well. I like the granny smith because it adds a little bit of tartness. Not a super sweet apple, so it plays off the raisins. We are going to add just a drop of honey, so I happen to like that for those reasons as well. And it does maintain its shape a little bit better than some of the other apples.

Adeena: Cool.

Sharon: I'm going to raise my heat a little. Yep. And watch, the raisins are plumping and the apple is starting to soften.

Adeena: Great.

Sharon: That's the next step in this recipe.

Adeena: Okay, so...

Jessica: There were a couple questions..

Adeena: Sure.

Jessica: I'm sorry Adeena.

Adeena: Go ahead.

Jessica: There were a couple of questions that came in. What do you think of gluten-free oat matzo as a substitute? You had talked about... Sharon I think that one is for you.

Sharon: Yeah yeah, so again I have to make a disclaimer. I haven't tested them all in this recipe, so I think that you can try anything and see if it works. I don't know about the texture or if it holds its shape when you add...

Adeena: I totally think it will work. I think any matzo will work. I think whole wheat matzo will work, I think egg matzo...

Sharon: We are using whole wheat matzo today.

Adeena: I think honestly you can't go wrong. The matzo doesn't really maintain its super integrity anyway. It does get really soft so maybe it will be a little softer or al dente depending on what kind you use. I personally think that you could use any kind you want, which is what our mother would do, based on what she had in the house.

Sharon: Absolutely. Exactly. And whatever you like. You'll see in the end, you can see a few pieces of matzo but if it falls apart a little bit more, it's absolutely fine. I would say try it.

Adeena: Okay, I'm just going to advance along my quinoa. So as you can see here my freekeh is done you guys. All the water has evaporated from it. What I do is, I want to serve this room temperature, so a nice thing that I do is I sometimes decant my grains onto a sheet pan and spread it out. That way it just really cuts down on the cooling time. Anything that is piled up is going to take longer to cool, so I'm just taking all my quinoa, I keep calling it quinoa, because it's almost 10:00 but it is freekeh after all.

And then I think that my grapes are ready to come out or are close to it, so I want to show you, they look great. They are wilted as you can see. What I like to do, is I like to sort of tilt it and if I see that a lot of juice is coming out, then I know that the grapes are almost ready. I'm going to put them back in for another couple of seconds. But those are the basic ingredients for that salad. I have my roasted nuts, I have my freekeh ready, I have my grapes roasted, and it just has a bunch of herbs and a super super simple dressing.

one thing I'm going to do for my slaw is I'm going to take... also Sharon I'm using a green apple, so I guess we're apple [inaudible 00:40:24] today. Since the dressing has vinegar in it already, what I'm going to do is I'm going to take my apple, and but really thinly slice it into wedges. I'm not going to do anything fancy here. Then because the apple might sit in the salad for a little while, before I actually complete the dressing, I'm just going to toss it in a tiny bit of the vinegar that is in the dressing. That way it will prevent the apple from browning. As you can see there is nothing special about the way I'm cutting this apple. You could do whatever you want. You could use red, you could use green, you could even use a pear, which I think would also be super delicious, especially this time of year. And I'm going to take a little bit of cider vinegar, I'm not measuring, I'm just doing just enough to prevent it from browning.

I'm going to add that as well to my slaw here, which is developing nicely. So you see I've got orange here, I've got apple green, I've got the pale white of white cabbage, I've got red cabbage, I'm going to add pomegranate seeds and herbs, and it's going to be this... our mother always said "you should have at least three colors on the plate" and I think this dish passes the test. Sharon are you ready to carry on with another step? Or do I need a little more time?

Sharon: Absolutely.

Jessica: There are a couple of questions that came in, if I could just interject.

Adeena: Sure.

Jessica: One was when you are roasting the nuts or the grapes on a cooking sheet, it looked like you did not use parchment paper, but somebody was asking...

