

# **EATING HEALTHY**

## **THE SHEBA MEDICAL CENTER COOKBOOK**

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Editor & producer: **Avi Bettelheim**  
Graphic design: **Shuki Duchovni Studio**  
Culinary editor: **Yael Yanai**  
English Translation: **Nomi Abeliovich**  
Photography: **Hagit Goren**  
Styling: **Bella Rodnick**  
Makeup: **Naomi Dallal**  
Professional committee: **Prof. Arnon Afek**  
**Dr. Rani Polak**  
**Ronit Goldman Pechthold**  
**Dana Weiner**  
Production assistants: **Noam Zano and Orit Moshida**  
Wine recommendations: **Amos Ravid**, professional manager at The Shaked Wine Company  
A special Thank You to Chef **Shaul Ben Aderet**

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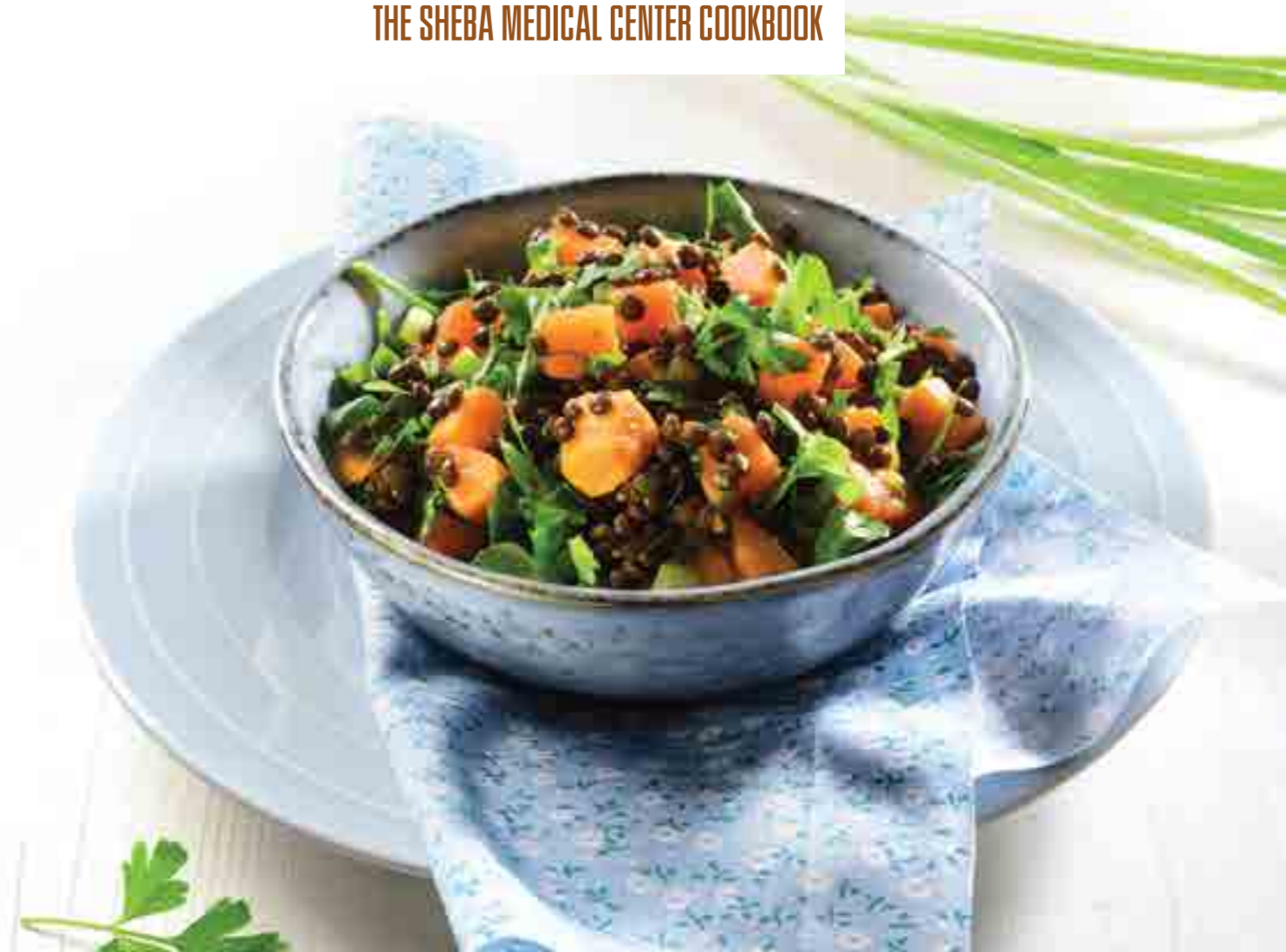


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## Yoel Har-Even

Head of The International Division & Resource Development

Dear Friends and Partners,

Sheba Medical Center is dedicated to its mission, of transforming the hospital into Israel's City of Health.

This effort manifests in many ways, including an entire conceptual shift of what a hospital is, an upgrading of our patient's continuum of care and an immense wave of new construction that will ultimately alter the face of Sheba, and redefine its relationship with the immediate neighboring environment.

As we gradually remove Sheba's outlying physical borders, the entire ecosystem surrounding us will be redesigned, as will our relationship and interaction with those around us.

An inseparable part of our City of Health's core objectives focus on prevention, and on promoting good health and wellbeing, which is why we established the Center for Lifestyle Medicine that houses the department of culinary medicine.

We are focused on initiating and promoting culinary and social projects that will reinforce and uphold our credo, namely, promoting good health, educating to good health and preventing illness.

This book is the result of a local, original initiative which had Sheba employees presenting their healthiest recipes to a committee of external judges.

Over 200 Sheba employees participated in the project, and 74 recipes were ultimately selected to be included.

I have no doubt that this healthy recipe book will serve you well.

Yours in Good Health,



## Prof. Arnon Afek

Associate Director of Sheba Medical Center and Acting  
Director of the General Hospital

### The art of cooking and the human mosaic

Sheba's new vision, as designed by Prof. Yitshak Kreiss, is the transformation of the medical center from a "place for the sick" into Israel's 'City of Health'. The groundbreaking vision pushes the boundaries and adds to our list of tasks the prevention of morbidity and the transformation of our patients' lifestyle habits.

Health is defined as physical, mental and social well-being, and nothing brings people together and inspires social cohesion, peace of mind and a healthy body in quite the same way as food does.

Food evokes in all of us memories and longings for smells, tastes and sounds from our childhood home, our mother and father, grandmother and grandfather. To this day I remember the carp fish swimming in the bathtub at my grandparents' modest apartment in Hadar HaCarmel, on the eve of Rosh Hashanah and Passover. My grandfather, Chaim, would use a manual meat grinder to mince a horseradish root, chrein, and take pride in its sharpness. We, his grandchildren, did not understand what he was talking about since my grandmother, Mania, used to mix it with beets and plenty of sugar, in the Jewish Polish tradition.

On the other side of Haifa Bay, at the home of my grandmother Sonia and grandfather Yitzhak, Bulgarian dishes were prepared: moussaka, eggplant and bourekas, alongside French dishes my grandmother learned to cook while they both studied engineering in France during the 1930s. At the outbreak of World War II, they returned to Bulgaria and were saved thanks to the heroism of Bulgaria's King and heads of church.

At my parents' house, Shoshana and Yigal, there was a combination, a "fusion" of Israeli and international dishes from schnitzel to beef stroganoff, from crème caramel to pears poached in wine; all the kitchen hits of the 1980's. My parents used to cook together every weekend and they passed their love of food on to us; my brother Arik, my sister Iris, and me.

In our house, my wife Limor, our children Shahar and Oren, and I, spend many hours together in the kitchen in what is now regarded as "quality time". The love of cooking, the television cooking shows, from Master Chef to Jamie Oliver and Gordon Ramsey. My son, Oren, and I are in charge of the cooking, while my daughter Shahar and my wife Limor bake and cook recipes from the Internet, cooking shows and the extensive cookbook collection that spans an entire library. We improvise while they use precise quantities and preparation methods. It may be the reason they enjoy and succeed so much in the craft of baking.

The art of cooking is close to the hearts of many and is a leading and unifying topic of conversation, showing respect and appreciation to the cultures and cuisines that have fused together to form the human mosaic evident everywhere, as well as at Sheba.

The interest in food is universal. The love of cooking, including watching the many television food shows, it is not limited to a specific gender or age. We thought creating this cookbook would be an expression of Sheba's uniqueness, the personal contribution of our staff and especially the collaborative spirit that forms the basis of Israel's City of Health. The multicultural nature evident in the range of dishes you will find in this cookbook reflects the abundance and possibilities inherent in us as human beings.

I would like to thank everyone who has contributed to the making of this book.

First and foremost, to Avi Bettelheim, the book's editor and producer. Without his professionalism and boundless perfectionism, we would not have reached such an impressive, professional and humane result.

To Chef Shaul Ben-Aderet, for his professional touch and personal recipes.

To the team of dietitians, Dana Weiner and Ronit Goldman-Pechthold, who thoroughly reviewed the recipes and made sure they met the professional criteria for healthy food.

To Dr. Rani Polak, Sheba's Culinary Medicine Specialist, who closely followed the process and shared his wisdom and recipes.

Equally important is the contribution of professional photographer Hagit Goren, stylist Bella

Rudnik and makeup artist Naomi Dallal, the studio team was visited by more than 70 of sheba's staff members to be photographed.

And most of all, a warm thank you to you, my Sheba friends, for allowing us a fascinating glimpse into your private nest and for sharing with us recipes from your family kitchen, as well as the personal stories that left us wanting more.

**I wish you a pleasant read and Bon Appetit.**



Avi Bettelheim

Editor

## An Unforgettable Experience

Prof. Arnon Afek came up with the idea. "Listen," he told me, "Sheba is Israel's 'City of Health', so why not challenge the hospital staff to write their healthy recipes that they cook at home, which

we can then publish as a unique and colorful cookbook that will also be a useful professional guide on how to lead a healthy lifestyle?"

### We set off.

We posted an open call to the hospital staff, outlining the criteria for submitting their recipes.

We hoped to collect a few dozen recipes, but to our surprise we were inundated with about 250 recipes from hospital staff in all professions and sectors.

An expert committee examined each recipe in order to make sure that it met the criteria for a "healthy" recipe, and at the end of the process over 70 recipes were approved and selected for publication, divided into starter dishes, main course and desserts.

The next step was to contact a professional photographer who specializes in food photography. photographer **Hagit Goren** came highly recommended and she turned out to be an excellent collaborator on the project, producing a spectacular collection of photographed recipes and portraits.

We scheduled 10 days for the photoshoots at Hagit's Tel Aviv studio, and on each of the dates 7-8 hospital staff members showed up with the dish selected for the book. **Naomi Dallal**, a professional makeup artist, prepared them to look their best for the camera, and simultaneously, the dish they brought with them was styled to look appetizing and delectable for the camera thanks to the talented stylist **Bella Rudnik**.

The end result left many of the 'Shebas' speechless. Generally speaking, the experience in the studio elicited warm and enthusiastic reactions that made the news throughout the hospital.

At the same time the photoshoots took place, I conducted interviews with the staff members selected to take part in the book, in which I asked them about their love of cooking, culinary preferences, past experiences from their home kitchen and memories they can recall from family meals.

I turned to a number of experts, from Sheba and beyond, and asked them to enrich the book with brief articles on the topics of health, quality of life and a healthy lifestyle.

Chef **Shaul Ben-Aderet**, owner of the "Blue Rooster" and "Kimmel BaGilboa " restaurants happily joined the project contributing his professional advice, sharing 3 of his recipes and an article.

**The Shaked Wine Company**, one of the largest wine importers and distributors in Israel, supplemented the book with wine recommendations paired with some of the dishes.

Alongside graphic designer **Shuki Duchovny**, we assembled all of the above into Sheba's Eating Healthy Cookbook, which you are now holding in your hands.

This is not the first book I have edited and / or written, but there is no doubt it was a vast and unusual project on the one hand, and a true professional challenge on the other. It was an unforgettable experience of people and styles, flavors and aromas, with a sip of some fine wines in the process.

**I hope that while you are flipping through the book, you will find it an interesting read, adopt recipes and recommendations, and most importantly - take care of your health!**



Shaul Ben-Aderet

Chef, owner of the restaurants "The Blue Rooster" and "Kimmel BaGilboa "

## Healthy Food for the Body and Soul

Try to define healthy food.

I know, opinions are usually split. Small portions? Large portions? Plenty of vegetables and less organic meat? Gluten free? Sugar free? Mediterranean diet? Quick cooking? Oil free? On the other hand, there are the fats essential for the body to survive, salt in moderation and meat is a good source of iron, vitamins and minerals.

It is a complicated, intricate and complex subject.

Everyone knows and needs to learn to feel their own body, the amount of food it needs, the right time to eat, what burdens the body, and alternatively what makes their soul happy. Striking a balance is the important and deciding factor.

In my opinion, one should eat almost everything, but in moderation. If sweet things bring joy to a person's heart - then a little sweet something is healthy for the soul and the mood, which sometimes has even more impact than the body's physical health.

Here, in Israel and the local food culture, it is very easy to choose the Mediterranean diet, recommended all over the world and considered by many the optimal diet for maintaining good health, a balanced weight and the preservation of eating habits over time. Olive oil, vegetables, herbs, honey, yogurt, fish, lean meat, legumes, vinegar, whole wheat bread, fruits and even a glass of wine and a small amount of alcohol are recommended.

The right combination of fresh ingredients, choosing complex over refined carbohydrates, a moderate consumption of carefully sourced protein and fat. The fats in tahini, olive oil and avocado are highly recommended. An important element is carefully planned meals at regular hours.

If you ask me how I approach healthy eating and watch my weight - less salt, lots of spicy heat, plenty of apples, a big lunch (protein and vegetables) and two smaller, lighter meals per day. On weekends I go all out, but I feel healthy and happy, both mentally and physically. I make sure to exercise- cycling, walking and Pilates.

In my restaurants we made a conscious decision to switch to a healthier menu and this decision was also supported by our customers. Less cream and butter, more olive oil, vegetables and salads, and more appropriate options for those on weight loss/ gluten-free/ vegetarian and vegan diets.

This is a natural progression, because these are the lifestyle choices a large audience has adopted. But I also argue that there is a difference between a meal eaten at home and one enjoyed at a restaurant. At home- you should be more mindful, while in a restaurant, you should treat yourself.

So some dark chocolate, brown rice, nuts, olive oil, oatmeal, oats, legumes, fresh herbs, salmon, dates and honey, for dessert and energy, are all recommended. Soup bouillon powders, food coloring, margarine, saturated fat, fries, white bread and sugar should be avoided. The list is long and exhausting and it demands the adoption of new habits and the transitioning of our body and mind sets for these changes and bouts of uncontrollable urges to eat that we all experience.

We should learn from other countries and food cultures. Indians and Thais do not suffer from obesity, unlike the Americans, who are at the top of the list. Meanwhile, the French and Italians can eat almost anything, but they do so in moderation and at regular hours. Adopt a healthier lifestyle. Learn what your body really needs. Make sure to keep up the physical activity. Go out with loved ones at least once a week, laugh, have sex and make your own healthy food choices that complement a healthy mind.

# STARTERS



## ALMOND BREAD (GLUTEN FREE)

15 slices

### Ingredients

- 5 cups almond flour
- 5 cups psyllium (available in health stores)
- 2 Tbsp. baking powder
- Himalayan salt
- 3 cups lukewarm water
- 3 Tbsp. apple cider vinegar
- 3 Tbsp. olive oil

### How to prepare

- Preheat the oven to 180°C and line a loaf pan with parchment paper.
- Combine the flour, psyllium, baking powder and salt in a bowl.
- In a separate bowl, mix the water, vinegar and olive oil.
- Add the liquids to the flour mixture and mix well.
- Transfer to the loaf pan and bake for 1 hour.



### NERIYA LEVRAN

Clinical Dietitian, Pediatric Endocrinology | 5 years at Sheba  
Married + 5 | lives in Oranit

*"As a mother of five children I have to cook a lot. It's not a hobby for me, but the children testify that I am a good cook. I inherited the tendency for cleanliness and aesthetics in the kitchen from my mother. My husband also cooks - every Friday we enter the kitchen together and prepare food for Shabbat and the coming week. It is important for my family to eat healthy and avoid processed foods. Shabbat meals are what unites us as a family. I haven't had 'regular' bread in years. I prefer breads that are wheat-free. I love vegetables and also chocolate".*



## "WARM BED" WHEAT BERRIES

Serves 4

### Ingredients

- 1 cup wheat berries (soaked overnight, strained and rinsed)
- 3 cups water
- 1 large onion, chopped
- 8-9 whole cloves of garlic
- 1 red bell pepper, diced
- 1 cup diced pumpkin
- 1 large tomato, diced
- Herbs (mint, parsley, basil, dill etc.), to taste
- 1 heaping Tbsp. tomato paste
- 1 heaping Tsp. sweet paprika
- Salt and pepper, to taste

### How to prepare

- Sauté the onion, garlic and vegetables in olive oil for 2 minutes.
- Add herbs and spices (the more the better).
- Add the tomato paste.
- Add the soaked wheat berries and the water.
- Bring to a boil, and simmer for 10 minutes.
- Remove from the heat. Wrap the pot in a large towel and place in the bed, under the blankets, for 3 hours.



