



Sharsheret in the Kitchen

Fall Favorites with Kim Kushner

National Webinar Transcript

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Presented by:



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Jessica Jablon:

Welcome. Thank you so much for joining us for tonight's webinar during this difficult time. I want to begin by saying that Sharsheret stands with Israel, and we mourn with the families and friends of those killed, pray for those injured and kidnapped, and hope for lasting peace. As our hearts are focused on Israel, Sharsheret continues to provide vital cancer support and education to thousands who depend on us. We're glad you're here tonight for Sharsheret in the Kitchen - Fall Favorites with Kim Kushner. I'm Jessica Jablon, California Regional director 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, and we also provide health education throughout the country. One of our goals is to make sure that we are offering healthy living and cancer prevention information to you and giving you what support you need. So, 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.

Now, before we begin, a few housekeeping items. Today's webinar is being recorded and participants' faces and names will not be in the recording as long as you remain muted. It will be posted on Sharsheret's website along with a transcript in the next couple of weeks. If you would like to remain private, you can turn off your video and rename yourself, or you can call into the webinar. And instructions are in the chat now for both options. You may have noticed all participants were muted upon entry. Please keep yourself on muted throughout the call. If you have questions for Kim, put them in the chat box either publicly or you can click on Sharsheret in the chat box to submit a private question, and I'll ask them throughout the program. We will send out a follow-up email with tips and recommendations from today's webinar with the recording.

We're very excited to continue our Sharsheret in the Kitchen series, 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. We've had some really wonderful guests for this healthier cooking series and we invite you to check out our prior Sharsheret in the Kitchen webinars on our website at the link in the chat.

You should have received the recipes for today's webinar in advance. My colleague is putting the link in the chat, so you can download and print it or see it on your screen. We want to thank our incredible Sharsheret In the Kitchen webinar sponsors, Cedars-Sinai and the Cooperative Agreement DP19-1906, from the Centers for Disease Control and Prevention. It is because of their generous support that we've been able to continue to provide this series of incredible webinars.

And as you may know, this webinar is part of this year's Sharsheret Summit, and we want to thank all of our Sharsheret Summit sponsors, Daiichi Sankyo, GSK, Merck, AstraZeneca, Pfizer, Seagen, Lilly, Natera, Eisai, GE Healthcare, Northwell Health Cancer Institute. Additionally, we want to thank our summit national partners, 18Doors, the Alpha Epsilon Phi sorority, Bassett Center for BRCA, Cancer Support Communities and Gilda's Club, The Cooperative Agreement DP19-1906 from the Centers for Disease Control and Prevention, Clean Speech NYC, JCC Association of North America, the Jewish Orthodox Feminist Alliance, the Jewish Orthodox Women's Medical Association, JScreen, the Network of Jewish Human Service Agencies, Oneinforty, OneTable, Ritualwell, SVIVAH, Women of Reform Judaism and Women To Women.

There's more information in the chat box about our summit. I wanted to share that Sharsheret's 15th annual Pies for Prevention sale officially opens next Monday. Adeena Sussman and Sharon Wieder,

Sharsheret in the Kitchen - Fall Favorites with Kim Kushner

longtime supporters of Sharsheret, launched the Pies for Prevention national Thanksgiving bake sale in 2008 in memory of their mother and grandmother, whom they lost to ovarian cancer. In the past 15 years, Pies for Prevention has raised over \$756,000 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 bakeries selling anything from pies to chocolate chip cookies, to pumpkin loaves, and more. I'm giving you a sneak peek because more information will be coming out next week when the sale officially starts. But if you are interested in finding out more about purchasing baked goods and supporting Sharsheret's 15th annual Pies for Prevention Thanksgiving bake sale, visit the link in the chat to see if there's a baked sale happening in your area. And know that there are still some bake sales being added.

Additionally, this year Sharsheret will donate 10% of the net proceeds from baked goods sold to the following Israeli organizations, serving families affected by cancer and by war-related trauma: The Israel Lemonade Fund, which provides emergency financial aid for nonmedical expenses for women with breast cancer, and Haverut, which conducts mental health support groups for women, including those who are at risk and living with cancer.