Adeena: You definitely wouldn't use parchment paper with the nuts, because there's no oil, there's nothing sticky that's going to impact the sheet itself. I am a big fan, I use all of my sheet pans for food styling, and I like them to look messy and used, and cruddy and old, so I like kind of when stuff accumulates on my pan. I don't need them to look perfect. If you want your sheet pans to look spotless and to have them be really easy to clean, absolutely use parchment paper or foil. I think parchment paper is more environmentally friendly these days. It depends on what I'm doing. If I want something to get really brown, and crisp, and dark, or really caramelized, I tend not to use parchment paper. If I'm looking for a more gentle, mellow roasting, or something that is really, really sticky, then yes. I will use...

All right, these are done. I'm taking these out. They're gorgeous.

Sharon: Yum.

Adeena: Those are going to go in our freekeh once everything is cool.

Jessica: Perfect. And then somebody was asking if there is a substitute for the vinegar and mustard, and whether...

Adeena: Absolutely. You can use lemon juice instead of vinegar. The truth is my husband doesn't like vinegar that much but I felt like every single recipe in Sababa had a lemon juice dressing, so I decided to kind of mix it up a little bit. But you can use lemon juice. Then for the mustard, maybe a little powdered turmeric, because a lot of what gives mustard its color is turmeric, and maybe a little bit of horseradish or something spicy cause mustard has spice in it. Also a drop of white wine and also I kind of think, if you happen to have roasted garlic cloves around, you could mash them up and it would have that nice savory...

Maybe mash up some lemon juice, garlic cloves, turmeric, and a little bit of spice of some sort, I think that could be a little bit of a fun mustard. What do you think Sharon?

Sharon: I agree. I like both. I love citrus.

Adeena: Okay.

Sharon: I don't mind vinegar but there are a lot of people who don't appreciate vinegar and don't like it. So yes, experiment. I think that's a great idea.

Adeena: Okay so we've got about 15 minutes left, so Sharon are you moving your dish forward?

Sharon: Yeah, is that okay? You don't have any more questions?

Jessica: Yeah, go for it.

Sharon: Okay so Adeena actually brought up... I decided that I wanted to bump up the fiber a bit in this dish, so I bought and tried, and it's become over the past few years when it's Passover, to have whole wheat, light matzos in the house. The fiber content on this is almost six grams of fiber and in a sheet of regular matzo it's about one. So we are really amping up the fiber, which is great, and it works the same way. I demoed it and it was delicious. All I'm doing is taking two boards of matzo and I'm going to literally just crunch them up in my hands. Like I was talking about before, the mushrooms actually released quite a bit of liquid, so I'm going to see if I need to add any... and what I'm going to do.. sorry to interrupt myself...

If for some reason the pieces that fell in are too big, just take your spoon or whatever you are mixing with and just kind of crunch them up within the bowl. There is no perfect size. They can be different sizes etc... you just want to make sure that they are sort of bite sized, although they will soften a lot. I'm mixing now

and I see that a lot of the mushroom juices and all the juices that have come out of the other vegetables, and even from the apples, the matzo is absorbing. So it is getting softer. I may need to add a little bit, but I don't think a lot at all.

This is the same time where I'm going to use my cinnamon and I'm going to sprinkle a half a teaspoon of cinnamon. You can actually play around with the spices if you want. You could put in cloves if you want, a little bit of all spice, it just gives it more depth of flavor. In my family some people don't like those other spices, so I stick with the cinnamon in this dish. I'm just going to drizzle a drop, really not even a teaspoon of honey, just to give it a little bit of flavor.

Jessica: Sharon, a question about the mushrooms. If somebody is allergic to mushrooms...

Sharon: Yes.

Jessica: Would you think about substituting maybe eggplant or zucchini? What would you recommend?

Sharon: That's a great question and I was thinking about it in preparing for this. Again, I think that eggplant would be okay, it's just that eggplant tends to get soft. I mean Adeena if you from a culinary perspective, you can obviously also give your input. So it probably would be a little bit of a different sort of texture and maybe a little bit of a softer stuffing. I think zucchini might work actually pretty well. [crosstalk 00:47:29]

Adeena: I think yeah, maybe you would want to like pre-sear the vegetables a little more.