### VIVI (REVIVA) EINY

Genetic Counselor at the Institute of Rare Diseases | 5 years at Sheba  
Married +3 | lives in Matan

*"I like to go crazy with food. It's my obsession, a kind of occupational therapy. I'm a vegetarian since birth, I avoid eating meat and my children are also vegetarian. We are five generations of vegetarians in the family. I 'draw' with food, so for each occasion I prepare something to match. For example, during the Covid lockdown I made 'Barsi cookies' (named after Moshe Bar Siman Tov, Director General of The Ministry of Health during the first wave of Covid) and Corona Pizza. Once a week I receive a crate of organic vegetables and off I go, preparing Antipasti in all colors of the rainbow, a feast for the eyes. My kids know not to start eating before I take photos of the dishes for my Facebook and Instagram feed."*



## CHERRY TOMATO SALAD

Serves 10

### Ingredients

- A punnet of cherry tomatoes, in an assortment of colors
- 1 can (280 grams) green olive rings
- 1 bunch chives
- 100 grams pine nuts

### How to prepare

- Quarter the cherry tomatoes and place in a bowl.
- Add the olive rings.
- Chop the chives and sprinkle over the olives.
- Toast the pine nuts in a pan with 1 teaspoon of olive oil. Sprinkle over the chives.
- Just before serving, mix well (no seasoning needed).



### RICKY FRIMAN

Director of Day Hospitalization, Bone Marrow Transplantation | 20 years at Sheba  
Mother to an 8-year-old | lives in Holon

*"I took care of my brothers from a young age. I was taught how to make schnitzels and pasta, and slowly I entered the world of cooking. I found recipes on the internet and tried to make things. I fell in love with cooking and today I cook a rich and complex meal for the family every Friday. Mostly, I like to make pasta dishes. My favorite is pasta with cream sauce and plenty of tomatoes."*



## CRACKERS

Approx. 60 crackers

### Ingredients

- 1 cup spelt flour
- 1 cup white flour
- ½ Tbsp. Baking powder
- ½ cup tap water
- ½ cup canola oil
- ½ cup sunflower seeds
- ½ cup flaxseeds
- 2 Tbsp. sugar
- ½ Tbsp. salt

### How to prepare

- Preheat the oven to 180°C.
- Mix all ingredients to a dough.
- Place the dough on parchment paper and roll it out as thin as possible.
- Transfer the parchment paper with the dough to a baking pan.
- Using a smooth or serrated roller cutter, cut the dough into squares.
- Bake for 20 minutes.



### ORTAL SHARLIN

Responsible for Quality Improvement at the Risk Management,  
Safety and Quality Control Unit | 8 years at Sheba  
Married +2 | lives in Tel Aviv

*"My mother is a cook but mostly a baker. I learned quite a few tips from her, and I used to call her often for recipes and tips. I love to cook meatballs in tomato sauce and chicken in green curry. My husband and I enjoy going out to restaurants, mostly Asian, Japanese, Vietnamese and Indian. Last year I began to follow a new diet and so I cook more. Our freezer is full of lunch boxes for a week, and sometimes even two."*



## HEALTHY CRACKERS

Approx. 20 crackers

### Ingredients

- 2 cups spelt flour
- 2 Tsp. sugar
- 1 Tsp. salt
- ⅓ cup oil
- ½ cup water
- ⅓ cup chia seeds
- ⅓ cup sesame seeds
- ½ cup oatmeal

### How to prepare

- Preheat the oven to 160°C.
- Combine all the ingredients in a mixer to a smooth dough.
- Divide the dough in half. Place each half on parchment paper and roll out to 1½ mm thick.
- Using a roller cutter, cut to squares or triangles.
- Bake for 20–30 minutes.



### DIRIT BAR

Director of Health Professions, Department of Human Resources | 14 years at Sheba  
Married +3 | lives in Ganei Tikva

*"On the weekends I'm not in the kitchen. We are all at the home of my Tripolitan mother-in-law, whose cooking I cannot compete with. I cook for the family during the week, usually at night. My 14-year-old daughter has begun taking over and she already knows how to make pastries, bread, cakes and pasta. My husband is in charge of all things meat and fish and I focus on cooked dishes, soups, oven-baked vegetables and salads. No doubt I caught the love of cooking from my mother-in-law."*



RICE PAPER [HEALTHY] BOUREKAS [GLUTEN FREE]

Makes 20 pastries

Ingredients

- 20 Rice papers
  - A bowl of cold water
  - 1 egg, beaten
  - Sesame seeds, whole or black
- |  |  |
|--|--|
| ■ <b>Filling option 1</b>                | ■ <b>Filling option 2</b>                |
| ■ 250 grams fromage blanc 5% fat         | ■ 2 large potatoes, cooked and mashed    |
| ■ 250 grams Bulgarian Feta cheese 5% fat | ■ 250 grams Bulgarian Feta cheese 5% fat |

How to prepare

- Preheat the oven to 180°C and line a baking tray with parchment paper.
- Prepare the filling: place the ingredients in a bowl and mix until smooth with no lumps.
- In a bowl filled with cold water, dip a sheet of rice paper for a few seconds, until softened. Remove and place on the worktop.
- Place a tablespoon of the filling in the center of the sheet, fold the sides towards the center and roll to create a square.
- Place in the baking tray, brush with the beaten egg and sprinkle the sesame seeds.
- Bake until golden brown. Serve hot.



VERED LEVI

Department of Health Professions, Department of Human Resources | 10 years at Sheba  
Married +4 | lives in Rishon LeZion

*"I love to cook, and especially to recreate my mother's dishes. She was an excellent cook and unfortunately didn't leave behind written recipes. When she passed away, I made an effort to recreate her recipes - red kubbeh soup, couscous, stuffed vegetables and lots of ethnic dishes. I cook many fish dishes and I am very fond of couscous. My husband also cooks, mainly pastries and sweets. Back in the day I produced a family recipe book and presented it at my mother's annual Memorial Day. We stood by her grave, went through her recipes and brought up memories. There was quite a bit of crying."*



# TABOULEH SALAD

Serves 5

### Ingredients

- 1 bunch scallions, finely chopped
- 4 peeled tomatoes, diced into small cubes
- 4 large bunches of parsley (without the stems), finely chopped
- 1 cup fine bulgur, washed
- Freshly squeezed lemon juice
- salt
- ½ cup olive oil

### How to prepare

- Place the scallions and olive oil in a bowl and mix well.
- In a separate bowl, place the bulgur, tomatoes and parsley. Add the scallions and olive oil mixture. Add lemon juice, and season with salt to taste.



## MICHAEL SAAD

Electrical Engineer | 2½ years at Sheba  
Married +2 | lives in Ramla

*"My mother taught me how to cook. We are a Christian family from Ramla. I often cook fish and meat, and my wife focuses on everything else: salads, stuffed vegetables, rice and more. The tabouleh salad is one of my favorites. At home they call it: 'Michael's Tabouleh. I really like the Levantine cuisine. I once thought of participating in a reality TV cooking show, but that never materialized. Anyway, I watch these shows and I learn all the time. Once a week I walk around Ramla's market and buy fruits and vegetables for cooking at home."*



## EGGPLANT SALAD

Serves 6

### Ingredients

- 2 large eggplants
- 5-6 pickled gherkins, chopped
- 4-5 cloves of garlic, chopped
- 1 red bell pepper, coarse cut
- 1 lemon, juiced
- Parsley

### How to prepare

- Preheat the oven to 170°C.
- Rinse the eggplants in water and wipe dry. Cut into cubes and place in a flat tray lined with parchment paper. Sprinkle salt, drizzle oil and bake in the oven until the eggplants are browned.
- Transfer the eggplants to a bowl. Add garlic, red bell pepper, pickles, parsley and lemon juice. Taste and adjust the seasoning to your taste.
- Let rest in the refrigerator for 1-2 hours before serving, this will allow all the flavors to absorb.



### SHOSHI MEIR

Manager, Ambulatory Service, 40 years at Sheba  
Married +3 children +3 grandchildren, lives in Holon

*"When I was younger, I hated eggplants. After I got married, my mother-in-law pressured me to taste an eggplant dish that she prepared and ever since then, the love has blossomed and eggplants are celebrated in my kitchen. In general, the kitchen and I are in a very good relationship. I love preparing the family Shabbat meals, and I also enjoy baking: challah, borekitas, cheesecakes. During the Covid lockdown I made the kids takeaway meals: meatballs, fish, cigars wrapped in meat, potatoes, macaroni. They had a feast. My husband and I often entertain, I spend quite a bit of time in the kitchen and enjoy receiving compliments on my cooking."*



## QUINOA SALAD

Serves 2

### Ingredients

- 1 cup cooked quinoa
- 3 tomatoes, finely chopped
- 10 lettuce leaves, chopped
- A pinch of grated Ginger
- 1 onion, chopped
- 2 cloves of garlic, crushed
- Lemon juice
- Salt
- 1 Tsp. olive oil

### How to prepare

- Place all the ingredients in a bowl and mix well.



### MIRI GABAY VENTURA

Nurse at the Child Development Center | 27 years at Sheba  
Married +4 | lives in Givat Shmuel

*"I love the kitchen. I cook a lot and you will never find the same dishes on my Shabbat table. I love to change and innovate. My family loves my beetroot kubbeh, meat moussaka, salmon with teriyaki. My mom is the best cook in the world. To this day she sends us food. In addition to her love of cooking, I inherited her sense of order and cleanliness. And it passed down to the children as well. My eldest daughter is 16 years old and loves to cook Italian food, and my 10-year-old son makes salads and bakes cakes. We enjoy going to Italian and vegetarian restaurants."*



## HEALTHY SALAD (1)

Serves 4

### Ingredients

- 2 sweet potatoes, diced into small cubes
- 1 cup bulgur/ quinoa
- 1 cup boiling water
- ½ cup cooked black lentils
- ½ bunch cilantro, chopped
- Scallion/ red onion / chives, chopped
- 1 cup walnuts, coarsely chopped
- ½ cup cranberries
- Coarse salt, lemon juice, olive oil

### How to prepare

- Preheat the oven on the grill setting. Place the sweet potatoes on a baking tray lined with parchment paper. Sprinkle a little coarse salt, drizzle olive oil and roast for about 20 minutes.
- Place the bulgur or quinoa and the boiling water in a bowl, cover and let soak for 30 minutes.
- Place all the ingredients in a bowl and season with coarse salt, lemon and olive oil. Taste and adjust the seasoning to your taste.



### IRIS LEV

Head Nurse, Surgical Clinic | 25 years at Sheba  
Married +3 | lives in Tel Aviv

*"My healthy salad is our house salad. I try to cook healthy food. We have athletes in the family that need to keep fit. Our Shabbat dinner menu is fish and salads. I put quite a lot of effort in and sometimes you will find no less than 10 different kinds of salads on the table: quinoa, bulgur, cabbage, carrots, eggplant, hummus and more. And I also improvise as I cook. My husband and I love going to the markets for our fruits and vegetables. We alternate between Ha'Carmel, Hatikva, and Ramat Hasharon market. In the past we spent some time abroad and the Israeli food I cooked was a proven recipe for strengthening diplomatic ties."*



# HEALTHY SALAD (2)

Serves 4

Ingredients

- 2 green apples (Granny Smith), cut into matchsticks
- 3 oranges, peeled and cut into small cubes
- 1 bunch spinach leaves, or, 3 medium- sized raw red beets, cut into matchsticks
- 1 lemon, juiced
- ½ orange, juiced
- Allspice pepper
- Salt

How to prepare

- Place all the ingredients in a bowl and mix well.



## NATALI LEVY-REVIVO

Speech Therapist, Head Injuries Rehabilitation Department | 1 year at Sheba  
Married +1 daughter on the way | lives in Jerusalem

*"I love food, not so much cooking. Food gets me excited. Before going out or on a trip I always check what I'll eat in advance. I'm a vegetarian and it completely transformed the house. My parents, both great cooks, also adjusted the kitchen because of me. I only started cooking when I left my parents' house. I made progress gradually, in baby steps, and today I specialize in cooking Moroccan fish, matbucha, and challah for Shabbat. We recently stayed with my brother in Arad; I brought a matbucha salad I made, and when my brother tasted it he said: how is this possible, it's just like Mom's matbucha. I was on cloud nine. I have reached my peak".*

## GREEN SALAD

Serves 4

### Ingredients

- 4 bunches parsley
- 4 bunches cilantro
- ½ bunch mint
- ½ bunch celery leaves
- Sugar-free cranberries
- Whole sesame seeds, toasted
- 1 cup (or more) sunflower seeds, toasted

### For the dressing

- 1 lemon, juiced
- 4 Tbsp. canola/ sunflower oil
- 1 Tbsp. olive oil
- A few drops of sesame oil
- 1 Tbsp. date molasses
- Salt, pepper

### How to prepare

- Finely chop the herbs and greens.
- Add the cranberries, sesame seeds and sunflower seeds and mix well.
- Combine all the ingredients for the dressing and shake well until blended. Pour over the salad and mix.



### NAAMA FRIDMAN

Phenylketonuria Unit Coordinator, The Edmond and Lily Safra Children's Hospital  
4 years at Sheba | Married +2 | lives in Petah Tikva

*"I studied Chinese medicine for five years and discovered the Chinese diet. I have been cooking a lot of food Asian food ever since, and I cook a lot of healthy dishes. I enjoy cooking a variety of easy dishes. In winter I focus on casseroles. At home my family love my salmon recipe, quinoa with plenty of vegetables and plenty of salads with lentils. My flagship dish is meat with mushrooms. Over the years my experience taught me that you shouldn't judge food by its appearance. We need to taste and judge what is right for the body's health."*



## CABBAGE SALAD

Serves 4

### Ingredients

- 1 white cabbage
- 100 grams sesame seeds, toasted
- ½ cup vinegar
- ½ cup soy sauce
- ½ cup canola oil

### How to prepare

- Finely chop the cabbage using a mandolin cutter, and soak in salted water for 30 minutes.
- Transfer to a colander and then to a large bowl.
- Add the sesame seeds, vinegar, soy sauce and oil and mix well.



### ETI LAVI

Deputy VP of Organizational Management and Human Resources | 24 years at Sheba  
Married +3 children +3 grandchildren | lives in Kiryat Ono

*"The kitchen and I is a double love story: my Grandmother taught me everything about Romanian cooking, and in addition I am married to an Iraqi man and so I had to adapt. Our dining table is very diverse. The kids love the gefilte fish during the holidays and my puff pastry. My daughter, Bar, has been standing by my side in the kitchen all these years, learning, and my husband is an excellent sous-chef: he peels, chops, buys, washes. A sweetheart. My partner in experimenting with new recipes is our middle daughter, Shahar, an opera singer by profession. When we go out to restaurants, we like to order dishes we are not familiar with and experience them for the first time."*



# BEET & QUINOA SALAD

Serves 2

### Ingredients

- 4 Beets
- 1 cup white quinoa
- ¼ red cabbage
- 1 cup sweet corn kernels (fresh or frozen)
- ½ onion, finely chopped
- ½ cup scallions, finely chopped
- 1 cup cilantro or parsley, chopped
- Salt, Black pepper
- ½ green hot chili pepper (optional)
- 2 Tbsp. olive oil
- 1 Tsp. apple cider vinegar, or any other vinegar you like (except for standard white vinegar)

### How to prepare

- Bake the unpeeled beets in the oven for about 1 hour. Cool, peel and cut into small cubes.
- Cook the quinoa with 3 cups of boiling water for about 8 minutes. Let cool and drain.
- Cut the red cabbage into small cubes.
- Fry the corn kernels in a pan with a little olive oil until lightly browned, about 4 minutes.
- Place all the beet, quinoa and red cabbage in a bowl and add the chopped onion, scallion, cilantro, salt, black pepper, olive oil and vinegar and mix well. Serve immediately.



## DALIT GUETA

Secretary, Rehabilitation Outpatients and Day Hospitalization | 5 years at Sheba  
Married +3 | lives in Rishon LeZion

*"I love to cook and create. I make sushi and I specialize in making desserts. I acquired my cooking knowledge from the Internet. The kids love my kubbeh. I love pasta, sushi and salads as well as Asian food, mostly Indian. For my daughter Shira's Bat Mitzvah celebration, I made a huge table of desserts: sliced fruit, malabi, cup desserts, brownies, magnum popsicles, fruit sushi, chocolate balls and more. There were compliments all around."*



## BEET SALAD

Serves 5

### Ingredients

- 1 large beet (uncooked)
- 2 carrots
- 1 green apple (preferably Granny Smith) peeled
- 2 celery stalks with the leaves, finely chopped
- 1 Tsp. brown sugar
- A handful of walnuts, coarsely chopped
- 2 Tbsp. vinegar
- 1 Tbsp. canola oil
- A pinch of salt

### How to prepare

- Coarsely grate the beet, carrots, and apple and place in a bowl.
- Add the remaining ingredients and mix well. Taste and adjust the seasoning to your taste.



### DORIT AVRAHAM

Secretary, the Hematology Laboratory | 11 years at Sheba  
Married +4 | lives in Ramat Gan

*"I have a passion for cooking every Friday. My mother and mother-in-law taught me how to cook, and today I cook dishes from various cuisines. Every weekend I cook 6-7 pots. I prefer pastries and carbs, not so much of a sweet tooth. The kids love my homemade dishes - kubbeh and fish. I get inspired with new ideas when I watch cooking shows on the television. My husband, the kids and I traveled to northern Italy and we were on a quest to find the best pastas and pizzas. We were disappointed. The kids said to me: Mom, your pasta is so much better..."*



# HEALTHY AVOCADO SALAD

Serves 2

### Ingredients

- 8 iceberg lettuce leaves
- 1 large carrot
- 1 medium size red onion
- 1 whole ripe avocado
- 2 cucumbers
- 2 Tbsp. olive oil
- ½ lemon, juiced
- Salt and pepper

### How to prepare

- Rinse the lettuce and chop coarsely.
- Cut the carrots into matchsticks.
- Slice the onion into thin rings.
- Slice the cucumbers into thin rounds.
- Place all the vegetables, except for the avocado, in a bowl. Season and mix well.
- Peel the avocado, slice it in half and cut into large cubes.
- Add the avocado and drizzle a little lemon juice over it.



