



Sharsheret in the Kitchen - 6-Minute Dishes with Karen Nochimowski @themommachef

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- Karen's Facebook: <https://www.facebook.com/themommachef>
- Karen's Cookbook: <https://www.amazon.com/6-Minute-Meals-Simple-Minutes-Ingredients/dp/1645676617>

KAREN'S TIPS:

Cauliflower Salad with Pomegranate and Toasted Almonds

- Be VERY careful when you toast your nuts – put them in for one minute maximum and watch them. Setting the timer on your phone is a good way to make sure you don't walk away and miss the timer go off on the toaster. • Do not use frozen cauliflower in this recipe – it must be fresh.
- You could use rice instead of cauliflower in this recipe or use riced broccoli. But Karen really recommends using cauliflower for this recipe since it's really the star of this recipe.
- If you don't like (or can't find) pomegranate seeds, you can substitute dried cranberries. It's nice for the same pop of color!
- If you have leftover pomegranate seeds, you can scatter them on top of almost anything – salad, meat dishes, veggie dishes.
- You can use frozen pomegranate seeds if that's all you can find. • Give the dressing some time to sit on the salad before serving so everything can really soak up the flavor.
- Karen used Tessa Mae's organic Lemon garlic salad dressing from Whole Foods, but any lemon vinaigrette will do!
- From the chat box: I think chopped cabbage might work as a substitute for the cauliflower. This also might be delicious using quinoa too.

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Creamy Carrot and Sweet Potato Soup

- Olive oil is great, but avocado oil is great at a higher heat. Coconut oil works nicely too. Avocado oil is her favorite because you can use it in anything, doesn't have a noticeable taste, and can be used at any heat.
- She used organic, pre-diced onions from Whole Foods, but many groceries sell pre-chopped onions. Or you can chop them yourself!
- She also used pre-cut sweet potato from Whole Foods, but knows that Trader Joe's and Costco also sell them. She can't remember the last time she cut up sweet potato!
 - You don't need to puree the soup, but she likes to. She recommends using an immersion blender – make sure you have a couple inches above the soup to the top of the pot to use it or it will splatter outside! If you don't have room or don't have an immersion blender, you can pour the whole soup into a blender as well.
- You can use low-sodium broth and add salt to taste if you're watching your sodium.

Coconut-Curry Mahi-Mahi

- Coconut oil is not necessary for the flavor because the coconut flavor mainly comes from the coconut milk. She'd recommend avocado oil instead of olive oil if you don't have or don't like coconut oil.
- She likes to use fresh garlic, but recommends the frozen garlic cubes as well. She doesn't recommend the pre-chopped garlic because they contain additives and don't taste as fresh.
- She doesn't recommend low-fat coconut milk in this recipe – the flavor will be fine, but it won't be as thick. You can use low-fat if necessary for your dietary restrictions.
- Don't worry about the separation in the coconut milk can. That is natural. She recommends mixing it a bit in a bowl, but notes that isn't necessary. The chunks will melt over the heat while cooking.
- Red Thai curry paste is available at most groceries or online. It offers a small kick without being very spicy. Especially as the coconut milk cuts the spice. • It's okay to omit the sugar if you need to, but you won't actually eat very much of it per serving since it's such a small amount.
- You want a hearty, thicker fish (salmon, cod, halibut), not a flaky fish or it will disintegrate. She does recommend asking them to cut off the skin if that's all they have at your grocery or fishmonger. She wouldn't recommend tilapia in this dish because it is thinner and flakier.
- You could also make this with chicken instead of fish.
- Simmer (small bubbles) while covered for 10 minutes.
- She serves it in a white bowl so the color really pops.



Miscellaneous

- Karen loves tips, tricks and ways to make things easier, so she recommends buying things pre-chopped whenever possible!
- If you're cooking for one, consider freezing your leftovers instead of cutting down the recipe too much.

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.
- 1 IN 40** Ashkenazi Jews, **BOTH MEN AND WOMEN**, carries a BRCA1 or BRCA2 gene mutation.
- Individuals who carry genetic mutations should **HAVE THE OPPORTUNITY** to make choices about high risk screening and risk-reducing surgery and treatment that can **SAVE THEIR LIFE**.

SHARSHERET
The Jewish Breast & Ovarian Cancer Community
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If you have any personal questions about your family cancer history or genetics, please contact our genetic counselor at genetics@sharsheret.org.


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