Sharon: I was just going to say that. I was just going to say to those vegetables I might want to either maybe roast them or get them brown on the outside so they retain their shape a little bit more. Then I think yeah, you can have fun and see the flavor profile you like and what goes with what. Experiment. I think it's a great idea.

Jessica: Great. And how much cinnamon did you throw in there?

Sharon: I did a half a teaspoon. It's just enough where it smells delicious. I wish you could all smell it. Aroma vision or aroma zoom.

Adeena: Smellvision.

Sharon: Smell vision. Exactly. I don't think it should overpower the dish because you want the other flavors from the apple and the raisin and everything, but it just compliments it I think. Obviously if you love cinnamon or you don't like it, you can really...

Adeena: I just want to highly promote this matzo stuffing you guys. It's so good.

Sharon: I can't wait for you to see the finished product, yeah.



Adeena: We will talk about it more but it's truly addicting. It's so good. It's savory, it's sweet, it's kind of meaty because of the mushrooms, it's so good. The warm spices and the raisins, it's just a winner and it's so good.

Sharon: I have to say that I actually asked Adeena if she thought it would be good to freeze and then defrost, because I thought for people who want to prepare it in advance and then put it in the freezer because there's never any leftovers in my house. It's always eaten.

Adeena: For sure.

Sharon: Yes. It will freeze well and I actually have one in the freezer that I demoed a couple weeks ago getting ready for today. So yeah, Adeena, I'm going to [inaudible 00:49:18]. I'll let you go and then I'm going to put it in a pan and show you the finished product.

Adeena: Amazing, alright you guys, I'm going to make two dressings now. I actually pre-made a little bit. I don't know about you but if I have the spray things of a tablespoon of mustard in a jar, I'm going to make the dressing in that jar and assume it's the amount that I need so I'm not wasting anything. So this called for two tablespoons of grainy mustard but I took a table spoon of Dijon that I thought was on the sides of this. I added about a half a cup of vinegar. I added half a cup of olive oil. I added a tablespoon and a half of honey. And what really makes this dressing special is cumin. It's really a surprise and people really seem to enjoy that warm, earthy spice in this dressing. I've made almost all my dressings in jars. I just feel, why mess up another bowl and use another whisk? I just shake everything until it's incorporated. That is one dressing that's ready.

I thought I would just show you a little bit about how I chop herbs. I pre-chopped here some scallions and some cilantro.

Jessica: Adeena.

Adeena: Yes?

Jessica: There was a question that came in about replacing the cumin and cilantro with other spices.

Adeena: Sure.

Jessica: Is there anything that you might recommend?

Adeena: Cilantro, obviously a lightning rod, divisive, controversial, herb. Parsley, scallions, mint, basil, whatever you want to do. One of the things that is a real joy about living in Israel, is that a bunch of parsley like this costs about 50 cents in the Shuk where I live. I don't peel the leaves off. I just take the whole head of parsley and I tighten the top and I just chop. The stems toward the top are quite tender. I've now created kind of an herb table here. I have chopped parsley, chopped cilantro, chopped scallions, and I'm going to use them to garnish and season all of my salads. I like to do all of those at once.

The salad also calls for a little bit of mint. This is actually spearmint. In the shuk you can usually find both spearmint and peppermint. I find peppermint to be a little bit spicier. In this case, I am going to take it off of the stems cause the stems are really woody and tough. You don't need a lot of mint but...

Jessica: A lot of questions just came in about the spices.

Adeena: Sure.

Jessica: Do you wash before chopping?

Adeena: The herbs?

Jessica: Yes.

Adeena: Yes. So I pre-washed my herbs and I usually put them in a big bowl of cold ice water and then I put the whole bunch in the salad spinner and then make sure it's dried really well. I store my herbs in little glasses with water either on the counter or in the fridge actually, depending on how hot it is outside. I definitely wash my herbs.

Jessica: How long does store bought spices last?