## DALIT KOREN

Medical Secretary, Plastic Surgery and Burns Department | 6 years at Sheba  
Mother of 2 sons | lives in Kiryat Ono

*"I have an ongoing love affair with cooking. My father was a chef when he was young, and throughout our childhood he cooked for us. It was a culinary feast. My dad was born in Czechoslovakia and specialized in Hungarian cooking – goulash, gefilte fish. The house always smelled of his cooking. He is definitely my great teacher in food and love of cooking. Today I mostly bake cakes and cookies. As an avid viewer of food reality television shows, I learn a lot, especially what not to do. Personally, I like eating meat. My youngest son, who is 23 years old, is also into cooking and he is already so much better than me. I'm waiting for him to invite me over for the meals he prepares."*

## LENTILS & SWEET POTATO SALAD

Serves 6-8

### Ingredients:

- 1 cup black lentils
- 1 large or 2 medium sweet potatoes, peeled and cut into small cubes
- ½ bunch chopped parsley
- 3 scallions, washed and chopped

### For the dressing:

- 2 Tbsp. olive oil
- 1 Tbsp. sesame oil
- Juice from 1-2 lemons
- ½ lemon, zested
- 1 Tsp. sugar
- Salt, ground black pepper

### How to prepare

- Cook the lentils in a pot of water over a high heat for 25 minutes, until they soften but still have a bite to them. Drain and cool under cold water.
- While the lentils are cooking, cook the sweet potato cubes in salted water for 5-10 minutes, until they soften slightly but still have a bite to them. Drain and cool under cold water, gently.
- Place the lentils, sweet potatoes, parsley and scallions in a bowl.
- Place the ingredients for the dressing in a jar and shake well. Pour over the salad and mix everything together carefully so that the sweet potato cubes do not break.
- Variation: substitute the parsley for kale leaves, lightly sautéed in a little olive oil.



### IRIT FOERSTER

Senior Secretary, Management of the Cancer Center | 6 years at Sheba  
Married +3 | lives in Herzliya

*"I grew up in a house where people cooked all the time. My mother made Persian food with plenty of rice. I make a special meatless lasagna. Every Friday we are in the market in Glilot to buy fruit, vegetables and herbs. It's in the middle of a field so if something is missing, the farmer goes to pick it himself and brings it to you. My husband is my sous-chef and he helps me with the cooking. He proposed to me back in 2000 at chef Haim Cohen's Keren restaurant. This year, on our 20th anniversary, my husband and I went out to dine at Drisco, a boutique hotel that opened in the same location where Keren Restaurant used to be. We closed a circle."*



# YOGURT SALAD

Serves 2

Ingredients

- 1 small onion
- 1 clove of garlic
- 2 cucumbers
- 2 Tbsp. lemon juice
- A pinch of coarse salt
- 5-6 Tbsp. olive oil
- 1 cup yogurt

How to prepare

- Finely chop the onion and garlic, and cut the cucumbers into small cubes.
- Place in a bowl, add the remaining ingredients and mix well.
- You can also add hot chili pepper, dill, scallions, white cabbage or tomato, as you like.



## KAMEL ABU SALAH

Area Manager, Diagnostic Imaging Division | 38 years at Sheba  
Married +4 children +2 grandchildren | lives in Beit Jann

*"During the week I stay in the staff quarters at Sheba and so I have to cook, I can't just live on junk food. I cook meat, fish, salads, I try to diversify and think out of the box. And also eat healthy as much as I can. In the village, I grew up eating stuffed vegetables filled with bulgur and rice, with yogurt or tomato sauce. Sometimes my wife prepares food for me to take to Sheba. She is an excellent cook, and prepares several meat dishes, plenty of salads and homemade hummus. When I get home after a busy and charged work week, I go out to the garden and take a breath. I grow all the vegetables you can think of and also fruit trees in the garden. It's a dream".*

# GREEN LENTILS SALAD

Serves 8

Ingredients

- 1 bag frozen cooked green lentils
- 1 red onion, peeled and chopped
- 2 lemons, juiced
- 1 bunch scallions, chopped
- 1 bunch parsley, chopped
- 1 chopped cilantro, chopped
- 1 clove of garlic, chopped
- 3 Tbsp. olive oil
- 1 lemon, zested (optional)

To serve

- 50 grams Tzfat cheese 5% fat (or Feta), cut into small cubes
- A handful of chopped cranberries (optional)

How to prepare

- Cook the lentils according to the instructions on the package and drain.
- Mix all the ingredients and transfer to a serving bowl.
- Add the diced Tzfat cheese and cranberries.



## MICHAL RONEN

Medical Administration Secretary, The Institute for Medical Screening | 22 years at Sheba  
Mother of 3 | lives in Holon

*"I'm a cook. I wish I could cook even more. Now I cook mostly on Thursdays and Fridays and prepare mostly healthy dishes with plenty of vegetables, fruit and legumes, carb- free and without white flour. I inherited my love of cooking from my mother. She used to call me to join her in the kitchen when she cooked so I could watch and learn. That's how she learned from her mother. Today I do the same with my children. When we celebrated my father's 60th birthday, I made only his favorite dishes and mom added dishes of her own. We wrapped each dish in a tablecloth and gave it to him as a blind taste test. To his credit, he recognized all the dishes, and didn't miss a thing. It was an unforgettable family meal."*

## STIR FRIED VEGETABLES

Serves 3

### Ingredients:

- Assortment of frozen cooked vegetables and legumes, including:
  - Shelled soybeans
  - Green beans
  - Garden peas
  - Artichoke hearts
  - Broccoli florets
- Coarse salt, black pepper
- Red quinoa
- Bulgarian Feta cheese, to taste
- Slivered almond sticks, toasted

### How to prepare

- Stir-fry the vegetables and legumes in a hot skillet with olive oil until soft. Season with salt and pepper and let cool.
- Place the red quinoa in a pot with water, bring to a boil and simmer until it is cooked. Drain.
- Season the stir-fried vegetables with some lemon juice and place on a plate. Add the cooked quinoa, grate the Bulgarian Feta cheese and sprinkle the toasted almond sticks on top.



### GALIT SHARAFI RODRIGUEZ

Head of Digital, Marketing Department | 6 years at Sheba  
Married +3 | lives in Rishon LeZion

*"As someone who used to be a fitness instructor, we maintain a healthy lifestyle at home. Every evening we prepare a healthy meal, usually with quinoa. We do not eat a lot of carbohydrates. I mostly like to bake. Admittedly, I did not excel so much at cooking and it drove me to try new things and innovate. I am in charge of desserts for family meals and my cheesecake with crumbs receives the most enthusiastic reactions. I regularly watch cooking shows on television and learn a lot about pastries. It enriches me with techniques and tips. Last Purim I baked Hamantaschen until midnight. I placed the baking tray on the windowsill to cool and I went to sleep. In the morning it turned out that the baking tray had fallen all the way down to the building's lobby. No injuries were reported..."*



## GRILLED ANTIPASTI

Serves 6

### Ingredients (choose any 4)

- 1 sweet potato
- 1 onion
- 2 red or yellow bell peppers
- 1 kohlrabi
- 1 beet
- 1 zucchini
- 1 leek
- 1 eggplant (cut in half lengthwise, and then sliced horizontally)
- 10 mushrooms
- 10 cauliflower and/ or broccoli florets
- 1 bunch asparagus
- 3 cherry tomato clusters, with the stem
- 1 piece of pumpkin
- For seasoning: salt, pepper, paprika, herbs (rosemary, thyme, sage, parsley)
- 1-5 Tbsp. olive oil

### How to prepare

- Preheat the oven to 200°C on the grill setting.
- Slice the large vegetables lengthwise, and then slice horizontally to 2cm thick pieces (so they cook fast).
- Line a baking tray with parchment paper. Place the cut vegetables in the tray and arrange in neat rows, making sure to leave space between them. Arrange the vegetables like domino pieces so that they are slightly overlapping. This is important, both aesthetically and for an even bake.
- Sprinkle the seasoning and herbs over the vegetables.
- You can also add a green hot chili pepper and scatter whole cloves of garlic.
- Drizzle generously with olive oil.
- Place in the baking tray in the middle shelf and grill for 30 minutes. Turn the oven off and leave the tray to cool inside for 15 minutes.
- The antipasti can be served as they are, on the tray.



### PROF. MICHAL AMITAI

Abdominal Imaging Service Manager, Digital Imaging Division | 31 years at Sheba  
Mother of 2 daughters | lives in Jaffa

*"I am the daughter of a Moroccan mother and a Sabra father of Lithuanian descent. I grew up in a very culinary home. In my mind I see them both sitting in the kitchen, my father peeling and chopping and my mother cooking and preparing. All the while he would read her articles from Friday's newspaper. It was a scene of love and culture. I learned a lot from both of them and I started to cook at the age of 8. My friends from school would come over to eat. I love to cook fish, meat and vegetables. I really like Japanese food and I also learned how to cook it."*



## PEAS WITH ARTICHOKE HEARTS

Serves 6

### Ingredients

- 1 bag frozen peas
- 1 bag frozen artichoke hearts (fresh is preferable)
- Olive oil
- 2 cloves of garlic
- 1 bunch parsley (or 1 cube frozen parsley)
- 1 bunch of basil (or 1 cube frozen basil)
- Salt, pepper

### How to prepare

- Quarter the artichoke hearts, frozen or thawed.
- Heat a little olive oil in a pot and add the garlic, parsley, basil and a ¼ cup of water.
- Add the peas and quartered artichoke and mix.
- Cook over a medium heat for about 25 minutes.



### AYELET ABRAMOVICH

Deputy Director of Social Services | 23 years at Sheba  
Married +2 daughters | lives in Givatayim.

*"My mother is Moroccan, but she also knew how to prepare Chinese food. She taught me the meaning of patience and the advantages of improvisation. I make a lot of vegetable dishes. No processed food. I love going to markets, especially Ha'Tikva market. Even when I'm travelling abroad, I'll never miss a visit to the markets. I inherited this from my father who would regularly take me to the market in what he defined as a leisure activity. When I watch cooking shows on television I am always amazed at the high level. Sometimes it really borders on art. During the last summer we travelled to Vietnam and have since adopted a common local dish of rice with toppings. I now cook rice with fish, tuna, sweet potatoes, cherry tomatoes, edamame, cilantro and peanuts. The whole family fell in love with it."*



## STIR FRIED GREEN BEANS WITH SESAME & RED BELL PEPPER

Serves 4

### Ingredients:

- 1 bag frozen green beans
- 2 Tbsp. soy sauce
- 2 cloves of garlic, crushed
- 1 red bell pepper, cut into thin strips (you can also add fresh mushrooms cut into thin strips)
- 2 Tbsp. sesame seeds

### How to prepare

- Cook the beans in boiling water with 1 tablespoon of salt, according to the instructions on the package. Drain.
- Fry the garlic, red pepper strips and soy sauce in a pan for several minutes. Add the sesame seeds.
- Add the beans, mix well and sauté for a few minutes.



### ALIZA SHOEF

Assistant Security Officer | 30 years at Sheba  
Married +3 daughters +4 grandchildren | lives in Or Yehuda

*"My life is in the kitchen. I come home from work, change clothes and go straight into the kitchen. I love to cook dishes from various cuisines: roast chicken & potatoes, meat bourekas with mushroom sauce and much more. My mother taught me how to bring new ideas into the kitchen. My fridge is always full. 10 people can show up at any given moment without prior notice and I will have enough food to feed them. Our house is always open to family and friends. I have a regular evening shift on Thursdays and there is not one security guard at Sheba who has not tasted my food. I bring it and offer it to everyone. It brings joy to my soul. That is my life. I regularly watch cooking shows on television and there are times when I cook along with them."*



## DAL - LENTIL STEW

Serves 4

### Ingredients

- 2 cups red lentils, soaked in water for about 30 minutes
- 1 onion, coarsely chopped
- 1 hot green chili pepper
- 1 Tbsp. oil, for frying
- 3 cloves of garlic
- 1 tomato, peeled and coarsely chopped
- 1 tomato, grated
- 1 bunch cilantro, chopped
- 1 Tsp. black mustard seeds
- ¼ Tsp. turmeric
- ½ Tsp. of salt (or to taste)

### How to prepare

- Rinse the lentils well and drain. Transfer to a pot and cover with boiling water.
- Add the onion, chili pepper, chopped tomato, turmeric and salt.
- Cook the lentils until softened. Grind to a puree using a hand held blender.
- Lightly fry the garlic and mustard seeds in a pan. Take care not to burn them. Add to the lentils along with the grated tomato.
- Add 2 cups of water and bring to a boil. You can add more water but remember that the more water you add – the runnier the stew.
- Add the chopped cilantro and remove from the heat.
- Best served with rice.



### REGINA FINGEL

Sous-Chef, the Food Distribution Center | 4 years at Sheba  
Lives in Ramat Gan.

*"I am of Indian origins, and as a child I grew up eating legumes. The lentil stew dal is a dish that appeared in practically every meal. I really like Indian cuisine. Before I joined Sheba I ran Indian cooking workshops for a year and I was also an Indian food caterer. In my opinion, the most delicious food is street food. In each region you find different dishes. Indian cuisine has taken on in Israel after all the young people came back from their travels to the Far East. Today I prefer vegetarian food, rice in all its variations and vegetable stews. In India it is custom to eat with your hands, lick your fingers, dip the flatbreads in sauces. I have 9 sisters and one brother. When we meet, we eat with our hands and enjoy the true Indian experience."*



# BAKED CAULIFLOWER WITH GARLIC & LEMON

4 servings

Ingredients

- 1 large cauliflower, separated to florets
- 1 whole head of garlic
- Coarse salt
- Ground black pepper / chili pepper
- ¼ cup olive oil
- 1 lemon, juiced & zested

How to prepare

- Preheat oven to 200°C. Line a baking tray with parchment paper, and place the cauliflower florets in an even layer.
- Sprinkle coarse salt and black/ chili pepper, and drizzle about 2 tablespoons of olive oil. Mix well.
- Cut a small square of aluminum foil, place the garlic head in the center and drizzle a teaspoon of olive oil on top. Wrap the garlic head tightly and place with the cauliflower florets.
- Bake for about 30 minutes, until the florets are slightly charred but still crisp.
- Open the aluminum foil, extract the baked cloves of garlic from their skins and mash lightly. Add to the cauliflower.
- Add the lemon juice and zest and mix well.



## BRACHA BAR NOY

Medical Registrar | 25 years at Sheba  
Married +5 | lives in Shoham

*"Cauliflower is our family hit. When my son returns from the army and finds there is no cauliflower, he turns around and leaves back to his base. I cook mostly on weekends and use only the finest ingredients. I'm a regular at Ramla market for fruit, vegetables, spices and herbs. I download recipes from the internet and challenge myself. I'm not afraid of difficult challenges. In addition, I bake at least 4 types of cakes every week, to please everyone. Truth be told, as a kid I never entered the kitchen. Only in recent years did I catch the cooking bug and I fell in love with it. The internet world has helped me to connect. I make an effort to serve at least one new recipe for every Shabbat meal."*



## BEET FRITTERS

Makes 25

### Ingredients

- 1½ cups instant oats
- 1½ cups fresh beets
- 1 small onion
- 2-3 Tbsp. cilantro, chopped
- 2 Tbsp. olive oil
- 1 Lemon
- 1 Tbsp. sugar
- Salt, to taste

### How to prepare

- Preheat the oven to 200°C. Line a baking tray with parchment paper.
- Using a coarse grater, grate the beets and onions and place in a large bowl.
- Slightly grind the oats and add to the bowl.
- Add the remaining ingredients and mix well to a mixture resembling a falafel batter in texture.
- Form into balls and gently press to flatten. Place in the baking tray and bake for 10 minutes. Turn the fritters over and bake for 15 minutes.



### ALLA SHAPIRO

Nurse, Pediatric Intensive Care Unit | 20 years at Sheba  
Married +3 | lives in Yehud

*"Beets are the stars in my kitchen. The kitchen is my therapy. I like to challenge myself with interesting desserts and treat the family. I also entertain a lot. The kids love gnocchi, focaccia, garlic bread, potatoes, chraimeh and kubbeh. I also used to bake lemon pie for my husband. It was a hit. He posted about it online and since then, every anniversary I bake him my lemon pie. Every holiday we have at least 25 people over. We recently switched to a healthy diet, in place of the grilled foods and BBQs."*



## LOW-CAL CHEESE

Serves 5

### Ingredients

- 1 kg of Tvorog (quark) cheese, 3%-5% fat
- 1 liter milk, 3% fat
- 1 liter water
- 50 grams butter
- 2 eggs, beaten
- 1 Tsp. salt
- 1 Tsp. baking soda
- Optional toppings: olives, sun-dried tomatoes, caraway, etc.

### How to prepare

- Bring the milk and water to a boil.
- Add the Tvorog cheese and mix for 3-5 minutes.
- Pour the contents of the pot into a dense strainer covered with two layers of gauze and strain the cheese from liquids.
- Melt the butter in a pan over a low heat. Add the strained cheese and mix.
- Add the beaten eggs, salt and baking soda.
- Continue stirring to a sticky consistency, about 7 minutes.
- Transfer the contents of the pan to a round or square dish, lined with cling film.
- Cool for about 20 minutes and refrigerate for 5 hours.