Now, I'd like to introduce Bailey, who's going to share her personal story with us.

Bailey Kramer:

Hi, everyone. My name is Bailey Kramer. Thank you guys for having me here today to share some of my own personal story with all of you. So, I was diagnosed with breast cancer, invasive ductal carcinoma, on March 30th, 2022. And I was 28 years old when I was diagnosed. So, a lot of people will ask how I found my lump since at my age there isn't any sort of breast screening. So, I was actually vacuuming and my left arm kind of grazed my left breast and I had a shooting pain. And when I had that, I felt my breast and I found a lump. So, being that I was only 28, I mean my first thought was, "Definitely not breast cancer." I thought I just had a cyst or something going on, so I kind of just brushed it off. And as time went on come November, I did finally mention it to my doctor and I had just started my cycle, so we both just kind of assumed it was a cyst.

And she told me, "If it doesn't get better, it doesn't go away, let me know about it." So, then we fast-forward about six months later, so now it would've been March of 2022, I had noticed that the lump was much worse and hardening on the side and some other symptoms. So, I did let her know. And then from that point is when the ball kind of started rolling for me, and I started getting ultrasounds and scans and all of everything. So, at that point I was diagnosed. And upon my diagnosis was when I actually found out that I am positive for the BRCA2 gene and the PALB2 gene mutations. So, I didn't know that previously, and unless your direct parent or sibling has those genes, they won't cover the testing, so I just never had it done, even knowing that breast cancer did run on my paternal side of the family.

Well, after we had found out about the mutations, that is when I met my breast surgeon and the first thing I had was a double mastectomy. So, my double mastectomy was about six weeks after my diagnosis. And during that, they had removed five of my sentinel lymph nodes. After that, I was confirmed that cancer had spread to three of the five lymph nodes that they had removed. With that being said, I knew at that point I just knew I was going to have to go through chemotherapy and radiation, which I did. I went through 16 rounds of chemotherapy and I had 28 rounds of radiation. And I actually received proton therapy, which to some people is a newer type of radiation that I'm actually lucky to have gotten because there's a proton therapy center within 45 minutes of where I live.

I will say during my whole journey the hardest part emotionally for me was the thought of losing my hair. I really struggled with it and I tried not to because it felt vain, but I just had a lot of trouble

accepting that I wasn't going to look like me or feel like me. I also have a son, and during all this, he was three, he's four now, but I didn't want him to know anything was going on, and he knows his mom with long hair. So, I was worried if I came home with no hair, he'd kind of be like, "Mom, what's going on?" So, with that, I started to do some research and I found out about DigniCap, which is an FDA approved scalp cooling system.

The success varies depending on your chemo regimen and of course, a bunch of other factors. But I knew that with my specific regimen, because of my age and my gene mutations, I knew that my regimen was going to be pretty harsh. And with that, I knew I'd have some balding possibly with the DigniCap and et cetera, but I still wanted to try it to keep my hair. Thankfully, I had great success with DigniCap and I didn't have any balding. My hair thinned out a little bit, but I kept more than 80% of my hair. So, if anyone saw me and didn't know who I was, they would have no idea that I was going through chemotherapy.

But this brings me to Sharsheret. I could not have done it without Sharsheret, and it literally brings tears to my eyes thinking about it. And I'll never forget the day that I connected with them. So, I found out about Sharsheret it through HairToStay, and I remember I was super frantic that day because I was about to start chemo in six days and I needed to order my cold cap and treatment card, so that way I would have everything in time for chemo. And I felt super lost with just so many things on my mind and financials and just everything else that I knew I needed to get this stuff in order. So, the cold caps are kind of costly and I did need some sort of financial help.

And every single person that I've gotten to know at Sharsheret has helped me to the next stage. So, when I reached out, I told them that I was getting started super soon. And she knew I was nervous and she immediately made me feel better. She assured me that, "We'll get it done ASAP." And the girls teamed out together. I know through the application department and one of the support coordinators, they had received and got my subsidy approved all within the same day. And when I opened the email and I read that I was approved, you could just hear their voices on the other side of an email just about how excited they were and how excited I was altogether. I just wanted to celebrate. It was like a breath of fresh air and just tears were streaming, and it felt so good to know that I had this support and I couldn't have done it without them. And it helped me through my journey feel more like myself, being able to keep my hair and not have to worry about those financial parts of it as well.

