



ONE POT PESTO PARGIOT AND PTITIM (ISRAELI COUSCOUS)

INGREDIENTS

- 6-8 pargiot (boneless skinless chicken thighs), cubed
- 2 cloves garlic, minced
- 2 tbsp oil
- 1 cup Israeli couscous
- 2 shallots, peeled and sliced
- Salt
- 16 oz brown mushrooms, sliced
- Pepper
- ~1/4 cup pesto

PREPARATION:

1. Lightly season pargiot with salt and pepper.
2. Heat pan over medium-high heat. Brown chicken cubes in a single layer, in batches, on both sides. Remove from pan. Do not clean out the pan.
3. Sauté shallots over medium heat until softened and add mushrooms to the pan. Sauté until liquid from mushrooms evaporates.
4. Add garlic to the pan and sauté for an additional 1-2 minutes.
5. Pour Israeli couscous, 1 1/4 cup water and chicken to the pan. Season with salt and pepper and mix to combine.
6. Cover and bring to a simmer. Cook until liquid is absorbed.
7. Remove from heat and mix in pesto. Enjoy!



TO MAKE THE PESTO:

Blend the following in a food processor (I make a big batch and freeze in portions):

- 1/4 cup extra virgin olive oil
- 1 cup packed basil leaves
- 1-3 garlic cloves

- 1-2 tbsp nuts (ie. pine nuts, pistachios, walnuts...)

1/2 tsp salt (omit if nuts are salted)

Freshly ground pepper

Recipe by Erin Grunstein @erin.eats.mtl

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SHEET PAN PESTO SALMON WITH BROCCOLI AND GNOCCHI

INGREDIENTS

- 1 head of broccoli, cut into florets
- 1 package gnocchi (NOT cooked)
- Salmon filet slices
- Extra virgin olive oil
- Salt and Pepper
- 1/2 cup pesto sauce
- Pistachios (optional)

PREPARATION:

1. Preheat oven to 400F.
2. Spread broccoli and gnocchi on a baking sheet and drizzle with oil, salt and pepper.
3. Bake for 10 minutes.
4. Remove from the oven, toss and make space for the salmon.
5. Place salmon filets on your baking sheet and spread with half of pesto and drizzle with pistachios if desired.
6. Bake for additional 15 minutes.
7. Spread remaining pesto on gnocchi and broccoli.



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Freshly ground pepper

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KNOW YOUR GENES

Anyone with a BRCA1 or BRCA2 gene mutation are at increased risk for cancer including:

Breast	Pancreatic
Male breast	Melanoma
Ovarian	Prostate

There is a 50% chance that these gene mutations will be passed on to each child of male or female mutation carrier.

KNOW THE STATS

1 IN 40
Ashkenazi Jews, both men and women, carries a BRCA1 or BRCA2 gene mutation.

Everyone
who carries a cancer gene mutation has a **50%** chance of passing it on to the next generation.

A cancer diagnosis affects your mental health as well as physical. To speak with a member of our clinical team email clinicalstaff@sharsheret.org or call the number below.

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