### MINA BRILOVICH

Head Nurse, Department of Hand Surgery | 36 years at Sheba  
Married +2 | lives in Rishon LeZion

*"My grandmother taught me how to cook. Mostly Russian cuisine, but I also love the Bukharian cuisine. You can always find gefilte fish, calf's foot jelly, kreplach, borscht and soups in my fridge. I once explained, during a family meal, why there are carrot rounds on the gefilte fish: The slice of carrot symbolizes a coin and the meaning is: if you eat a lot - you will have a lot of money, like fish in the sea. My husband's uncle heard the explanation and said: Put a lot of carrots on my gefilte... I am constantly learning from television cooking shows as well. A neighbor taught me how to cook Iraqi soup and kubbeh, and I taught her how to make East European Jewish food. I also make a very spicy mustard."*



# AMBERJACK SASHIMI

Serves 6

Ingredients

- 500 grams fresh amberjack fillet
- 10 radishes, thinly sliced
- ½ red onion, thinly sliced
- A handful of rocket leaves
- ½ fresh red chili pepper, chopped
- 4 heaping Tbsp. good quality fromage blanc, whipped with a stick blender
- 1 bunch cilantro, chopped
- ¼ cup olive oil
- 2 Tbsp. lemon juice
- Coarse salt & ground black pepper, to taste

How to prepare

- Clean the fish from the tendons.
- Cut the fish diagonally into thin slices and brush with olive oil and lemon. Wrap in cling film and refrigerate for at least 1 hour.
- Sprinkle rocket leaves on a large serving plate and arrange the red onion slices and radishes on top.
- Sprinkle the red chili pepper slices (depending on your desired level of heat) and the chopped cilantro.
- Place dollops of the whipped cheese, and place the sliced pieces of fish on top.
- Place the olive oil, lemon juice, salt and pepper in a jar of shake well. Pour over the serving plate.



**Wine Recommendation**  
Domaine Saint Prix Chablis  
France  
Dry white wine

The delicacy of a dish like sashimi really calls for a gentle fresh white wine. It needs to be of a very high quality, yet not steal the show. Chablis is a village in France that specializes in white wines from the Chardonnay grape variety. Some would call it the Chardonnay Kingdom, and their wines exemplify this.



## ILANA SHNABEL

Director of Psychological Services at the General and Rehabilitation Hospital  
35 years at Sheba | Married +3 children +5 grandchildren | lives in Tel Aviv.

*"The dish I submitted for the book - Amberjack Sashimi - is in memory of my brother, Yossi Tal, who passed away less than a year ago. He was the champion of ceviche. This was the last dish we prepared together in the kitchen. I have a love affair with the kitchen; cooking calms me down. I loves to cook the family meal every weekend, and I try to diversify and prepare new dishes. My mother was an excellent cook and I learned a lot from her, such as gefilte fish, chopped liver, blintzes, cholent and more. I will never forget the first meal I prepared for my husband Yair. Before then I did not know how to cook except how to make an omelet. I came with books and made him onion soup, beef stroganoff and a chocolate mousse for dessert. According to him, it was because of this meal that he asked me to marry him."*



## CEVICHE

Serves 4

### Ingredients

- 300 grams chopped white fish (preferably seabass, but tuna and salmon will also do)
- A handful of fresh basil
- Hot chili pepper
- 1 avocado, cut into cubes
- About 20 cherry tomatoes, chopped
- Lemon juice
- 1 Tbsp. olive oil
- Salt and pepper

### How to prepare

- Mix all the ingredients together.
- Best served with a tortilla: cut a tortilla into 4 and warm in a toaster for 2 minutes, until crisp.



### NATALY LAZAROVITCH

Head Nurse, Department of Surgery A | 11 years at Sheba  
Married +2 | lives in Rosh HaAyin.

*"Originally, I am from the Ukraine, but I have been in Israel for 30 years and have adopted the Israeli cuisine. I love to cook, mostly light and fun things like pitas, pastas, soups, seafood and cakes. I married a Yemenite man and I had to learn how to feed him. It was a kind of survival test ... I watch cooking shows with my eldest son who is 15 years old, and then we immediately head to the kitchen to prepare ourselves something we saw and liked. He also fell in love with cooking, and more often than not, I call him from work and say: 'I am starving, could you prepare me something to eat?'"*



## RED LENTIL SOUP

Serves 6

### Ingredients

- 2 cups red lentils
- 4-5 cups hot water
- 1 large onion, chopped into cubes
- 1 carrot, cut into 5mm rounds
- 6 large cloves of garlic, coarsely crushed, preferably with a pestle & mortar
- 2 Tbsp. oil
- 1-2 Tbsp. butter
- 2 scallions, chopped
- 1 Tbsp. turmeric, 1 Tbsp. ground cumin
- 1 Tsp. salt, 1 Tsp. ground black pepper

### How to prepare

- Sort the lentils and soak in lukewarm water for 30 minutes. Rinse well and drain.
- Fry the onion in a medium pot, add the carrot rounds and fry for 5 minutes.
- Add the hot water and bring to a boil.
- Add the lentils, cover and lower the heat.
- Melt the butter in a pan. Add the cloves of garlic and fry until golden. Add cumin and salt and mix to a paste. Immediately add the paste to the soup and mix well.
- Add the turmeric and black pepper and mix.
- Cook the soup for 30 minutes, to your preferred thickness. Note that the lentils soften quickly.
- Sprinkle the chopped scallions and serve hot.



### SARI DABAHI

Specialist Clinical Nurse for Diabetes | 30 years at Sheba  
Lives in Hod Hasharon.

*"A few years ago, I made a healthy change to my diet due to a sensitivity I have to certain foods, and since then I have been cooking healthy. I specialize in soups – vegetables, minestrone, broccoli and onion. In the summer I make salads, cooked vegetables, fish and chicken. Mostly a lean cuisine, not so much pastries or creamed soups. I also bake almonds and nut-based cookies with sesame seeds, low in sugar and white flour. It is hard to compete with my mother's cooking. For years I was her sous-chef. I recently started a course at a Chef's College in South Tel Aviv, as part of Magalim Foundation which provides enrichment course for professional development."*



# RED KUBBEH SOUP

Serves 10

### Ingredients

#### For the dough

- 2 cups semolina
- 1 cup lukewarm water
- ½ Tsp. salt
- 1 Tbsp. oil

#### For the filling

- 500 grams ground beef
- 1 onion, chopped
- 100 grams tomato paste
- A handful of chopped parsley
- Several celery leaves, chopped
- Cumin, salt, pepper

#### For the soup

- 1 red onion, chopped
- 3 beets, peeled and sliced thin
- Celery root and/ or leaves
- 100 grams tomato paste
- Salt, paprika, cumin, 1 Tsp. chicken bouillon powder
- ½ cup freshly squeezed lemon juice

### How to prepare

- Prepare the dough: place all the ingredients in a bowl and mix to form a dough. Let rest for 20 minutes.
- Prepare the filling: Fry the onion. Add the ground meat while stirring, and fry until it changes its color.
- Add the tomato paste, spices and herbs and mix well. Cool.
- Prepare the kubbeh: using wet hands, divide the dough into the desired number of kubbeh balls you wish to make. Flatten a dough ball on the palm of your hand, place some of the meat mixture in the center and roll to a ball. Work gently so that the kubbeh does not fall apart.
- Prepare the soup: fry onions in a large pot. Add the beet slices and celery root, cover and cook for several minutes. Add the tomato paste and cover with boiling water. Add the spices and bring to a boil.
- Add celery leaves and cook until the beets soften.
- Add the kubbeh balls and cook for 30 minutes. Just before the soup is ready, add the lemon juice and mix well.



## ADV. MIRI ZINGER

Director of the Risk Management Unit | 3 years at Sheba  
Married +3 | lives in Holon

*"The kitchen is a big love of mine. It's important to me that the kids eat homemade food, prepared either by myself, my mother, or my grandmother. We love vegetables and fruit as well as soups and all kinds of meatballs, cooked Israeli or Asian style. Not to mention Italian food – pastas and pizzas – that I make. The dish I'm most known for is chicken balls in chili and lemon sauce. I make the meatballs with rice, and my husband prepares the sauce. It's a team effort. I also love baking. I borrow ideas and tips from television cooking shows as well as YouTube. The children had tears in their eyes when I told them that my kubbeh and beet soup was chosen for Sheba's cookbook."*



## RICH VEGETABLE SOUP

Serves 15

### Ingredients

- 1 white onion, chopped
- 6 medium carrots, peeled, 2 of them coarsely grated
- 1 Tsp. white flour
- Frozen vegetables mix for soup, or:
  - 1 broccoli, fresh or frozen, separated into florets
  - 1 cauliflower, fresh or frozen
  - 1 potato, sliced and peeled
  - 2-3 zucchini, peeled and sliced
  - Green beans
  - Peas
  - 2-3 Small Jerusalem artichokes
  - Carrots, peeled and halved/ quartered
- A handful of parsley and cilantro (you can also substitute the cilantro with dill)
- 1 cup red lentils, washed and drained
- Salt and pepper

### How to prepare

- Fry the onion with 1 teaspoon of olive oil, until golden. Add the carrots and the flour and mix together for about 30 seconds. Add the vegetables. Add water to  $\frac{3}{4}$  of the pot's height and season with salt and pepper. Bring to a boil.
- Add the red lentils and herbs and cook for about 1 hour, until the soup is thick and rich.
- You can also add any vegetable or legumes you like, depending on the season and your taste.



### DANA WEINER

Director of the Nutrition Division | 6 years at Sheba  
Lives in Ramat Gan.

*"I love soup. It's quick and easy to make and it's also healthy. It is a comforting, wintery dish, and I love winter. I cook soup every week. It reminds me of family meals. My father, a typical Romanian, loved to eat soup, in any season. I am a very good cook, but I tend to focus on fresh and quick dishes that take no longer than 30 minutes to prepare. Light, healthy dishes. This also helps me advise my patients what to make and how easy it is to prepare. I love improving recipes; turning a recipe into vegetarian-vegan, or gluten-free. My grandmother prepared excellent Romanian and Hungarian food. When I asked her how she does it, she replied: as soon as I show you, you will forget, because you won't be in the kitchen - you will have someone preparing it for you..."*



## PERSIAN FRIED EGGPLANT FRITTATA

Serves 8

### Ingredients

- 1 onion
- 1 eggplant
- 2 eggs
- ½ cup parsley, chopped
- 3 Tbsp. chickpea flour
- 1 flat Tsp. salt
- ½ Tsp. turmeric
- 1 Tsp. black pepper

### How to prepare

- Fry the onion with 1 tablespoon of oil until golden.
- Roast the eggplant over the gas flame until charred and tender. Let cool before removing the skin and draining the liquids. Chop and transfer to a bowl.
- Add the remaining ingredients, including the fried onion, and mix well.
- Heat oil in a pan. Add the eggplant mixture, cover and cook the frittata over a low heat for 5–10 minutes, until the bottom is golden.
- Flip the pie onto a plate. Add another tablespoon of oil to the pan and carefully slide the frittata back to the pan. cook over a low heat for another 10 minutes.



### RIKI RAHMANI

Medical Registrar | 23 years at Sheba  
Married +3 | lives in Rishon LeZion.

*"Our Persian cuisine is rich in greens and vegetables, and there are also different versions of green frittatas. On a typical Shabbat meal you will find on our family table chickpea fritters, meat patties with rice and plenty of vegetables. I love to cook, my husband loves to eat and he's also my sous-chef. My mother and grandmother used to teach us how to cook, but today we are flooded with television cooking shows and websites on the internet and are constantly updating and upgrading our dishes. Several years ago, my son sent my application to the Master Chef auditions. I was invited to serve a dish and brought one of our house dishes - meatballs with rice. I was filmed and interviewed but that was it. It was worth the experience."*



## VEGAN ZUCCHINI PIE

Serves 8-10

### Ingredients

- 5 large zucchinis, coarsely grated
- 3 large onions, chopped and strained
- 300 grams tofu
- 1½ cups white flour (or red lentil flour, for added protein)
- 1 Tsp. baking powder
- 1 Tbsp. chicken flavored vegan bouillon powder
- 1 Tsp. salt
- ½ Tsp. black pepper
- 1 heaping Tsp. thyme
- ¾ cup oil
- ½ cup water

### How to prepare

- Preheat the oven to 180°C.
- Place the tofu in a blender and grind to a paste.
- Place the grated zucchini, onions and tofu paste in a bowl and add flour, baking powder, bouillon powder, salt, black pepper, thyme, oil and water.
- Mix well to a thick batter. If the batter is too runny, add more flour.
- Pour the mixture to a greased 22cm diameter baking tin. Sprinkle thyme generously and spray with oil spray.
- Bake in the oven for 55 minutes. The pie is ready when a toothpick inserted in the center comes out dry.
- Let the pie cool for 1 hour at room temperature before serving.



### PAZIT KOTZHER

Head Nurse, Critical Corona Care Unit | 10 years at Sheba  
Lives in Kiryat Ono.

*"I love taking regular recipes and turning them vegan, it's healthier and tastier in my opinion. I turned vegan 5 years ago, and have since been investing more time and effort in the kitchen. I discovered new ingredients, I read a lot and learned quite a bit about this world. I also bake and make Vegan cheese cakes and strudels. I even had success convincing people around me to switch to veganism. During the covid crisis I brought schnitzels I made to work, and people devoured them whole. When I revealed they were Tofu schnitzels, they could not believe it. It was the same reaction when I brought my cheesecake."*



# BROCCOLI & CAULIFLOWER PIE

Serves 8

### Ingredients

- 1 bag frozen broccoli
- 1 bag frozen cauliflower
- 4 Eggs
- 4 Tbsp. light mayonnaise
- 2 Tbsp. water
- A pinch of salt, black pepper
- 1 Tbsp. bouillon powder
- Sesame seeds

### How to prepare

- Bring the vegetables to a boil and cook for 10 minutes. Drain well.
- Preheat the oven to 170°C.
- Grease a baking tray with oil (preferably olive oil) and sprinkle a thin layer of bread crumbs (optional). Arrange the cooked vegetables in an even layer.
- Place the eggs, mayonnaise, water, salt, black pepper and bouillon powder in a bowl and beat well. Pour over the vegetables and sprinkle sesame seeds on top.
- Bake in the oven for about 30 minutes, until golden.
- Let the pie cool before serving.



**Wine Recommendation**  
Recanati Upper Galilee  
Chardonnay  
Dry white wine  
Israel

Chardonnay aged in oak barrels is the closest white wine can resemble a red. The combination of a relatively full body and great presence with freshness, pairs well with pies and vegetarian dishes.



## ORLY ADAR

Executive Assistant to Deputy Director  
for Organizational Management and Human Resources | 40 years at Sheba  
Mother +2 sons +2 granddaughters | lives in Kiryat Ono.

*"I know how to cook, but in recent years I spend less time in the kitchen. My family loves my food, like the chicken breast roulades stuffed with stir-fried vegetables, Moussaka, pies and even jams. Both my sons worked in restaurants and they know how to cook and make great cocktails. I don't follow written recipes, but rather go with the flow. I love eating out in good restaurants, especially fish."*



# SPICY MATBUCHA

Serves 5

Ingredients

- 2-3 Tbsp. olive oil (or canola oil)
- 5 tomatoes, poached and peeled, grated or finely chopped
- 5 cloves of garlic, chopped
- ½ red bell pepper, finely chopped
- 2 hot chili peppers
- Salt, sweet paprika, hot paprika or black pepper, a pinch of sugar

How to prepare

- Heat the oil in a small saucepan. Lightly fry the garlic, bell pepper and hot chili peppers. Add the tomatoes and season.
- Cook over a low heat for about 1 hour, stirring occasionally, to a paste-like consistency. Cool and serve.



## MOSHE SHEKALIM

Clinical Psychologist, the Psychiatric Clinic | 25 years at Sheba  
Married +6 | lives in Beit Shemesh

*"My two hobbies are cooking and gardening. What they both have in common is play, creativity and freedom. True therapy for the soul. I like to try new things, to take a recipe and play with it, get feedback from my family members and improve on that. I mainly specialize in baking breads, cakes and cookies, as well as many kinds of salads. I'm Spanish and grew up with a mother who knew how to cook. Memories of my childhood home follow me throughout my life like music in the background; the smells and colors from my mother's kitchen. My winning ingredient is fresh vegetables. It's invigorating and colorful, a real celebration that I'm deeply connected to."*

## CHERRY TOMATO & GOATS CHEESE QUICHE

Serves 12

### Ingredients

#### For the dough

- 1¼ Cups white flour (or whole wheat flour)
- 100 grams cold butter, cut into cubes
- 2 Tbsp. cold water
- ½ Tsp. salt
- ½ Tsp. sugar

#### For the filling

- 5 cups cherry tomatoes, halved
- 1 roll (200 grams) Goat cheese log
- Leaves from 5 basil stalks
- 1 cup (250ml) heavy cream
- 2 eggs
- 2 Tbsp. white flour
- A little salt and pepper

### How to prepare

- Preheat the oven to 200°C.
- Place the halved tomatoes in an ovenproof dish lined with parchment paper, in a single layer with the cut side facing up. Spray with oil spray, sprinkle coarse salt and roast in the oven for about 30 minutes, until the bottom of the tomatoes begin to char. Allow to cool.
- Prepare the dough: Place all the ingredients in a food processor or a bowl and mix to a soft crumbly dough.
- Transfer the dough to a greased quiche pan, flatten and press to the edges. Using a fork, prick the dough all over and transfer to the freezer for 30 minutes.
- Preheat the oven to 160°C.
- Bake the frozen dough for 10 minutes. Remove from the oven, let cool slightly and lower the oven temperature to 150°C.
- Cut the cheese log into thin slices and place over the dough.
- Roll the basil leaves together and cut into thin strips. Mix with the roasted tomatoes and spread over the cheese slices.
- Beat together the heavy cream, eggs, flour, salt and pepper and pour over the filling.
- Bake for about 35 minutes.



### DIRIT MOSHIDA

Office Manager to Associate Director General of Sheba Medical Center | 16 years at Sheba  
Married +4 | lives in Ganei Tikva.