But that doesn't even end there with Sharsheret. I mean through my journey, it could be a month later, two months later, and I'm still getting emails and connecting with the coordinators, and they're asking how I'm doing and checking in on me. And it's like you make this relationship and this friendship and bond. And I truly can't begin to tell you how much it means to me and how great it makes me feel that I feel like it's family to me, that I've made these connections at Sharsheret. And I am super happy now because I'm also part of their peer support network too. So, hopefully I'll be able to give back and help somebody else that's in this situation that needs someone to stand by them because a cancer diagnosis is always scary, it's overwhelming. And I've learned that one day at a time is just the best way to get through it. So, don't worry about what's going on tomorrow and just really try to focus on your today.

I've been an open book through my journey and I hope that it helps other women along their journeys. And I also have an Instagram page. It's @baileysbreastcancerjourney, where I have had a lot of women reach out about cold capping and chemo and things like that, that I've been able to kind of stand by their side. So, I'll always say and I always say it to all the other girls, just if you're in this situation, you just take a deep breath and just keep going because tomorrow's going to be a better day. We're all so much stronger than we think that we are, and it really takes a village. And I'm really happy that I have met some amazing women, and I've also feel like I've become part of the Sharsheret village as well. And

Sharsheret in the Kitchen - Fall Favorites with Kim Kushner

it's a good feeling to have that community altogether and fighting this together. So, thank you again for having me here today to speak with all of you, and I hope you guys have a great night.

Jessica Jablon:

Thank you so much, Bailey. I mean, what you shared is so important and powerful. And thank you for being there for so many others through your journey. And we put Bailey's Instagram handle in the chat if you want to follow her. If you're interested in finding out more about genetic counseling, we have a genetic counselor on staff here at Sharsheret, as well as if you're interested in finding out more about our financial assistance programs, like for scalp cooling or areola and eyebrow tattooing, or real hair wigs, please contact us at clinicalstaff@sharsheret.org.

But now, I am so excited to introduce Sharsheret's national board member and culinary educator, Kim Kushner. Kim is the bestselling author of *The Modern Table*, *I Heart Kosher*, *The New Kosher* and *The Modern Menu*. Raised in Montreal, Canada, Kim learned to cook at an early age from her Moroccan born mother and spent summers with family in Israel. In 2005, she launched Kim Kushner Cuisine and now travels the world teaching her wildly popular cooking classes. Kim's cooking style reflects her busy life as a wife, mother of four, teacher and author. And she's become well-known in New York City and abroad for her healthy and hearty dishes made from locally grown produce.

Kim's Sharsheret story began years before she knew how connected she actually was. Teaching cooking classes for Sharsheret gave Kim wonderful opportunities to bring a community together, committed to providing support to those touched by breast cancer and ovarian cancer. And when Kim learned that she carried a BRCA mutation, her personal Sharsheret story deepened and she became an advocate for Sharsheret and for protecting your health. And not only is Kim here tonight as part of our Sharsheret Summit, but on November 9th at 6:30 PM she's hosting our New York City Gala, *An Evening of Wonder Featuring the Extreme Magic of Eric Wilzig*. And if you're in the New York City area, we hope you'll join us. And more information can be found at the link in the chat.

And stay on to fill out our evaluation at the end of the webinar, and you could receive one of three copies of Kim's cookbook, *The Modern Table*, in a giveaway. And thank you, Kim, for generously donating those cookbooks. Welcome to Sharsheret in the Kitchen. We are so excited to have you here to share some of your delicious fall favorite dishes with us. I'll turn it over to you.

Kim Kushner:

Thank you so much. Thank you for having me. And Bailey, thank you for sharing your story, you're inspiring. And it's really an incredible journey that you've been through, and we all can learn so much from you. And so thankful that Sharsheret is part of all of our lives. We're very, very lucky. It's really an incredible organization. And if anybody's in New York next month, please come to the New York City event on November 9th. It's going to be wonderful.