Adeena: Store bought herbs; you want to look for things that don't look dead when you buy them. You can get really good herbs in the states everywhere. If a recipe calls for cilantro and the cilantro looks a little sad, I would get parsley instead. I would just use your better judgment and get the best product possible, and not feel too married to the instructions and the recipe. I always like to say that recipes are kind of more like suggestions than hard and fast rules. I think that any good recipe makes itself open to interpretation. In this case, for instance, I'm putting scallions in here but maybe I'll throw in a little cilantro cause I like it. Now look how beautiful these colors are here. So pretty.

All I have left to do is put in some pomegranate seeds and dress this one, so I'm going to do that and show you. Beautiful pomegranate seeds in here you guys, I mean, check that out.

Jessica: Wow.

Adeena: They are so red and so beautiful. Everyone has their methods for seeding pomegranates. Sometimes I just do it like this, if I'm kind of lazy, I'll just do them and take some seeds straight out of the pomegranate and into the salad. You don't need a lot. They are bursting with flavor and so beautiful. I'm going to just hold that up there so you can see how gorgeous that looks. Then I'm going to dress it and I'm going to... this is a salad that can withstand the dressing for a while because its cabbage and a bunch of tough stuff. So I'm going to pour about half the dressing on the salad, toss it, add my pumpkin seeds, and this salad is basically ready for consumption.

It gets better as it sits around for a while. You've got tart apples, you've got tart pomegranate seeds, you've got earthy carrots, you've got crunchy cabbage, you've got scallions, you could definitely add some jalapenos or chilies if you're into that sort of thing, which we always are around here. This salad is ready to go. When Sharon and I sort of present our dishes in the end I'm going to put the nuts on top and I'm going to hand it back over to Sharon to finish her dish and then I'll finish my second dish.

Jessica: There were two questions that came in I just wanted to ask one to Adeena and then the other one is for Sharon.

Adeena: Of course.

Jessica: They may both be for Sharon. Does parboiled rice change the nutritional value?

Sharon: I don't believe it does. I would be happy to look into that but I have not heard that and I don't believe it does.

Jessica: The other question is do you find that red onion loses the color and taste in the final product? What is the function of the red onion versus the white onion?

Sharon: Right, so like we talked about in the beginning of today, number one the color. It just adds a very pretty color. I'll show you in the final, I'm hoping you can see with the lighting in my kitchen. Yes, you are able to see it dulls a little bit, but it also adds a certain sweetness to the dish.

Adeena: Yeah, isn't it a little more mild?

Sharon: IT's a little milder and a little sweeter, so there is a balance there between the two of them as well. And like Adeena said, we may only have purple onion in the kitchen and that's fine, it's absolutely fine to use. I also just wanted to say something about... someone had asked about adding less salt, anytime you want to bump up your flavor, fresh herbs and spices can really add to a dish and then you can decrease the salt that adds to the dish. That's a way to also bump up...

Adeena: By the way, did anyone else like us, grow up calling it purple onion and purple cabbage, even though they're red onion and red cabbage? Cause Sharon and I just called them purple. My editors of all my cookbooks are always correcting me cause I'm always referring to everything as purple onion. I know that's not a thing but that's what we called it in our house.

Jessica: You have some people agreeing in the chat. Some think of it that way.

Adeena: Maybe we need to start a movement to change it to purple onion in all the cookbooks.

Sharon: Yeah, [inaudible 00:56:43] for the rainbow for sure.

Jessica: There's a way... go ahead Sharon.

Sharon: In the recipe it called for an egg and I wrote that if you don't want to add the egg, you want to make it vegan or someone is allergic to eggs, you can leave it out. In this recipe, I actually left out the egg because this matzo doesn't have eggs, so this is actually totally vegan and if you can see, I sprayed this baking dish, and you can still see very well defined, the mushrooms, and the matzo, and the onions, and the raisins, and all. It is true; I do see the purple onion. It also depends how dark the outer part of the red/purple onion is darker. So use that and that will maintain the color a little bit more. When you bake it also it really gets a nice brown flavor as well.