*"I'm a vegetarian from a young age. At every opportunity I have to prepare a vegetarian meal, I celebrate, but mostly I love to bake. Back in the day I thought of becoming a pastry chef. My specialty are yeast cakes - chocolate, cinnamon and cheese. I also bake challah every Friday. It is possible that my attraction for baking stems from the fact that my Iraqi mother is an excellent cook and no one in the family will miss any opportunity to eat her food. So, for Shabbat dinners both myself and my sisters-in-law focus on preparing the desserts, while enjoying my mother's dishes."*



## QUINOA STUFFED BUTTERNUT SQUASH

Serves 2

### Ingredients

- 1 medium-sized butternut squash, halved lengthwise and seeded
- 2 Tbsp. olive oil
- 1 cup quinoa, cooked
- 2 cups boiling water
- 1 medium-sized onion, chopped
- 1 Tbsp. chopped parsley
- ½ cup pomegranate seeds or cranberries
- A handful of salt, a handful of black pepper

### How to prepare

- Preheat the oven to 180°C.
- Fry the chopped onion in a pan with olive oil until golden brown.
- Line a baking tray with parchment paper. Grease the tray with a tablespoon of oil and place the halved butternut squash on top, cut side facing up.
- Mix the fried onion, parsley, pomegranate seeds/ cranberries, salt and pepper and fill the two halves of the butternut squash. Bake until the squash is cooked through and golden.



### YEHUDIT EDELMAN GREEN

Spiritual Caregiver, Department of Adult HematologyOncology | 4 years at Sheba  
Married +3 children +2 grandchildren | lives in Kfar Saba

*"I am on a constant diet and try to focus on eating healthy. I have a long love affair with the kitchen. I believe in the spiritual connection between food, health and happiness. That is why I enjoy indulging my family and friends with fine food. I bake bread, make stuffed vegetables, soups and different types of fish. I have been to India many times and fell in love with Indian food for its spices, smells and piquant flavors. My husband is English and he cooks well too, especially desserts. In the mornings I make the hematology-oncology team a huge rich vegetable salad. They call it: Yehudit's excellent salad."*



# BEET SALAD WITH VINAIGRETTE, POMEGRANATE & BRÛLÉED SAINTE MAURE CHEESE

Serves 4

### Ingredients

- 6 beautiful fresh beets
- 50 grams pine nuts, toasted
- 3 Tbsp. mint, chopped
- 3 Tbsp. cilantro, chopped
- 8 prunes, pitted
- 4 Tbsp. pomegranate molasses
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. date molasses
- 2 Tbsp. olive oil
- Salt, pepper

### To serve

- Micro basil leaves
- 16 rounds of Sainte Maure cheese
- 4 Tbsp. brown sugar

### How to prepare

- Peel beets and cut into 1cm cubes.
- Prepare a marinade by mixing pomegranate molasses, balsamic vinegar, date molasses, olive oil, salt and pepper.
- Chop the prunes into small cubes.
- Combine all ingredients with the marinade in a bowl.
- Sprinkle brown sugar over the cheese rounds and use a kitchen torch to caramelize them, like creme brûlée.
- Place the brûléed cheese on top of the salad and sprinkle micro-basil leaves.



## SHAUL BEN-ADERET

Chef, owner of "The Blue Rooster" and "Kimmel BaGilboa" restaurants  
Married +4 | lives in Tel Aviv

*Ben-Aderet inherited his love of cooking from his mother and grandmother, who emigrated from Iraq, as well as from his father's Greek side. "For me, as a child, going with my grandmother to the market was a happy experience. Everything that had to do with the market – the spices, fruit and vegetables, the butcher, and the hustle and bustle – was a special experience for me. She taught me that the way a fish smells is an indicator of its freshness. We'd return home, and I'd watch her work in the kitchen. She used to coat the fish twice before frying it, then make a sauce with plenty of lemon juice, which she would pour over them just before serving. The end result was a crispy, aromatic and incredibly delicious fish."*

*Ben-Aderet is a regular guest on many television cooking shows, including "The Healthy Chef", "Meet the Chef", "World Cuisine" and "Shabbat Dinner". He represented Israel in various international festivals and culinary events in Brazil, Uruguay and Japan, among others. He runs cooking workshops, is a culinary consultant and a food writer.*



# | MAINS



# SHIFTA- KURDISH DUMPLINGS

Serves 10

### Ingredients

- 1 cup fine bulgur
- 1 cup medium grind bulgur
- 1 Tbsp. turmeric
- 500 grams ground chicken
- 1 large onion, diced
- 1 Tbsp. salt
- 1 Tbsp. oil

### How to prepare

- Soak both types of bulgur in water for 30 minutes. Drain and grind with the onion in a food processor.
- Add the ground chicken, turmeric and salt and mix to a smooth mixture. Divide to balls.
- Fill a large pot with water, add turmeric and salt and bring to a boil. Place the dumplings in the pot and cook for about 30 minutes. Drain and let the dumplings and let cool in a bowl.
- Once cool, slice and serve.



## ZIVA KREISS AND PROF. YITSHAK KREISS

Ziva Kreiss, Prof. Yitshak Kreiss's mother, worked at Sheba as support staff for 34 years and retired in 2003. She has 3 children, 4 granddaughters and 2 grandsons, and lives in Ness Ziona.

*Prof. Yitshak Kreiss, Director General of Sheba Medical Center since 2016, served in the IDF for 30 years, his last position being IDF Surgeon General with the rank of Brigadier General. Married +3, lives in Shoham.*

*Ziva: "Shifta dumplings are our traditional food. Ever since I can remember, I cook healthy food. I cook dishes from all ethnic cuisines but mostly Iraqi, Yemenite and Persian dishes like gefilte fish, kreplach, borscht, various kubbeh and also chicken and rice. Once, after I married, I made an omelet with bleach... since then I have improved and gotten much better."*

*Prof. Kreiss: "She has her own unique style. When my brothers and I taste the fish and meat she prepares, we immediately recognize whether she cooked it or not. And this has passed on to the grandchildren as well. 'Grandma's Food' is now a cuisine of its own in the family. Another common saying we use a lot is: 'Grandma, how did you do that?' She is always so modest, but when you taste her food you realize she has a special touch. Her baking is something else. She prepares a dough that can't be replicated, which then creates yeast cakes and date roulades that are totally in a class of their own. My mother cooks and bakes from the heart, with so much love."*



# MEAT BALLS WITH BROCCOLI

Serves 8

Ingredients

- 1 large broccoli, cut to florets, then halved

For the meatballs

- 500 grams ground neck of beef
- 1 egg
- 1 medium-sized potato, finely grated
- 1 white onion, coarsely grated
- ½ bunch parsley without the stems, chopped
- ½ Tsp. of each: Salt, black pepper, sweet paprika, cumin, turmeric
- 2 Tbsp. bread crumbs

For the sauce

- cloves from ½ garlic head, thinly sliced
- ½ Tbsp. turmeric
- 1 lemon, juiced
- Salt and pepper, to taste
- 2 cups water

How to prepare

- Prepare the meatballs: mix all the ingredients together.
- Prepare the sauce: combine all the ingredients in a 30cm wide pot.
- Place the halved broccoli florets on top of the sauce, with the flat side facing down.
- Bring to a boil and cook until the broccoli turns a pale green. Using wet hand, divide the meat mixture to meatballs and add to the sauce.
- Bring to a second boil, then cook for 1 hour over a low heat. Taste and adjust the seasoning to your taste.
- Best served with white rice.



Wine Recommendation

Derech Eretz Cabernet Sauvignon  
a dry red wine from Israel

A charming and joyful Israeli red wine that suits almost any occasion and makes it even more enjoyable. If you fancy white wine, Derech Eretz's Chardonnay or the Gewurztraminer will also do the job.



ETI MOLCHO

Call Center Receptionist | 5 years at Sheba  
Married +2 | lives in Holon

"I spend a lot of time in the kitchen, cooking from recipes and I also invent some myself. My specialties are filo pastry bourekas and Bukharian dishes like bakhsh (green rice with chicken livers) and oshpelou (chicken or beef with rice and carrots). My family also loves my Spanish hamin, which has both beef and meatballs I make using challah bread. For holiday dinners I go out of my way and prepare the craziest recipes. For last year's Rosh Hashana I made a round challah stuffed with duck confit. I learned how to make it watching Master Chef. It makes me feel good seeing my family enjoy my food. I get compliments and sometimes applause too".



## BAKED CHICKEN & CARROT PATTIES

Serves 4

### Ingredients

- 500 grams ground chicken
- 2 medium-sized onions, finely chopped
- 2 cloves of garlic, crushed
- 2 carrots, grated
- 1 bunch basil, finely chopped (or 3 frozen basil cubes)
- 1 bunch cilantro, finely chopped (or 3 frozen cilantro cubes)
- ¾ Tsp. salt
- ¾ Tsp. lemon juice
- 2 eggs

### How to prepare

- Preheat the oven to 200°C.
- Combine all the ingredients together in a bowl.
- Using wet hands, form round, flat patties and place on a baking tray lined with parchment paper.
- Bake for about 25 minutes. For an even bake, turn the patties over halfway through.



### YIFAT KATTAV

Administrative Director of The Meirav Breast Center | 14 years at Sheba  
Married +2 | lives in Ramat Hasharon

*"4 years ago, I underwent a dietary change and since then we only eat healthy food at home, using only natural ingredients – fruit, vegetable, whole wheat flour. Junk food is out of bounds. The kids love the hamin I make. Rich casseroles. I love to try new things and I find it addictive and cool. I love cookbooks and I am drawn mainly to the vegetarian and vegan recipes. I believe we all benefited from this transition."*



## CHICKEN MEATBALLS IN TOMATO SAUCE

Serves 4

### Ingredients

- For the meatballs:
- 500 grams ground chicken breast
- 1 onion, grated
- 1 small potato, grated
- A handful of parsley, chopped
- Celery stalks, chopped
- 1 Tsp. salt
- ½ Tsp. black pepper
- 2-3 Tbsp. bread crumbs

### For the sauce

- ¼ cup oil
- 2-3 Tbsp. tomato paste
- 2 ripe tomatoes, peeled and diced
- 4 cloves of garlic, finely chopped
- Turmeric, paprika, a pinch of cumin, ½ Tsp. black pepper, ½ Tsp. salt

### How to prepare

- Prepare the meatballs: Combine all the ingredients together in a bowl, cover and refrigerate for 30 minutes.
- Prepare the sauce: combine all the ingredients in a pot. Add 2 cups of boiling water and bring to a boil. Let the sauce simmer until thickened slightly.
- Form patties from the meat mixture and place in the sauce. Cook over a medium heat for 15 minutes.
- Occasionally, wet the patties by using a spoon to cover them in the sauce.



### MAZAL SHOLOMOV

Secretary at the Nephrology Institute | 7 years at Sheba  
married | Lives in Or Yehuda

*"The significant role of cooking is strongly embedded in the Bukharian community. For me, it began by washing the dishes, my love for the smells coming from the kitchen and a growing interest in spices. I grew up on a lot of pastry and lamb fat. My mother would ask me to stand next to her while she cooked, because 'it will be important to you in life'. To this day I still prepare Bukharian dishes. I regularly watch cooking shows on television and I learn quite a bit. Honestly, I would like to participate in one of these programs, but I do not have the confidence to initiate it. I need a boost and hope it will happen one day."*



## GREEN CHICKEN

Serves 6

### Ingredients

- 1 medium-sized whole chicken
- 3-4 bunches cilantro, chopped
- 3-4 onions, chopped
- 2 cups semi cooked rice
- Salt, black pepper, turmeric, red paprika, cumin (both for the chicken and for the rice)
- 2-3 Tbsp. olive oil

### How to prepare

- Preheat the oven to 200°C.
- Prepare a marinade from all the spices and olive oil. Rub the chicken well, making sure it is coated on all sides. Transfer to a baking tray.
- Mix the semi cooked rice with the spices, onion and cilantro. Distribute between the chicken legs and around them.
- You can also stuff the chicken with some of the rice.
- Cover the tray with foil and place in the oven for 1½ hours.



### RAVITAL EMBAR

Senior Dental Assistant, Oral and Maxillofacial Clinic | 20 years at Sheba  
Married +4 | lives in Kiryat Ono

*"I love to cook, and lots of it. To my delight there are many who love my dishes and in light of the demand I've reached the point I occasionally sell my food on weekends. Every Shabbat dinner our extended family, about 25 people, gathers at our house, each one bringing their flagship dishes. I like to cook Iraqi food – red kubbeh in beetroot sauce, pumpkin in squash, spicy fish, couscous. I learned to cook from my grandmother, a Tiberian who also had an open house and a table covered with delicacies."*



# COCONUT CHICKEN CURRY

Serves 4

## Ingredients

- 2 tbsp. sesame oil
- 2 chicken breasts, cut into cubes
- 1 onion, cut into large cubes
- 2 cloves of garlic, sliced
- 1 Tbsp. red curry paste
- 1 hot chili pepper
- 1 cup (250ml) coconut cream
- ½ lemon or lime, juiced
- 1 lemongrass stem, chopped
- 1 cup chopped cilantro
- ½ cup coarsely chopped scallions (only the green part)
- ½ Tsp. turmeric or 4 saffron threads

## How to prepare

- Heat the pan, add sesame oil and fry the diced chicken breast until golden.
- Add the onion, garlic, chili and lemongrass and fry for about 2 minutes.
- Add the turmeric or saffron, curry and coconut cream and mix for about 7 minutes over a low heat.
- Add the cilantro, scallions and lime juice and mix well. Taste and adjust the seasoning to your taste.
- Best served with steamed white rice.  
(The recipe was inspired by Sheba Connect)



**Wine Recommendation**  
Blue Nun Gewurztraminer  
semi dry white wine  
Germany

Highly spicy dishes are best paired with wine sufficiently dominant in flavor to match. In general, dishes with an ‘oriental’ character pair great with sweeter wines, like Riesling or semi-dry Gewurztraminer. In short, Blue Nun.



## DR. NAVA BLUMEN

Deputy Director, Department of Neurological Rehabilitation | 36 years at Sheba  
Married +3 | lives in Kfar Saba

*“The workload forces me to make do with cooking relatively quick dishes, which do not require excessive preparation time. For example, stir-fries, cooked vegetables and simple salads. Luckily, my eldest son has fallen in love with the kitchen and began practicing with whatever he could lay his hands on, with great success. My mother cooked a lot, but she never tried to pull me into the kitchen, on the grounds that it would be better for me to learn a ‘respectable profession’. Unfortunately, she suffered a stroke before she could teach me how she made her amazing gnocchi. I am a carnivore, and meat restaurants are my favorite kind.”*



# HEALTHY PATTIES

Makes about 30 patties

## Ingredients

- 1 cup black (or green) lentils
- 1 cup mung beans
- 1 cup quinoa (white or otherwise)
- 1 medium-sized sweet potato, grated
- 2 carrots, grated
- 2 eggs
- ½ cup finely chopped cilantro
- ½ cup finely chopped scallions (or parsley / mint)
- 1 Tbsp. olive oil
- 1 cup spelt flour
- Salt, pepper

## How to prepare

- Cook the lentils and mung beans in a pot of water until they soften. Drain.
- In a separate pot, bring the quinoa to a boil with 2 cups of water. Turn off the heat, cover and let the quinoa cook and absorb the water.
- Preheat the oven to 170°C and line a baking tray with parchment paper.
- Mix 2 eggs, cilantro, parsley and 1 tablespoon of olive oil in a blender.
- Combine all the ingredients in a bowl and add the spelt flour, ½ a cup at a time, until the dough thickens. Season with salt and pepper to taste.
- Shape a heaping tablespoon of the mixture to a patty and place in the tray. Repeat with the remaining mixture. Bake in the oven for 25 minutes, until golden brown.
- Serve with tahini sauce



## GILA BRONNER

Founder and past director of the Sex Therapy Service | 15 years at Sheba  
Married +2 children +3 grandchildren | lives in Givatayim

*"The kitchen is my place to unwind following a day's work listening to my patients' difficult stories. My favorite things to make are chocolates and petit fours, and also brownies, fudge and chocolate mousse. The smell of chocolate mousse is the best medicine after an exhausting day at work. Another great love of mine is hummus. I prepare it myself. My love of cooking does not come from my mother. I got married at a young age and had little choice. The many trips abroad and the encounters with new people and flavors opened me up to the world of cooking."*



# BLACK LENTIL PATTIES IN TOMATO SAUCE

Makes about 30 patties

## Ingredients

- 500 grams black lentils, soaked in water for at least 12 hours
- 1 zucchini, grated
- 3-4 cloves of garlic, sliced
- Olive oil
- Salt, freshly ground black pepper
- Vegetable oil, for frying

## For the sauce

- 4-5 large ripe tomatoes, coarsely chopped (several varieties if possible)
- A large handful of 'Tamar' cherry tomatoes, halved or coarsely chopped
- A large handful of yellow cherry tomatoes, halved
- 3-4 cloves of garlic, sliced
- 1 hot chili pepper, finely chopped
- Olive oil
- Salt

## How to prepare

- Prepare the sauce: pour olive oil into a saucepan and add the garlic and chili. Fry over a low heat for about 15 minutes, stirring occasionally until the tomatoes soften and release their juices. Add a cup of water, season with salt and continue to cook.
- Prepare the patties: drain the lentils well and transfer to a food processor. Add garlic and olive oil and grind to a paste (if the mixture is too crumbly, process for longer). Transfer to a bowl.
- Add the grated zucchini, season and mix well. Taste and adjust the seasoning if needed, because the flavor diminishes slightly when fried. The mixture should have a strong flavor and be salty,
- Heat vegetable oil in a wide skillet over medium heat. Form flat patties and fry for 1-2 minutes, until the bottom is brown. Turn and fry for another minute. Remove and transfer to the saucepan with the tomato sauce.
- Cook the patties in the tomato sauce for about 10 minutes, until they are cooked through and have absorbed most of the sauce, so that their top side is above the sauce and crispy brown.

## Wine Recommendation

Recanati Rosé  
dry Rosé wine  
Israel

This dish pairs well with both red and white wine. The solution? Depends on what you like and how you feel (which is the biggest factor when pairing food with wine). So, we chose Recanati Winery's excellent rosé. This is a charming and refreshing rosé in the style of the fine rosé wines produced in the Provence region of France.