But I know that everyone wants to get moving with the recipes, and that's what we've come here to do. So, really, I'm going to be demoing very simple fall favorites. These are my go-tos. And it's going to be quick and easy. And let's get started. So, the first recipe we are going to start with is what I call dinner in 15 minutes. It's basically an herb crumbed fish recipe, that you could make using any kind of fish that you like.

Tonight, I'm going to be using some beautiful sea bass filets that I have right here. And I kept the skin on, but you could make this dish literally using salmon, sole, halibut, any fish that you like. This recipe actually even works on chicken as well. So, it's super, super simple. All you are going to need is a small

food processor like this and any herbs that you have on hand. And what I love about this recipe is I like to buy a lot of fresh herbs, but oftentimes I'll forget about them or they're coming to the end of their life in the fridge, and this is a great recipe to make with them. It's a crumb topping using any variety of herbs, juice from the lemon, salt, pepper, olive oil. And then, you can mix in the crumbs of your choice. You can use breadcrumbs; you can use panko, corn flake crumbs.

If you don't want to use a bread-based crumb, you can use nuts, chopped up nuts of your choice, pine nuts. You can use seeds like sunflower seeds, sesame seeds. Any really ingredient that will give it a little bit of bite and crunch. And what's great about this herb topping is oftentimes I'll make a big batch, put it in a Ziploc bag and store it in the freezer and it really then becomes so easy. All you need to do is pick up some fresh fish, top the fish, pop it in the oven. And then, in 13, 14 minutes, dinner is ready.

So, I'm going to begin. I had some cilantro, I had some fresh mint, I had some dill that was already chopped up and some parsley. And I am going to put them in this food processor. Let me move this bottle over so you can see. I'm going to take the juice from half of a lemon, and squeeze it in. If you wanted to add in garlic or onion, you certainly could, but I'm keeping this simple. I love that when I cook fish, I like to buy really fresh, delicious fish. And I try not to cover up the flavor or mask it with too many ingredients. I think if the fish is fresh, you really do not need to do too much to it. So, I have the juice of half a lemon, the variety of fresh herbs.

I'm going to add some extra virgin olive oil, a good pinch of kosher salt, a couple of turns of ground black pepper. And I'm going to add in a squirt of yellow mustard. You can use Dijon, you can use grainy. I just like it for the color and the burst of zestiness. And I'm going to process this with a couple of pulses. And I'm going to add my crumbs. So, for tonight, I'm using corn flake crumbs. And you guys have the recipe, so you'll have the exact measurements, but really it's a no-measurement recipe. It's one of those things that you can use what you have on hand and you'll add as much crumbs to make it the consistency as you want. So, you start with about a tablespoon out a time, until it comes to the desired crumbiness that you like. So, here I go. I'm going to add a little bit more, and it should be just perfect.

You don't want the crumbs to be wet. You want them to feel like just a burst of herby crumbs. And what I'm going to do to the fish here is I'm going to season it with salt and pepper, and then I'm going to top it with the crumbs topping. And you can do this on filets that have the skin removed, filets that have the skin on. You can use fish steak. You could do it in all different ways. I like to use these even sometimes on chicken breasts. Just rub some of the crumbs on, pop it in the oven. It's very, very simple and straightforward.

Jessica Jablon:

Kim, there's a couple of questions that came in.

Kim Kushner:

Okay. What are they?

Jessica Jablon:

One says that they love your lemon juicer and they feel like they see it all this time on Instagram and they need it. Who makes it?

Kim Kushner:

Sharsheret in the Kitchen - Fall Favorites with Kim Kushner

I mean, I think this must be 20 years old. It says Zulay on it, Z-U-L-A-Y, but I feel like it was from Williams Sonoma a very, very long time ago. You can get them on Amazon. It's not a very special particular one.