I will have pre-heated my oven to 350 and this will go into the oven at 350 probably for about 40-45 minutes, I would check it. You want to make sure it doesn't get too brown or too dry. It should be a little bit moist. With this thing, sometimes it's a bit loser you can cut it. It might come out as pieces and sometimes you just scoop it up and it's not perfectly defined which is amazing either way. It tastes delicious and it's great. So I'm going to put this in the oven and pull out the ones that I already prepared.

Adeena: Cool. So you guys I'm just going to finish off this freekeh salad. I'm using my micro plane, which when I get asked in articles and stuff, what's your favorite kitchen equipment, I always say this. It's so useful. You should never juice a lemon without zesting it in my opinion. It just always adds freshness and zestiness. A lot of the flavor of a lemon is carried in the oil and the rinds. If you ever buy lemon extract, it's made from the oils. Oranges also have that incredible oil. You know how if you crack a lemon rind or an orange rind and light a match it will crackle. That's because there is a lot of oil in the skin.

So I've now zested that and I thought I would show you guys for fun, my incredible, Israeli juicer. This is my Zaksenberg. It is the same one you see in all of the juice shops in Tel Aviv. I've put a little sieve on top of my jar to catch the pulp and then I just pump right into there. Not this is an expensive machine if you are ordering to America. It is not cheap here either, but the next time you're in Israel, leave room in your suitcase. We are hoping to see you all in Israel, very soon I might add. We are eagerly awaiting the return of tourists. I am sure many of you are looking forward to seeing your friends and family here.

So I'm going to put in about a third of a cup of lemon juice. As you can see now the pulp is in here. I'm going to add an equal amount of olive oil; I'm going to eyeball this, just because you don't have to be really precise. Because it's the exact same amount, that's okay. I'm going to put in some chili flakes, which are going to give it some really, really good flavor. A little bit of salt and pepper and then this dressing is basically good to go. I'm going to toss in the grapes into my salad before I toss in the dressing.

But again I'm just using a jar. As you can see, if you leave a lot of headroom in the jar, it's really going to emulsify and get just as creamy as if you blended it or something like that. Look at these grapes have cooled. They are ready to go into the salad. They're a stunning color, they taste amazing. I usually save a few to snack on so I'm going to keep these super burnt caramelized ones here for my own private stash. We've got our roasted almonds here instead of walnuts. I'm

going to add the dressing and I'm going to throw in a bunch of herbs, whatever I have around.

Now I'm just going to toss this baby up and you're going to see how luscious and beautiful it is with the grapes, and the herbs, and the nuts, and the lemon zest, and the amazing, smoky, freekeh. So again with the flavor contrast of smoky and sweet and then you've got crunch which we like really a lot on our house. And there you have your freekeh and grape salad.

Jessica: Amazing. [Crosstalk 01:01:25] I just want to let everybody know that we've been taking notes [inaudible 01:01:34] we will be sending them with the name of the juicer and where it's available. You can find that out on there. Adeena, a question had come out about which is spicier: Peppermint or spearmint?

Adeena: Peppermint. I think the name pepper is the way to remember. If you are anything like me, my memory is completely shot. So if I think pepper, I think it's a little bit spicy. Peppermint is a little bit hotter than the spearmint.

Jessica: Great. And I think there was one other question that had come in that I missed. Oh, substitutions for pomegranate seeds?

Adeena: Oh, great question. You can use raisins instead of pomegranate seeds. I actually recommend tiny, chopped green apple because it sort of approximates the tartness of the pomegranate seeds, so you could do that. You could do dried currants. Anything that has a little bit of tartness, you know, cause what you are looking for is that burst of tartness to contrast everything else. So those are good substitutes. Green apple is my favorite actually, and probably the most available and the least expensive, so it's always a good option.

Jessica: A couple of people are throwing in ideas like barberries and dried...

Adeena: Barberries! Yeah, oh my gosh, those are great suggestions. Barberries can be hard to find. You can usually find them, again, in Persian markets, because they are Persian [inaudible 01:03:05]. Persians are known for their incredible rices and stews, and those barberries go in all those stews. So they are tiny, little, very tart, beautiful, dried berries. Sharon, you want to show everyone your stuffing?

Sharon: Yes, so this here is the stuffing.

Adeena: Ooh it looks so good.