## DR. SHOSHANA SPIERER

Specialist Physician, the Oral Medicine Unit | 33 years at Sheba  
Married, +4 children +12 grandchildren | lives in Ramat Gan

*"I like to cook, but I never have the time. During the Covid lockdown I got to cook more than usual and I enjoyed it. My main specialty is cooking fish - from sea bass and tilapia to gefilte fish. My kids love my cheesecake. My mother was an excellent cook, an expert in classic Hungarian food- stuffed cabbage, apple strudel, borscht for Passover. These days we concentrate on vegan and vegetarian food. My husband, Prof. Avraham Spierer, former director of the Pediatric Ophthalmology Unit at Sheba, bakes vegan cookies with spelt flour."*

## BEEF & FENNEL PATTIES WITH PICKLED LEMON

Serves 4

### Ingredients

- 600 grams ground chuck meat
- 1 large onion
- 2 potatoes
- 1 cup bread crumbs
- 1 bunch cilantro (can be substituted with parsley)
- Ras El Hanout spice mix
- 1 heaping Tsp. salt
- 1 heaping Tsp. black pepper

### For the sauce

- Olive oil
- 1½ cups of beef stock (or water)
- 3 baby fennels, cut into thin stripes
- 4 cloves of garlic
- 6 pieces of pickled lemon, cut into cubes
- Salt, black pepper, a pinch of turmeric

### How to prepare

- Preheat the oven to 180°C.
- Prepare the patties: Grind together all the ingredients and form patties.
- Place in the oven and bake for about 10 minutes.
- Heat the oil in a large pot, fry the garlic and add the fennel.
- Add the beef stock (or water).
- Add the pickled lemon, season with salt, pepper and turmeric and bring to a boil. Add the patties and bring to a second boil. Reduce to a low heat and cook for about 1½ hours.
- **Tip:** You can add a little Harissa when serving.



### OVED SHOTI

Chef in the hospital kitchens | 22 years at Sheba  
Married + 4 children, +4 grandchildren | lives in Or Yehuda

*"The kitchen and I are in an eternal love affair. I live, breathe, fantasize and create food. I mainly love the Mediterranean cuisine. My family mainly prefers vegetarian food, typical Italian food - different pastas with cheese, lots of vegetables and herbs. My 17 years old son, Shai, is my natural heir. He participated in the Chefs Olympics in Germany, in the alumni category, and won a bronze medal. He has talent and creativity and he has surpassed his father by far. I too participated in the Chefs' Olympics in Germany. I cooked an insanely spicy Israeli shakshuka that burned them all, but they enjoyed every bite."*



**RICE SURPRISE (WITH MUSHROOMS & CHESTNUTS)**

Serves 6-8

**Ingredients**

- 2 cups rice
- 4 cups water
- 2 onions, chopped (not fried)
- 20 button/ portobello mushrooms, chopped
- 1 vacuum packed Chestnuts
- 100 grams cashews, coarsely chopped
- 1/3 cup soy sauce
- 1/4 cup canola oil
- 1 Tbsp. chicken bouillon powder

**How to prepare**

- Preheat the oven to 180°C.
- Combine all the ingredients and transfer to an ovenproof pan. Bake for 1 hour, uncovered,



**EFRAT WOLMAN**

Senior Secretary, the HR Department | 15 years at Sheba  
Married +4 | lives in Givat Shmuel

*"We are a religious family and sitting around the dining room table on the weekend is very meaningful to us. We often invite people over for meals. My kids love my desserts – classic yeast cakes and decadent chocolate desserts. My mother let me cook from an early age and I caught the bug. I come across a recipe online, and I try it. I try not to repeat myself and constantly innovate. My husband loves to cook as well, but I push him out of the kitchen because I do not like to be disturbed. We agreed that he buys the food and I cook it. I think my husband fell in love with me because of my cooking abilities. There's a reason they say that the way to a man's heart is through his stomach..."*



# BROWN RICE STEW

Serves 8-10

### Ingredients

- 3 heaping cups short grain brown rice, rinsed and soaked in water 3-4 hours (to cut the cooking time)
- 1 butterfly cut chicken breast, diced
- 2 large or 3 medium-sized onions, chopped
- 3 bunches cilantro, chopped
- ¼ bunch mint, chopped (optional)
- 1-1¼ cups canola / sunflower / corn oil
- ½ Tsp. black pepper
- 1 Flat Tbsp. salt

### How to prepare

- Fry the onion in oil until translucent.
- Add the diced chicken and black pepper and fry for several minutes. Reduce to a low heat, cover and cook for about 30 minutes. Stir occasionally.
- Drain the rice. Add to the chicken along with the cilantro, mint, black pepper and salt, and add water to cover the rice. Bring to a boil over a high heat, stirring occasionally.
- Reduce to a low heat, cover with a towel and cook for 30- 45 minutes, stirring occasionally, until the rice is cooked through. Taste and adjust the seasoning to your taste.



## JANET BEN MORDECHAY

Nurse and Clinical Research Coordinator, the Neurology Clinic | 18 years at Sheba  
Married +3 | lives in Or Yehuda

*"Cooking brings me joy. I enjoy coming up with all kinds of recipes. I get up in the morning and decide what to make the kids for breakfast. They wake up to the smells coming from the kitchen. The family loves my Bukharian dishes - pastry with meat and onion filling, or turkey breast with onions. My husband specializes in pastas and omelettes. I inherited my love of cooking from my grandmother. She had a magic wand. I would stand by her when she'd cook, ask questions and learn tips. I love television cooking shows. No one can keep me away from watching them. I enjoy watching them and I also learn new things all the time."*



## BAKED FILO CIGARS

Makes 12 cigars

### Ingredients

- 1 Feuille De Brick Pastry (thawed)
- 1 bunch spinach, chopped
- 1 bunch scallions, chopped
- 1 punnet (or can) of mushrooms, chopped
- 1 cup walnuts or almonds, chopped (optional)
- A handful of fresh dill and parsley (optional)
- ½ cup bread crumbs
- Grated cheeses: Parmesan, Mozzarella, Caciocavallo, Gouda, brined cheese etc.
- (The quantity and types of cheese according to your preference)
- 1 egg
- Salt, black pepper
- 1 beaten egg, for brushing
- Fennel seeds / sesame seeds / bread crumbs (either one or a combination of all)

### Variation

- Feel free to add vegetables and/ or mashed potatoes with onions and mushrooms

### How to prepare

- Preheat the oven to 180°C and line a baking tray with parchment paper, lightly greased.
- Heat a little oil in a non-stick pan and sauté the spinach, scallions and mushrooms. Season slightly, drain and cool.
- Transfer the sautéed vegetables to a bowl, add the nuts (if using), dill, parsley, bread crumbs, grated cheeses, egg, salt and black pepper and mix well, preferably with a gloved hand.
- Lay a pastry sheet on a plate. Place a spoon of the filling along the base of the cigar closest to you. Roll the cigar once over the filling, and then fold the edges on both sides inwards. Roll to a cigar. Repeat this with the remaining filling and pastry.
- Place the cigars in the baking tray with the seam facing down, brush with a beaten egg and sprinkle fennel seeds, sesame seeds and/ or bread crumbs.
- Bake for at least 45 minutes. After 20–25 minutes, turn the pastries over so they brown evenly on all sides.
- If you have leftover pastry sheets, you can fill with a sweet filling such as diced apples mixed with cranberries, raisins, sesame seeds, chopped walnuts, an egg and a pinch of cinnamon. Brush with a beaten egg and sprinkle with white or brown sugar.



### SHIRLEY FISHER

Senior Coordinator at the Child Development Center | 9 years at Sheba  
Lives in Bat Yam

*"My Romanian grandmother was a great cook. I learned a lot from her. She left a recipe book in Romanian that was later translated. For years I've been trying to recreate what she knew how to make, and still haven't reached her level. Right now, I try to maintain a healthy diet – rice paper stuffed with cheese, baked in the oven; grilled vegetables. Food that is oven baked and not fried. I won't deny my love of junk food, but I try to keep my diet balanced. When I cook, I usually send the dishes to friends and acquaintances to hear their opinion – special bourekas pastries, vegetable stews, and unique salads. In addition, I post photos of what I prepared on Facebook and I accept orders."*



STUFFED BELL PEPPERS [1]

Makes 6 peppers

Ingredients:

- 6 red bell peppers, washed, seeded, with the tops cut off
- 400 grams lean ground beef
- 1 onion, finely chopped
- ½ cup rice, washed
- 2 Tbsp. oil
- 1 bottle tomato juice
- 100 grams tomato paste
- 3 Tbsp. parsley, chopped
- ½ lemon
- Salt, black pepper, a pinch of cumin, sweet paprika

How to prepare

- Fry the onion with 1 tablespoon of olive oil, add the meat and continue frying.
- Add the spices (salt, pepper, cumin, paprika).
- Turn off the heat and add the rice and parsley.
- In a deep skillet, add 1 tablespoon of olive oil, tomato juice, tomato paste, salt, pepper, cumin, paprika and half a lemon juice.
- Cook to a sauce, taste and adjust seasoning if necessary.
- Fill the peppers with the meat and rice up to ¾ of their height, and place the pepper top to cover.
- Arrange the peppers in an even layer in the sauce, and bring to a boil. Reduce to a low heat and cook for about 1½ hours. Occasionally, use a spoon to cover the peppers in the sauce.
- Preheat the oven to 150°C.
- Bake for 10 minutes, then reduce the oven temperature to 100°C and bake for 1 hour. Occasionally check to make sure there is enough sauce. Add more water if needed.



Wine Recommendation  
Faustino VI rioja  
dry red wine  
Spain

The issue of pairing wine to food is intuitive and not set in stone. It is advisable to pair the intensity of a level of a dish to that of the wine. Faustino Winery's Rioja is a light red wine that blends well with the dish's dominant tomato sauce.



ESTEE SITTON BABECOV

PA to Director General of Sheba Medical Center | 35 years at Sheba  
Married +2 | lives in Holon

*"I have an odd relationship with the kitchen. I did not cook until my eldest son was born. I gradually got into it, but only reached a professional level when he enlisted in the army. I would prepare all of his favorite foods, and I'll never forget when he said to me: 'What kept me going during guard duty is the thought of your food'. My family loves my roast beef, pasta pie, stuffed potatoes and stuffed peppers. I have reached the point where I am happy cooking. I put on the headphones with some music and enjoy working in the kitchen. My biggest wish was that on the weekend, everyone would sit around the table and eat all the food I had prepared. I made that happen."*



STUFFED BELL PEPPERS [2]

Makes 6-8 peppers

Ingredients

- 6-8 medium-sized bell peppers, preferably light green with a wide base

For the filling

- 300 grams ground beef
- 1/3 cup rice
- 4 ripe tomatoes (can also be hollowed out, and filled, the contents can be added to the sauce)
- 1 Tbsp. salt
- 1 bunch parsley, chopped
- 1 Tbsp. oil

For the sauce

- 2 crushed tomatoes, or 100 grams tomato paste
- 2 cups water
- 3 Tbsp. oil
- 1 Tbsp. vinegar
- 1 Tsp. salt

How to prepare

- Clean the peppers, remove the seeds and cut the tops off. Save them for lids.
- Poach the tomatoes in boiling water, peel and puree.
- Combine the ground meat, rice, pureed tomatoes, salt, chopped parsley and the oil.
- Fill the peppers up to about ¾ of their volume, leaving room for the rice to expand as it cooks.
- Prepare the sauce: place all the ingredients in a large, wide saucepan and mix well. Arrange the stuffed bell peppers, with the open side facing up, in an even layer over the sauce (Make sure they are tightly packed, but not crushing each other).
- Cook over a low heat for about 45 minutes.
- Variation: After cooking, you can bake the peppers in the oven for a short time. Beat together 1 egg with 1 tablespoon of flour, pour over the peppers and bake at 200°C until golden.



PROF. ANAT ACHIRON AND PROF. ORIT HAMIEL (SISTERS)

Prof. Anat Achiron, heads the National Center for Multiple Sclerosis and Neuroimmunology 25 years at Sheba | Married + 3 children +5 grandchildren | lives in Tel Aviv

Prof. Orit Hamiel heads the Endocrinology and Pediatric Diabetes Unit at the Edmond and Lily Safra Children's Hospital 35 years at Sheba | Married +4 children +3 grandchildren | lives in Tel Aviv

*"We inherited our love of cooking from our grandmother. Our mother, who is also a doctor, was busy and did not have time to cook. That was grandma's job and we helped her in the kitchen. We followed her, it was an educational experience, and of course we relished her Bulgarian dishes. The family used to go out regularly to Bulgarian restaurants in Jaffa. We grew up on stuffed peppers, zucchini, pies, stuffed grape leaves, cheese pastries, meat pastries and even desserts like palatschinken. When the children and grandchildren arrive on the weekend, they find out in advance what we plan to cook and they have requests. Everyone misses grandmother's food."*



STUFFED CABBAGE WITH RICE & HERBS

Makes 25 pieces

Ingredients

- 1 large cabbage

For the filling:

- |                                    |   |
|------------------------------------|---|
| ■ 2 cups jasmine /<br>risotto rice | ■ ½ Tsp. hawaii<br>spice mix for<br>soup  |
| ■ ½ bunch parsley                  | ■ Turmeric                                |
| ■ ½ bunch cilantro                 | ■ Sweet or hot<br>paprika                 |
| ■ ½ bunch dill                     | ■ A drizzle of<br>pomegranate<br>molasses |
| ■ Mint leaves                      | ■ 1 Tsp. honey                            |
| ■ 1 garlic clove                   |   |
| ■ 1 Tsp. ground black<br>pepper    |   |
| ■ 1 lemon, juiced                  |   |

For the sauce: (Same seasoning as the stuffing)

- |                                       |   |
|---------------------------------------|---|
| ■ 1 Tsp. sugar                        | ■ Sweet or spicy<br>paprika               |
| ■ 3 Tbsp. olive oil                   | ■ A drizzle of<br>pomegranate<br>molasses |
| ■ 1 Tsp. ground<br>black pepper       | ■ 1 Tsp. honey                            |
| ■ 1 lemon, juiced                     | ■ 1 Tsp. sugar                            |
| ■ ½ Tsp. hawaii<br>spice mix for soup | ■ 3 Tbsp. olive oil                       |
| ■ Turmeric                            | ■ 2 cups water                            |

How to prepare

- Place the cabbage in a plastic bag and cook it in the microwave for 5 minutes. Turn it over and cook for another 5 minutes. Using a sharp knife, cut around the stem at the base of the cabbage, and pull out the entire core.
- Carefully peel off the cabbage leaves without tearing them. Remove the central artery from the larger leaves and cut to quarters. Cut the medium leaves in half, and keep the small leaves intact.
- Prepare the filling: fry the onion until golden. Chop the herbs and garlic in a food processor. Add to the frying pan together with the spices, mix well and cook for about 3 minutes. Add the rice.
- Lay a cabbage leaf on the work surface, place a flat teaspoon of the filling at the base of the leaf, closest to you. Fold both sides of the leaf over the stuffing and roll into a thin cigar (If the leaf seems a little empty – do not worry, the rice will swell up during cooking).
- Prepare the sauce: mix all the ingredients in a bowl. Line a wide, deep skillet with any leftover cabbage leaves. Arrange the stuffed cabbage leaves tightly on top in concentric circles.
- Pour the sauce on top and if necessary, add more water to cover.
- Bring to a boil, reduce to a low heat, cover and cook for 30 minutes. Remove from the stove and allow to stand for 10 minutes. Transfer the stuffed cabbages to a plate and serve with lemon wedges.



SARAH TAL

Coordinator at the Bone Marrow Transplant Unit | 15 years at Sheba  
Married + 3 | lives in Yehud

*"I'm a cook. My mother taught me all I know about the kitchen. Meals bring the family together. Every Friday I donate food for elderly women who live alone. Everyone knows that our house is open and they are welcome to come and collect food: couscous, mafrum, soup and fish. I represent the Tripolitan cuisine and I cook for my friends as well as for the ward. I also watch and learn from television cooking shows. I am neither fixed nor square, and I try new things all the time. Occasionally I am asked to prepare food for events. I always get involved and volunteer."*



## ITALIAN STYLE SALMON

Serves 8

### Ingredients

- Fresh fish, filleted (gilt-head brim, sea bass, salmon, or salmon steak)
- 1 large lemon, squeezed
- Olive oil
- Coarse salt, some thyme leaves (fresh or dry)
- 1 clove of garlic, thinly sliced
- 'Tuscany' spice mix (optional)

### How to prepare

- Rinse the fish and soak in water with the lemon juice for 15 minutes. Strain and pat dry.
- Preheat the oven to 200C.
- Arrange the fish in a baking tray lined with parchment paper. Drizzle a little olive oil, and sprinkle the salt, thyme, garlic slices, and the "Tuscany" spice mix (if using).
- Bake for 10-15 minutes, until cooked and golden.