Jessica Jablon:

And then, someone pointed out that we inadvertently left off the olive oil off of the recipe instructions. So-

Kim Kushner:

You just need a drizzle, just so that it'll stick together and adhere to the fish. So, I would say start with two teaspoons and go from there.

Jessica Jablon:

Okay. And can you use other things besides olive oil or is it just olive oil?

Kim Kushner:

I mean, you can use different types of oil. I tend to prefer olive oil, but you certainly can use a grape seed oil. You can use... I try to stay away from the vegetable oils, but you could use a little bit of toasted sesame oil would be delicious.

Jessica Jablon:

Maybe avocado oil?

Kim Kushner:

Avocado oil would be great. You just want to top the fish like this. And then, I place it into a very hot 425 degree preheated oven for about 12 or 13 minutes. And it is buttery, the crumbs melt into the fish while they're cooking and they find their way into the cracks and the crevices, and it's just simple, delicious with a green salad or some rice, or a baked potato, just simple and easy and great. And I love holding onto these crumbs, keeping them in the freezer because it just makes it so much easier. One step is just done already.

Jessica Jablon:

It looks amazing. And I love how simple it is to be able to just make it and pop it in the oven. Someone wants to know if the fish can be sautéed or if it has to go in the oven as indicated in the recipe?

Kim Kushner:

So, the problem with sautéing the fish is you might lose some of the topping when you're sautéing it. So, if you just want to sauté it on the bottom and let it cook from the bottom up, that's if you like to serve your fish more on the rare side, it will work. But the flipping might get a little tricky because when you flip it, I think a lot of the crumbs will fall off. Alternatively, you can sear your fish to your desired likeness and then put the crumbs on top. They don't need to be cooked.

Jessica Jablon:

That's a fun tip. And my colleague is taking notes as we are watching, Kim, and we will send that out with the recording in the next couple of weeks as we get it on our website.

Sharsheret in the Kitchen - Fall Favorites with Kim Kushner

Kim Kushner:

Okay, great. So, we're going to move along. It's funny because I do a lot of cooking demos and they're often very quick and swift. And the guests will say to me, "Oh, my God, that was so fast. That was so easy." And I always say, "It just happens to be the style of my cooking." So, as long as everyone is okay with quick, we're going to move along to the next recipe, which is cauliflower steaks roasted with za'atar, olive oil, and just beautifully roasted in the oven. And I love this recipe. Again, it's like a three-ingredient recipe. Za'atar, as many of you probably know, is a Middle Eastern blend of spices using dried herbs and sesame seeds. And it has a very earthy, nutty taste to it.

It's delicious. It's salty. It's like a great coating. And I happen to love it on cauliflower. So, what I like to do is I trim the cauliflower and then I slice it into about one-inch thick slices as such. And I have prepared a parchment-lined baking sheet. And very simply, I am going to just place these beautiful cauliflower steaks, which are really like a meal on their own once they're cooked. They're so hearty and delicious. So, I'm going to place them on this baking sheet right here. And very, very simply, it's high-quality extra virgin olive oil drizzled over the top. Again, you can use different types of oils. Avocado will certainly work. I like to use an extra virgin olive oil.

Jessica Jablon:

Actually, there was a question that came in about the olive oil. Somebody said that they see people decant their olive oil the way that you have it. Is there a reason for it other than aesthetics? In other words, does the oxygen help the flavor?

Kim Kushner:

So, this actually came in this bottle. This was a gift from someone. So, I didn't decant it. I never... I'm not going to say never. I do keep, on my counter, decanted olive oil. The reason why I do it is not because it changes the taste or anything. I like this pourer. It pours very slowly and delicately so I can have more control, but that's the only reason I would decant. Not to my knowledge, does it do anything to the taste or have any benefits. I think it would probably be more beneficial to buy olive oil in a glass bottle than a plastic bottle, but that's like anything else. So, I'm going to add a good nice sprinkling of kosher salt. The cauliflower could really take it. So, I always say season it more generously than you might think it needs. Again, some freshly ground black pepper and the za'atar. Oh, boy. Oh, goodness. This is live Zoom, right? I'm going to find another one. Just one sec. Okay.