Jessica: Wow! It looks amazing!

Sharon: It smells delicious too. As you can see it browned a little bit on the top, everything is nice and plump, and it's just a real nice hearty side dish. It can be served any time. And like we talked about, you can use bread, you can use anything else, you can also leave out the matzo, or substitute, but it is sort of a go to. And it's also special. I don't make it all the time but when I do everybody knows and they can smell it and they're very excited. So that's my stuffing.

Adeena: Does anyone have any questions about Sharsheret? Or anyone asking Sharon about her nutritional practice? I mean, I actually have a question and here we are talking in front of people. What's different about doing nutrition for kids and teenagers than for adults? What is the main difference?

Sharon: Well that is a very broad question. Kids are not little adults. They have different needs and also they're growing so there are a lot of different ways to approach it. Once we get into adulthood we have certain ways of thinking about things. I think educating kids when they are younger is a way to start to lead people on in a healthier lifestyle. Kids are not mini adults.

Adeena: Okay, cool. And it's not about weight loss necessarily. It could be a million things.

Sharon: No, my favorite quote really applies to kids of any age. "kids should eat a better diet. Not be on a diet." That is really my philosophy.

Adeena: Adults too.

Sharon: I said kids of all ages.

Jessica: And you are available virtually, somebody was asking.

Sharon: I am. Basically my practice is a zoom practice at the moment due to Covid, which I had previous, before Covid. So yes, absolutely. Everything is compliant and I would love to talk to people. Definitely. Thank you.

Jessica: Thank you. And I promise, we will get the information on the juicer and get that out to everybody who is on this. Adeena, do you want to show your beautiful salads?

Adeena: Yeah, I put them right here if you want to highlight this camera. Here we have the freekeh and grape salad and here we have the beautiful slaw. You guys can always add a little more or less dressing, you can add more apple, I think I forgot to put red onion in the salad by the way, but feel free. Always seasoning with salt and pepper. Salt is the most important seasoning for any food. If you're going light on salt, a little goes a long way. That's all from my end. It was so fun to be here and to talk about the bake sale and to see my sister for an hour, cooking live. We'll be together in person, baking, for our Sharsheret bake sale for the [inaudible 01:06:48] and Manhattan in a few weeks, which we do every year.

Sharon: We didn't do last year so it will be really fun to be back together.

Adeena: It will be.

Jessica: Well we are so grateful for both of you for being here tonight and this afternoon. It's been amazing watching you share Sharsheret and share your recipes with us has really been such a great program. Thank you. We recommend that you follow Adeena on Instagram and you check out Sharon's website. We want to thank Carly again for sharing her inspirational story with us today. Please take a

moment to fill out a brief evaluation survey, that's going to be linked in the chat now as I mentioned. We are giving away three Sababa cookbooks and a one hour virtual nutrition coaching session with Sharon. So if you are interested, please completely fill out the evaluation to enter the giveaway. Evaluations really do inform our future programming, so thank you so much for taking a minute to fill it out.

We would love for you to stay connected with Sharsheret via social media on Facebook or @Sharsheretofficial 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, to help 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](mailto: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 wanted to let you know that we have several exciting webinars on a wide range of topics planned over the next few months. Our next Sharsheret in the Kitchen webinar is Monday, November 22nd with the Kosher baker Paula Shoyer. Paula will be demonstrating some lighter desserts for our holiday celebrations. The link to register is in the chat. Please check out our website regularly to see what topics are coming up. The link is in the chat. You can also access the recordings and transcripts of all of our past webinars on our website. From all of us at Sharsheret, thank you so much for joining us today and throughout the summit. We hope you've enjoyed the informative programming throughout the last week.

Sharon: Thank you.

Adeena: Thank you guys so much. It was so great to be here.

Sharon: Thank you. Such an honor and pleasure. Bye.

Adeena: Bye Sharon! Love you!

Sharon: Love you!

Adeena: Bye everyone. Thanks for following along and stay in touch. We look forward to being in touch with all of you. Bye.

Sharon: Be healthy. Bye.

## 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**

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