### DR. VIKTORIA (VICKY) VISHNEVSKIA DAI

Director of Ambulatory Service Clinic at the Eye Institute | 16 years at Sheba  
Mother of 1 | lives in Kiryat Ono

*"I cook a lot on the weekends, usually mothers' food: chicken, potatoes, meat and fish. I make food deliveries to my son who's studying for his electrical engineering exams. My mother was a top cook back in Kiev, and also after we emigrated to Israel and settled in Ashdod. Unlike me, she spent hours in the kitchen. Time constraints do not allow me to do the same. I enjoy watching the occasional cooking show, and not just for all the ideas I get, but also because of the spark in the contestants eyes."*



BAKED SEA BASS

Serves 4

Ingredients

- 4 fish fillets, more or less the same size
- 1 Tsp. salt
- 1 Tsp. black pepper
- ½ lemon, juiced

For the filling

- A handful of chopped cilantro
- A handful of chopped parsley
- Several scallions, chopped
- 1 Tsp. minced garlic
- 4 Tbsp. olive oil
- A handful of walnuts, coarsely chopped
- 2 crushed tomatoes
- Can also be seasoned to taste with: salt, pepper, cumin, mustard seeds

For the sauce:

- A handful of chopped parsley
- 1 Tbsp. minced garlic
- A handful of walnuts
- Salt and pepper, to taste
- ½ cup olive oil

How to prepare

- Preheat the oven to 220°C.
- Place 2 fillets in a baking tray lined with parchments paper, pour the lemon juice and season with salt and pepper.
- Mix all the ingredients for the filling and press them neatly and evenly on the fillets.
- Place the two remaining fillets on top, to cover.
- Drizzle generously with olive oil, cover with aluminum foil and bake for 20 minutes. Remove the foil and bake for 5 more minutes.
- Prepare the sauce: place all the ingredients in a food processor and mince to a thick sauce. Serve with the fish.



Wine Recommendation

Mud House Sauvignon Blanc  
dry white wine  
New Zealand

Indeed, sometimes fish and white wine is a winning combination. The delicacy and the freshness of the wine pairs great with the delicacy of the fish. This is a good opportunity to get to know New Zealand's wonderful Sauvignon Blanc wines.



DR. ADIR GAMLIEL

Pediatric Physician Scientist | 5 years at Sheba  
Married +3 | lives in Moshav Elyakhin

*"I love and enjoy cooking. I constantly try new things and apply innovative techniques. In recent years I have been trying to instill a healthier lifestyle regime at home. I took part in several cooking workshops. I think I excel more in the meat dishes, especially slow cooked ones. I love to watch cooking shows on television. Beyond ideas and tips, watching calms me down after a hard day's work. Throughout the years I have learned that you do not have to leave home in order to enjoy a delicious meal. We have a Pediatrics Clinic in Or Yehuda and next to it are restaurants with some amazing home-cooked food. Truly a pleasure. The sort of food that invigorates the soul with renewed energy."*



## BAKED TILAPIA / SEA BASS

Serves 4

### Ingredients

- Tilapia / Sea Bass fish, skinned
- Lemon juice
- Olive oil
- 2 Tomatoes
- Red/ white onion
- Red bell pepper
- Parsley, cilantro
- Salt, black pepper

### How to prepare

- Soak the fish in lemon juice for 1 hour and pat dry with a paper towel.
- Preheat the oven to 180°C.
- Drizzle olive oil in a baking tray and place the fish on top.
- Chop the tomatoes, onions, peppers, parsley and cilantro. Mix with olive oil (generously), salt and black pepper (you can also add garlic and cumin). Spread evenly and generously over the fish.
- Bake for 22 minutes.



### YOEL HAR-EVEN

Head of the International Division and Resource Development | 4 years at Sheba  
Married +4 | lives in Mazkeret Batya

*"I have a long standing affair with the kitchen. My grandmother, a Hungarian Holocaust survivor, cooked from memory, without using written recipes. For years she lived in my parents' home, and I was by her side watching her cook delicacies - square noodles with steamed cabbage, gefilte fish, pear and apple pie. I do not know how to bake but I enjoy cooking, and I love to go a bit wild and play around with ingredients and quantities. My boys love the Moroccan-style fish I make, even though they are carnivores. I barbeque a lot and prepare oven-roasted chicken. My wife and I love to entertain, especially on the weekends, and we bake challahs every Friday."*



## SALMON FILLETS WITH A GREEN CRUST

Serves 5

### Ingredients:

- 5 salmon fillets

### For the marinade

- ½ bunch parsley
- ½ bunch cilantro
- 5 cloves of garlic, crushed
- 100 grams walnuts
- ½ green/red hot chili pepper
- 2 Tbsp. teriyaki sauce
- 5 Tbsp. soy sauce
- 2 Tbsp. olive oil
- Salt, to taste

### How to prepare

- Mix all the ingredients for the marinade and brush the fish fillets.
- Preheat the oven to 180°C.
- Bake in the oven 10–15 minutes. Take care not to let the fish dry out!



### LIMOR SIBONI

Head of the Phototherapy Clinic | 15 years at Sheba  
Married +2 | lives in Rishon LeZion

*"My salmon recipe is the flagship dish at home, a combination of spicy and sweet, in Moroccan style. I would say I have a great relationship with the kitchen, including baking. I grew up on Carine Goren's cooking show and learned many tips, advice and techniques from her. It gave me a huge boost and I got to the point that I started selling my own food from home. Back in the day, I had a stall at the farmers' market in Rishon LeZion on Fridays. I received great feedback and enjoyed the experience. I thought of starting my own business, but it requires a strong financial backing and so far, this dream hasn't materialized. Friends and acquaintances know of my baking and order birthday cakes from me. I am more than happy to oblige."*



# ROASTED FISH WITH PEPPERS & CHERRY TOMATOES

Serves 6

### Ingredients

- 1 large Sea Bass (1½ kg), cut into 2 cm thick slices
- 2 medium-sized red bell peppers, cut into strips
- 1 cup cherry tomatoes, pierced
- 1 medium sized onion, sliced
- 2 Tbsp. finely chopped scallions, for garnish
- 4 Tbsp. extra virgin olive oil
- 2 Tbsp. sweet paprika
- 1 Tsp. turmeric
- ¼ Tsp. atlantic sea salt
- ¼ Tsp. ground black pepper
- 2 white Persian lemons (or white Persian lemon powder)

### How to prepare

- Preheat the oven to 220°C and line a baking tray with parchment paper.
- Cut the Persian lemon in half, remove the seeds and pulverize it in a spice grinder.
- In a large bowl, mix the olive oil with paprika, turmeric, salt, pepper and the pulverized Persian lemon.
- Add the fish slices, peppers, tomatoes and onions, mix well and transfer to the baking tray.
- Bake for about 30 minutes, until the fish is fully cooked. Every 3-5 minutes give it a good mix, for an even bake and distribution of the sauce.
- Transfer to a serving plate and sprinkle the chopped scallions on top.



**Wine Recommendation**  
Mas De La Source Rosé  
a dry Rosé  
France

Does fish always pair with white wine and meat with red? Not always. Here the dominant sauce was the deciding factor in favor of a compromise – both. This Rosé from Provence is much more than a compromise. It’s a wonderful wine that combines delicacy and freshness with very subtle hints of red wine.



## DR. RAMI POLAK

Director, the Center for Lifestyle Medicine | 3 years at Sheba  
In a relationship +1 | lives in Tel Aviv

*“During my medical studies I realized that I connected more with the educational aspects. It led me to the decision to learn how to cook. I have come to the realization that I can help patients to maintain their health. I remember that as a child in 3rd or 4th grade, my friend and I opened a Ruth Sirkis cookbook and cooked dinner for both his parents. It was a groundbreaking event for us. During my military service in a patrol unit of the Southern Command, I used to collect products from the kitchen so that in the evening, when we would sleep out in the open, I could prepare a sumptuous dinner for all of us. I studied cooking at a French school in Sydney, Australia. A classmate, a Thai guy named Jerry, taught me the secrets of Asian cooking, and I introduced him to the Mediterranean cuisine. He would go on to open a shawarma place in Taipei!”*



## COCONUT CURRY

Serves 6

### Ingredients

- 5 cloves of garlic
- 1 Tbsp. minced ginger
- 300 grams firm tofu, cut into cubes
- 400ml full fat coconut cream
- 1 Tbsp. soy sauce
- 1 Tbsp. date molasses
- 2-3 heaping Tbsp. yellow curry paste
- Vegetables (Peas, green beans, broccoli)
- ½ lemon, juiced
- Basil, chopped

### How to prepare

- Fry the garlic and ginger in coconut or olive oil for 2 minutes.
- Add the tofu and fry for 2 minutes.
- Add the coconut cream, soy sauce, date molasses, curry paste and vegetables. Reduce to a low heat and cook for 20 minutes.
- Add the lemon juice and basil.
- Serve with steamed white rice.



### RINA FARAN

Nurse, the Hematology Institute | 30 years at Sheba  
Married +3 | lives in Matan

*"About 10 years ago I realized that the animal food industry is cruel. Something clicked and I decided to transition to veganism. Gradually, my family also realized this and joined me. Before I became vegan, I did not really enjoy spending time in the kitchen. But then I discovered an amazing new world: legumes of countless varieties, chickpeas, tofu, potatoes, sweet potatoes, and a variety of Asian dishes. The growing awareness to veganism is also evident in many restaurant menus. When my son was in the military, I used to make him and his friends Vegan burgers. They laughed at me and were skeptical they'd like it, but they ended up devouring it. On Independence Day we have a vegan barbeque and people lick their fingers."*



# PASTA WITH CHERRY TOMATOES & WHITE WINE SAUCE

Serves 4

### Ingredients

- 100 ml olive oil
- 5 cloves of garlic, sliced
- 500 grams cherry tomatoes, halved
- ½ bottle dry white wine (Vermentino, Sauvignon Blanc or Chardonnay)
- 500 grams of durum flour pasta (De Cecco or Barilla)
- 1 bunch basil leaves, chopped
- Pecorino or Parmesan cheese, grated
- Salt, black pepper

### How to prepare

- Heat the olive oil in a saucepan and lightly fry the garlic until it softens but does not burn.
- Add the cherry tomatoes and white wine and cook for 5-10 minutes, until the sauce thickens slightly.
- Season with salt and black pepper.
- Meanwhile, bring a 5-liter pot with water to the boil, add salt and cook the pasta al-dente.
- Set aside 1 cup of the pasta cooking water. Strain the pasta and add it to the sauce.
- Cook for 1-2 minutes, until slightly softened but still al dente (add more of the cooking water if needed).
- Remove from the heat, transfer to a bowl and mix with the basil.
- Sprinkle grated pecorino or parmesan on top.



### Wine Recommendation

Montaro Chianti  
dry red wine  
Italy

The most natural pairing for pasta in tomato sauce is a Chianti. The simplest option is often the most delicious one. It is no coincidence that it was the Italians who came up with both.



### PROF. ARNON AFEK

Associate Director General of Sheba Medical Center and Acting Director of the General Hospital | 15 years at Sheba | Married +2 | lives in Rosh HaAyin

*"For me, cooking is both a hobby and an expression of creativity. I like to improvise with recipes, improving and tweaking them, at times more successfully than others. Cooking is a type of art form that connects people and enables one's unique improvisational expression. Ever since I was diagnosed with diabetes, I try to make low-carb food. My wife and daughter bake. They relate to exact measurements. My son and I are in charge of the cooking. I prefer the vegetables, he the meat. I think the combination creates an interesting whole. I very much love Italian food. When it comes to cooking – they are the best. Not to mention the quality of the wine."*



# WARM HUMMUS M’SABAHA WITH STIR FRIED VEGETABLES

Serves 4

## Ingredients

### For the M’sabaha:

- 2 cups warm chickpeas, cooked until very soft
- ½ cup raw tahini
- 1 cup chickpea cooking water
- 4 Tbsp. lemon juice
- ½ Tbsp. sesame oil
- ¼ Tsp. salt
- ¼ Tsp. cumin

- Toasted nuts, for serving

### For the Vegetables

- 2 cloves of garlic, sliced
- 8 asparagus stalks
- 8 button mushrooms
- A handful shimeji mushrooms
- 4 zucchinis, sliced
- ½ cup edamame soybeans or garden peas
- A handful of green beans or snow peas
- 2 Tbsp. olive oil
- Salt, black pepper

## How to prepare

- Prepare the M’sabaha: combine all the ingredients together to a paste and keep warm.
- Prepare the vegetables: sauté all the vegetables with 2 tablespoons of olive oil for 3 minutes.
- To serve: smooth 5 tablespoons of m’sabaha on a plate and place 5 tablespoons of the stir-fried vegetables on top.
- Garnish with toasted nuts and a drizzle of olive oil.



## SHAUL BEN-ADERET

Chef, owner of “The Blue Rooster” and “Kimmel BaGilboa” restaurants  
Married +4 | lives in Tel Aviv

*Ben-Aderet inherited his love of cooking from his mother and grandmother, who emigrated from Iraq, as well as from his father’s Greek side. “For me, as a child, going with my grandmother to the market was a happy experience. Everything that had to do with the market – the spices, fruit and vegetables, the butcher, and the hustle and bustle – was a special experience for me. She taught me that the way a fish smells is an indicator of its freshness. We’d return home, and I’d watch her work in the kitchen. She used to coat the fish twice before frying it, then make a sauce with plenty of lemon juice, which she would pour over them just before serving. The end result was a crispy, aromatic and incredibly delicious fish.”*

*Ben-Aderet is a regular guest on many television cooking shows, including “The Healthy Chef”, “Meet the Chef”, “World Cuisine” and “Shabbat Dinner”. He represented Israel in various international festivals and culinary events in Brazil, Uruguay and Japan, among others. He runs cooking workshops, is a culinary consultant and a food writer.*



# | DESSERTS



## OATMEAL COOKIES

Approx. 50 cookies

### Ingredients

- 1¾ cups whole wheat flour
- ¼ cup white flour
- 1 Tsp. baking soda
- 1 Tsp. cinnamon
- ¾ Tsp. salt
- 220 grams butter, softened
- ½ cup brown sugar
- 1 Tsp. vanilla extract
- 2 eggs
- 3 cup oats
- 150 grams chocolate chips, minimum 70% cocoa solids

### How to prepare

- Combine the flours, baking soda, cinnamon and salt in a bowl.
- In the bowl of a stand Mixer, beat the butter and brown sugar until combined. Add the vanilla extract and eggs and mix well.
- Add the flour mixture and mix until just combined.
- Fold the oats.

### Baking instructions

- Preheat the oven to 180°C and line a baking tray with parchment paper. Drop spoonfuls of the cookie dough on the tray.
- Bake for 11 minutes.



### ABIGAIL ZCHOUT

Production Engineer, Logistics Department | 6 years at Sheba  
Married + 3 | lives in Tel Aviv

*"I like to bake – cheesecakes, maple cake and chocolate cakes. The accuracy and emphasis on the smallest details that baking calls for, speaks to me. I accept orders for every birthday in our extended family, and I bake the cakes. My mother and husband are in charge of the cooking. My husband prepares an excellent entrecote stir fry, among other things. I regularly watch Carine Goren's baking show and learn new recipes and baking tips. My children's wellbeing is important to me and that is why I am constantly looking for healthy recipes such as these oatmeal cookies."*



# GRANOLA COOKIES

Approx. 30 cookies

## Ingredients

- 2 cups fine oats
- ½ cup dark brown sugar
- ½ cup almonds, coarsely chopped
- ½ cup cranberries
- 2 eggs
- ½ cup oil
- 1 Tsp. vanilla extract

## How to prepare

- Preheat the oven to 180°C and line a baking tray with parchment paper.
- Combine all the ingredients in a bowl.
- Using wet hands, form small balls and flatten them slightly in the tray.
- Bake for 25 minutes.



## SIGALIT HAVIV

Senior Coordinator, Rehabilitation Hospital Management | 16 years at Sheba  
Married +3 | lives in Kfar Sirkin

*"Even though I come from a Moroccan home with a lot of cooking going on, especially that of my grandmother, I prefer baking over cooking. The food at home was spicy. I loved the couscous, stuffed vegetables, my grandmother's amazing bread and the divine smells of the kitchen. I cook mostly on the weekend. To my delight, the children are also drawn to cooking and baking after they realized it wasn't as frightening as they thought. It all starts and ends up with good planning. I devote time to the plating of the dishes. I really love the aesthetics aspect of food. As part of the transition to a healthy diet, I cook gluten-free cornmeal couscous and serve vegetable soup alongside it."*



## OATMEAL COOKIES

Approx. 30 cookies

### Ingredients

- 100 grams butter, melted
- ½ cup oatmeal
- 1 egg
- 1 cup sugar

### For the flour mixture

- 1 Tbsp. plain flour
- 1 Tsp. baking powder
- 1 Tsp. sesame seeds
- ¼ Tsp. salt
- ¼ Tsp. cinnamon

### How to prepare

- Preheat the oven to 180°C and line a baking tray with parchment paper.
- Mix the melted butter with the oats.
- Using a hand whisk, mix the egg with the sugar in a separate bowl.
- Add the flour mixture and gently mix until combined.
- Mix in the butter and oatmeal mixture.
- Spoon teaspoons of the dough onto the tray, leaving space between them.
- Bake for about 15 minutes, until golden.



### RACHEL SINAI

Administration Manager at the National Hemophilia Center | 30 years at Sheba  
Mother +2 children + 5 grandchildren | lives in Holon

*"Every weekend I prepare a meal for the extended family, about 18 people. I love to challenge myself with new recipes. My kids think I'm good at making kreplach, grandmother's clear broth, veal sweetbreads, artichokes, cakes and desserts. And of course, schnitzels for the grandchildren. I love pastries and I'm crazy for pizza. I passed my love of baking to my daughter, who also caught the baking bug, and it would be fair to say she has now surpassed me. The kitchen is my therapy. I love to entertain and spread joy through my food."*



## GLUTEN FREE GRANOLA

Approx. 20 servings

### Ingredients

- 1 bag crispy brown rice cereal
- 1 cup oatmeal (gluten-free optional)
- 200 grams natural pecans, chopped
- 200 grams natural blanched sliced almond
- 200 grams natural cashews
- 50 grams chia seeds
- 50 grams flax seeds
- 200 grams sunflower seeds
- (You can add / substitute any type of nuts)
- $\frac{3}{4}$  cup whole raw tahini
- $\frac{1}{2}$  cup date molasses without added sugar
- $\frac{1}{2}$  cup water
- $\frac{1}{4}$  Tsp. cinnamon
- $\frac{1}{4}$  Tsp. salt

### How to prepare

- Combine the date molasses, tahini, water, cinnamon and salt.
- Place the remaining ingredients in a separate bowl and mix well.
- Combine the tahini mixture with the nut mixture.
- Spread the mixture on a baking tray lined with parchment paper and roast in the oven.
- Keep in an airtight container.
- Best served with yogurt and sliced fruit.