Jessica Jablon:

We always love to

Kim Kushner:

You can use... My hands are slippery from the...

Jessica Jablon:

Well, we always love to see that we're not the only ones who have sometimes little things happen in the kitchen. That's just part of cooking.

Kim Kushner:

Sharsheret in the Kitchen - Fall Favorites with Kim Kushner

Right. You know what? I just moved into this apartment, into this kitchen one week ago, so everything is new and fresh and totally new to me, but I'm going to use... This is an herb blend. It's not za'atar. But just for the purpose of the cooking class. And I'm just going to sprinkle the za'atar over it, pop it into the oven, 375 for about 20 minutes. It gets caramelized, it gets golden, and it's delicious. I love to eat it as a side dish. I love to eat it with a scoop of sour cream, or I could even stuff it in a pita with some humus. It's just delicious. And it's one of those things that lasts in the fridge a couple of days, although I don't think it will last that long because it's a real crowd pleaser. Everybody loves it. And I have a photo. Where's my book? I do have a photo of... Oh, here. I have a photo of the finished product, which I will show you guys as well.

Jessica Jablon:

Ooh, that looks so good.

Kim Kushner:

Yes. All of these recipes are in [The Modern Table](#) cookbook. So, yes, it's great. And always a crowd pleaser, delicious, easy, just super, super simple and easy. So, that's always a bonus.

Jessica Jablon:

There were a couple of questions about the cauliflower.

Kim Kushner:

Sure.

Jessica Jablon:

One was, could you do the same recipe with the little florets?

Kim Kushner:

I'm sorry? Can you do the same recipe...

Jessica Jablon:

With the little smaller pieces of cauliflower?

Kim Kushner:

Sure. Yes. What cutting them into these steaks does is it allows it to really caramelize because the bottoms are flat, so they are directly closer to the heat. Whereas when they're florets, they steam rather than caramelize, but it will certainly work. Yes.

Jessica Jablon:

And somebody said that they always have problems when they're slicing the cauliflower and it always falls apart. Do you have any tips on that?

Kim Kushner:

Sharsheret in the Kitchen - Fall Favorites with Kim Kushner

So, I think that one good tip is to keep the base of it in place when you're slicing, and to really hold the head of the cauliflower and to go thicker, because the thicker you cut, the better slices you'll get.

Jessica Jablon:

That's great. I mean, your slices look so perfect. I know I was kind of in awe. And somebody else is asking do you have to turn the cauliflower?

Kim Kushner:

No, I use a convection oven, so the heat is pretty gradual. It's all over. I've never had a problem. Sometimes I'll move the tray from top to bottom if it's not getting as crispy as I'd like it. And also, I oftentimes prepare this dish earlier in the day and then reheat it in the oven before serving, and it will get even crispier when I'm reheating it.

Jessica Jablon:

Oh, that sounds really good.

Kim Kushner:

Yeah. All right. Okay. So, that was the second recipe. And the third and final recipe for the night is a recipe for chocolate chip cookies that I call my chewy, nutty, gooey, delicious chocolate chip cookies that really went viral during COVID. This was a recipe I made before Passover. Again, it's got just three or four ingredients, and you can make them in one bowl. Super, super simple and people love them. So, we're going to get to that.

So, unlike most cookie recipes that use flour, the base of this recipe, the dough, quote, unquote, is really made out of finely chopped, actually, coarsely chopped nuts. And again, you can use any nuts that you like. I like to use a blend of pecans and hazelnuts, or sometimes I'll use walnuts, and that is what makes up the base of the cookie dough. And then, I add in these miniature chocolate chips, and they're stuck together with one egg and a little vanilla, and they are really, really delicious.

So, what I've done is in that same mini food processor, I've processed the pecans. I'm just going to show you, so you can see. They're not super fine. There's still some pieces within them because you don't want them to be super, super fine. You want them to be coarsely chopped. And what I'm going to be using is half a cup or three quarters of a cup of sugar. You can use brown sugar. You can use coconut sugar. And I'm going to use two cups of the nuts. So, here's one cup of the pecans, and here I have one cup of hazelnuts that have been chopped. And it makes this recipe super easy when you have these ingredients already ready to go in the freezer, which I often do. I chop them up, store them in the freezer, and then I whip this together.

So, two cups of chopped nuts. We have about half a cup of sugar. I'm going to add one egg. I'm going to add a little teaspoon of vanilla extract and I am going to stir it together. And you want to get a dough that sticks together, doesn't need to be sticky. Once all of these ingredients are adhering together, you know you have the right consistency. If it is too dry, you can add a drop or two of water, literally like half a teaspoon at a time. But usually, this is pretty spot on. So, this is mixing up super nicely and I'm going to add in some chocolate chips. And I like the miniature size because it's not the stickiest dough. I find that using a bigger sized chocolate chip sometimes makes it difficult to form them into cookies. So, the miniature size works really, really well.

Sharsheret in the Kitchen - Fall Favorites with Kim Kushner

Jessica Jablon:

Amazing. Somebody asked if you're allergic to egg, can you substitute flaxseed egg?

Kim Kushner:

Absolutely. Applesauce will work as well.

Jessica Jablon:

And someone else said that they already made the cookies once they received the recipe and that they were so delicious and so easy. Thank you.

Kim Kushner:

Thank you. That's so kind.

Jessica Jablon:

An endorsement before the demo's even done. Look at that.

Kim Kushner:

Exactly. So, here you have your batter and then I just like to use a small ice cream scoop, so that they're all consistent. And you want to place the mounds onto your parchment-lined baking sheet, and just press down lightly. And they won't grow, there's no baking soda. They sort of stay the same shape that you place them on the sheet in. I like to sprinkle a little, little touch of sea salt over the top. You could add cinnamon if you like. Really, it's one of those recipes that you can make your own. And they are always, always, always just a major hit. I'm going to get the salt is here. This is kosher salt. It will work as well. Just a little hint. And it's a great snack. I have some ready-made. I always keep a jar of these. Just one of those recipes that's super easy to have on hand and they are delicious. The texture is chewy and yummy and everybody loves them.

Jessica Jablon:

Oh, well, I know I want to make them now. They look so good. And I love how simple they are and on the healthier side of cookies. So, thank you so much for sharing them with us.

Kim Kushner:

You're welcome.

Jessica Jablon:

This has been amazing. Thank you. We recommend you follow Kim on her social media and check out her website. All of the links to all of the different Instagram and Facebook and her cookbook are all in the chat now. We also want to thank Bailey for sharing her inspiring story with us today. Please take a moment to fill out the brief evaluation survey that's in the chat. Like I mentioned, three lucky winners will receive a copy of Kim's cookbook, [The Modern Table](#). So, filling out the survey will put you into that giveaway. I am a little tongue-tied, sorry about that. Evaluations really do inform our future programming, so thank you so much for just taking a minute to fill it out.

Sharsheret in the Kitchen - Fall Favorites with Kim Kushner

Bailey's Instagram is also in the chat. Please never forget that our social workers and genetic counselor are here for you and your loved ones. Sharsheret provides emotional support, mental health counseling and other programs designed to help you navigate through the cancer experience. All are free, completely private, one-on-one. Our phone number is (866) 474-2774. And you can also email us at clinicalstaff@sharsheret.org.

Finally, I want to share with you our next webinar. And first before I do that, I want to thank our sponsors, Cedars-Sinai, and the Cooperative Agreement DP19-1906 from the Centers for Disease Control and Prevention, and of course our summit sponsors and our summit partners. The 2023 summit goes through Monday, and our final summit webinar is Artificial Intelligence and Breast Cancer: What Does the Future Hold? And that's happening on Monday, October 30th at 8:00 PM Eastern, 5:00 PM Pacific. The link to learn more and register is in the chat box now.

Please check out our website regularly to see what other topics are coming up. The link is in the chat. And you can also access the recordings and transcripts of all past webinars on our website. Thank you so much from all of us here at Sharsheret. We really appreciate you joining tonight's webinar and we will see you next time.

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

Sharsheret in the Kitchen - Fall Favorites with Kim Kushner

- 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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