### IMBAL AVINERI MATETYAHO

Chief of Staff to Director General of Sheba Medical Center |  $1\frac{1}{2}$  years at Sheba  
Married + 3 | lives in Hod Hasharon

*"I love the kitchen, mostly confectionery. My grandfather was a chef, and I acquired my skills from him. My family claims I excel at yeast cakes and pastries. I cook on the weekends, sometimes late at night, but no matter what I make or how much effort I put in, my kids totally prefer the meatballs served at their after-school activity above all else... I love fish and Japanese food. It is light and healthy. I will never forget the amazing culinary experiences courtesy of my grandfather; he was one of the first chefs in the country and worked as the hotel chef in Shores. He'd cook unforgettable gourmet meals for us."*



# TAHINI CAKE

Approx. 15 slices

## Ingredients

- 3 Tbsp. raw tahini
- 3 Tbsp. almonds
- 3 eggs
- 3 Granny Smith apples (or pears), grated
- 1 Tsp. baking powder
- 1 Tbsp. cinnamon

## How to prepare

- Preheat the oven to 180°C degrees and line a loaf pan with parchment paper.
- Combine all the ingredients in a bowl.
- Transfer to the loaf pan. You can also sprinkle raisins or sliced grapes on top.
- Bake for 30-40 minutes. The cake is ready when a toothpick inserted in the center comes out dry with a few crumbs.



## KEREN LACHMAN

Nurse, the Head Injuries Rehabilitation Department | 3 years at Sheba  
Married + 2 | lives in Kiryat Ono

*"My mother taught me the importance of eating plenty of fruit and vegetables. I am vegan. When I was a child, I quit meat. I bake challahs every week. My kids love the sushi I make, and this way I succeed in lowering the amount of meat they consume. My husband also loves to cook, he makes shakshuka and tahini and excels in stir fries. My eldest son is 13 years old, and is also passionate about cooking, he helps us in the kitchen as a sous-chef. Both my husband and my son love spicy food. We all prefer to eat at home. We take the time and make the effort to enjoy delicious home cooked meals."*

## CARROT CAKE WITH DARK CHOCOLATE CHIPS

Approx. 10 slices

### Ingredients

- 5 large eggs
- 1 cup white flour
- 1 cup whole wheat flour
- 2 cups carrots, finely grated
- ¾ cup canola oil
- ½ cup + 1 Tbsp. white sugar
- 1 Tsp. baking powder
- 1 Tsp. baking soda
- 1 heaping Tsp. cinnamon
- 1 cup dark or milk chocolate chips (or grated), minimum 70% cocoa solids, lightly floured

### How to prepare

- Preheat oven to 180°C and grease a 24/26cm round baking tin, or 2 loaf pans.
- Separate the eggs. Beat the egg whites with 1 tablespoon of sugar to stiff peaks.
- Combine the egg yolks with the grated carrots and oil.
- In a separate bowl, combine the flours, baking powder, baking soda and cinnamon.
- Add the flour mixture to the egg yolk mixture and mix until just combined.
- Gently fold in the whipped egg whites.
- Fold in the chocolate chips.
- Transfer to the baking tin and bake for about 50 minutes, until a toothpick inserted in the center comes out dry with a few crumbs. Let to cool.
- You can also fold into the cake batter:
  - ½ cup chopped walnuts + ½ cup of dark/ golden raisins
  - ½ cup chopped peanuts



### SHLOMIT RAM

Administration Coordinator, the Sheba Fund for Health Services and Research  
3 years at Sheba | Mother of 2 | lives in Tel Aviv

*"I come from an Iraqi home. My mother specialized in traditional cooking - various kubbehs and plenty of salads. I love to cook, but mostly bake and create. In that sense I do not follow in my mother's footsteps, because I am more drawn to a natural and healthy style of baking, cracker-based cookies, spelt flour crackers, pumpkin seeds. These things are very popular in our house. Recently my daughter has shown a penchant for baking, and my son built a meat smoker and is specializing in meat."*



## CHEESECAKE

10 slices

### Ingredients

- 750 grams fromage blanc
- 1 cup sugar
- 2 eggs
- 2 Tbsp. white flour
- 2 Tbsp. instant vanilla pudding
- 2 Tbsp. cornmeal
- 2 Tbsp. Amarula liqueur (or almond liqueur or any other liqueur of your choice)
- Vanilla extract
- 1 Yogurt

### How to prepare

- Preheat the oven to 170°C, and place a pan full of water on the bottom tray.
- Combine all the ingredients and bake in the oven until golden.



### ORNA BAR

Office Manager, Management of the Sheba Fund for Health Services and Research  
28 years at Sheba | Married + 2 children +3 grandchildren | lives in Yehud

*"My cooking comes from my mother, from her Iraqi culinary heritage – kubbehs, stuffed chicken, stuffed vine leaves. She gave me a lot of recipes. My specialty is beet kubbeh and gefille fish. I acquired my cooking skills gradually, and not before I made several blunders in the kitchen. I once tried to cook rice and it came out a porridge...I will not forget my 40th birthday party. My mother brought a roulade stuffed with cheese and mushrooms she prepared. She laid it on the floor for a moment, but that was enough for my Labrador to pounce and eliminate it. My mother was horrified..."*



# LOW-FAT CHEESECAKE

10 slices

## Ingredients

- 1½ kg fromage blanc 5%fat
- ½ cup flour
- 6 eggs
- Sugar substitute of your choice, to taste
- 1 lemon, Zested
- 4 Tbsp. cinnamon

## How to prepare

- Preheat the oven to 175°C and grease a square baking tin.
- Beat the eggs in a large bowl, add the rest of the ingredients and mix to a smooth mixture (You can mix the flour with a little fromage blanc before adding it to the mixture, for an easier blend).
- Transfer to the baking tin and bake for 45 minutes.
- Turn the oven off and leave the cake to cool in the oven for 30 minutes. Refrigerate before serving.



## DR. GADI SEGAL

Head of Internal Medicine (I) Department | 19 years at Sheba  
Married +3 | lives in Kiryat Ono

*"I have diabetes and I used to treat it with insulin. I decided to replace the drug treatment with a diet. I lost 15 kilograms and in order to maintain the weight loss, I took on a strict diet regimen. Although I love to cook, ever since I became a department head, I have no time for the kitchen. I am particularly fond of steaks. My wife, Dalit, is an excellent cook and the sushi she prepares is excellent. She works hard in the kitchen, preparing various types of delicacies for our boys who are serving in the army, and we travel to see them on the weekends, to bring them a personal delivery."*



# CRISPY HALVA RICE SNACKS

Approx. 20 squares

## Ingredients

- 2 cups crispy rice cereal
- 4 Tbsp. raw tahini
- 4 Tbsp. date molasses

## How to prepare

- Combine the tahini and date molasses in a bowl to a sticky mixture. Add the crispy rice cereal and mix well.
- Transfer the mixture to a square pan, and using wet hands, press firmly into an even layer.
- Freeze for 2 hours.
- When the mixture has hardened, cut into squares and serve. Keep in the freezer.



## MALY YEHIEL

Administrator, The Institute of Pathology | 25 years at Sheba  
Married +3 children +3 grandchildren | lives in Ramat Gan

*“Once a week I am in the kitchen, cooking. My 3-year-old grandson demands that I make him chicken soup with noodles, and of course I do as he asks. My mother was the champion of cakes. My true love of cooking comes from my Iraqi mother-in-law. The real dishes are hers. I watch television cooking shows and I am in awe of the gourmet dishes and the high level of today's young cooks. 40 years ago, when I was pregnant with my first child, I received a pressure cooker as a gift. It was two days after we had finished painting the house. A pressure cooker needs to be released gently, which I thought I was doing, but it resulted in the whole pot of stew spewing up to the ceiling and dripping all over the kitchen. I haven't been near a pressure cooker since...”*



## DATE AND NUT ROLL

Approx. 10 pieces

### Ingredients

- 1 bag of date paste
- Various nuts – pecan, walnut, hazelnut, almond etc., coarsely crushed
- 1 bag coconut flakes

### How to prepare

- Place the date paste in a bowl, add the nuts and almonds and mix to combine (you can place the bowl over a bowl of hot water to soften the paste). If the mixture is too soft, cool slightly in the refrigerator.
- Place a sheet of parchment paper on the worktop. Place the date mixture on top and, using wet hands, roll to a log.
- Sprinkle the log generously with coconut flakes, and roll with the parchment paper until fully and evenly coated. Beyond adding flavor, the coconut flakes help to insulate and seal the roll.
- Freeze the roll. Before serving, let thaw slightly before slicing into rounds.



### KINNERET TURGEMAN

Senior Secretary, the Nephrology Institute | 4 years at Sheba  
Married +3 | lives in Ramat Gan

*"I learned how to cook from my mother and mother-in-law. I served as a kind of sous-chef to both. I loved the colors, smells and the flavors. I learned that cooking is a creative art. To take raw ingredients, to feel them, to knead them and to make something from them. This was a challenge I fell in love with. I am often in the kitchen, sometimes even on a daily basis. I make meat patties with lots of greens and fish in the oven, among other things. My kids love the Bolognese pasta I make and also pancakes with syrup and candy. They put on their aprons and work with me in the kitchen, a continuation to what I shared and experienced myself."*



## BISCOTTI

Approx. 70 cookies

### Ingredients

- 1½ cup whole wheat flour
- 1 Tbsp. Baking powder
- 1 Tbsp. vanilla sugar
- 4 eggs
- 1 cup of natural cashews (or any other type of nuts you prefer)
- 1 cup dark chocolate chips (can be substituted with raisins / cranberries)
- ½ cup sugar

### How to prepare

- Toast the cashews in a pan for a few minutes. Set aside to cool.
- Sift the flour in a bowl, add the sugar, baking powder and vanilla sugar and mix well. Beat in the eggs.
- Fold the cashews and chocolate chips, mix and refrigerate for 30 minutes.
- Preheat the oven to 180°C.
- Using wet hands and parchment paper, divide the mixture into 2 logs.
- Place the logs on a baking tray lined with parchment paper and bake for 20 minutes, until golden and set.
- Remove from the oven and let cool for a few minutes. Slice the logs into thin rounds, and arrange in an even layer on the baking tray. Reduce the oven temperature to 150°C and return to the oven for 10–15 minutes, until the biscotti are dry.
- Remove from the oven, cool and store in an airtight jar.



### SARIT LURIA

Deputy Director, Human Resources | 6 years at Sheba  
Married +2 | lives in Gedera.

*"The kitchen and I are in an ongoing dispute. We don't have a connection. This is my mother and husband's role. The most I can do is to help them as a sous-chef. To my delight, my husband is an excellent cook, and my favorite dish of his is liver in wine with mashed potatoes on the side. Every week my mother prepares food for the children. When there is a family event, my task is to go food-shopping. They know that cooking is not my strong suit. Personally, I love kubbeh, couscous and pastas. When my family members heard that a recipe I submitted was chosen for Sheba's cookbook they were shocked, they thought it was a mistake..."*



# AROMATIC HONEY WITH ASSORTED NUTS

10 servings

## Ingredients

- ½ kg honey
- ½ Tsp. orange zest
- ½ Tsp. lemon zest
- 1 Tbsp. rose water extract
- 50 grams walnuts, toasted
- 50 grams shelled pistachios, toasted
- 50 grams cashew nuts, toasted
- 50 grams blanched almonds, toasted
- 50 grams macadamia nuts, toasted
- ¼ Tsp. Atlantic sea salt

## How to prepare

- Mix all the ingredients together and pour into small individual jars, one for each diner.
- Can be served with fresh fruit, cake or ice cream.



## SHAUL BEN-ADERET

Chef, owner of “The Blue Rooster” and “Kimmel BaGilboa” restaurants  
Married +4 | lives in Tel Aviv

*Ben-Aderet inherited his love of cooking from his mother and grandmother, who emigrated from Iraq, as well as from his father’s Greek side. “For me, as a child, going with my grandmother to the market was a happy experience. Everything that had to do with the market – the spices, fruit and vegetables, the butcher, and the hustle and bustle – was a special experience for me. She taught me that the way a fish smells is an indicator of its freshness. We’d return home, and I’d watch her work in the kitchen. She used to coat the fish twice before frying it, then make a sauce with plenty of lemon juice, which she would pour over them just before serving. The end result was a crispy, aromatic and incredibly delicious fish.”*

*Ben-Aderet is a regular guest on many television cooking shows, including “The Healthy Chef”, “Meet the Chef”, “World Cuisine” and “Shabbat Dinner”. He represented Israel in various international festivals and culinary events in Brazil, Uruguay and Japan, among others. He runs cooking workshops, is a culinary consultant and a food writer.*



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## Culinary Medicine

In recent years, lifestyle medicine has undergone a real revolution that includes the development of advanced content and tools. One of the most interesting themes is Culinary Medicine, a field that places home cooking at center stage. Many studies show that the composition of food is important, but its quality is equally important.

The difference between various types of diets, such as the Mediterranean diet and veganism, as well as the composition of the main food groups, such as carbohydrates, are of great importance to one's health. However, the quality of the raw ingredients and whether they were cooked at home or consumed as processed foods are just as important. Studies have found that reorganizing the kitchen and cooking large quantities of simple healthy recipes contribute to the increase of home cooking, reduce the consumption of processed foods and improve one's nutrition. Home cooked food has even been proven to contribute to weight loss, improve cardiovascular risk factors such as high blood pressure, and the prevention of chronic diseases such as diabetes and cancer.

Thus, we at Sheba have gathered recipes from our employees in order for you to increase the consumption of home-cooked food in your home. Choose a few recipes that you like and see how you can take advantage of your time in the kitchen to prepare large quantities of healthy food in a short space of time.

For example, if you choose to cook a recipe with lentils, prepare a larger amount of lentils and freeze a portion of it.

You can then prepare Mujaddara (by adding rice, onions and spices to the thawed green lentils), make a Hummus-like spread (by adding raw tahini, lemon and garlic), or mix with chargrilled eggplant, lemon juice, garlic and herbs, for an eggplant and lentil spread.

The freezer is also a great tool for increasing your consumption of vegetables. If you choose to cook a stew in tomato sauce- double or triple the number of tomatoes the recipe calls for, and make a large amount of the sauce. Cook the sauce until reduced to a minimum and freeze it in the ice cube tray. You can then use these cubes to make a quick tomato sauce as well as to deepen the flavors of soups and casseroles.

**The author is director of the Center for Medicine Lifestyle**



## Conscious eating

Think of a time when you ate a snack or candy and were busy doing something else. Do you remember what it tasted like? Was it pleasant? When we eat unconsciously, the brain does not register the eating experience in full form, which leads to dissatisfaction from the eating experience, and a desire to eat again.

Many of us find eating consciously difficult for several reasons: stress and the difficulty in carving out time to eat, dissociation from the body's sense of hunger and satiety, emotional eating, or eating in response to emotional triggers such as boredom or conditioning (e.g. in front of a TV). This results in overeating. Studies show that unconscious eating (also known as automatic eating) contributes to weight gain.

Conscious eating is a way to practice presence and a connection to the body whilst eating. In this situation, all of our attention is directed to the experience of eating - the physical sensations in the body, the received input from the various senses and an awareness to the act of eating.

Conscious eating can be practiced as follows:

1. Sit comfortably with food on a table. Close your eyes and check what kind of information is your digestive system relaying right now. How hungry are you? To what extent is there a desire to eat? If you're not hungry, what motivates your desire to eat right now? What is happening in the oral cavity? How do you feel according to your digestive system? Would you like to give thanks and express gratitude towards it?
2. Look at the food in front of you. You can say grace or simply express your gratitude for the food on the table, giving thanks to all those who were involved in its making (or production).
3. Examine the food in front of you and pay attention to what your senses are experiencing. What are you seeing? Smelling? What does the plate look like? What emotions does the smell evoke in you?
4. Take a small bite and chew with your eyes closed. Examine the flavor as you are chewing. What do you notice in terms of texture? Stop for a moment before taking another bite and notice the sensation in your mouth and stomach.
5. Continue to eat slowly while paying attention between each bite. Continue to examine your digestive system and be alert of feeling satiety or pleasantly full. Check with yourself when it is time to stop eating.

Practicing conscious eating is not easy, as it requires the challenging of automatic behaviors. Try some of these exercises until you are used to the experience of conscious eating.

As an alternative, try this shorter exercise: when you sit down to eat (it is always better to sit at a table without the distractions of any screens) say to yourself: "Now I am eating". Drawing attention to the present moment will help you eat more consciously.

**The author is a clinical and medical psychologist at the obesity clinic**

## Tips for weight loss

1. **Never reach the point of hunger** - avoid not eating for long hours and respond to your hunger as soon as it develops. Do not starve yourself before special events or holiday meals.
2. **What is your daily budget?** Everyone has a different calorie budget. To find out yours, visit a professional certified dietitian. When you know your budget, you can plan ahead what and how much you will eat.
3. **Traffic light on a plate** - Be sure to consume green, red and yellow foods at the same meal. It diversifies the plate, leaves little room for carbohydrate / high- fat foods, and of course, it carries with it the benefits of added vitamins and minerals as well as a feeling of satiety thanks to the dietary fibers.
4. **One more bite** - always leave the last bite on the plate. Research shows that by applying this small change, the detracting of one bite per meal can total 75 kcal per day, which adds up to a 4Kg weight loss per year.
5. **Drunk, not from wine but water** - hydration helps to relieve hunger and modify the volume of the stomach. Stillwater, not carbonated.
6. **Reduce salt intake** - Studies show that lowering the amount of sodium in our food can lead to weight loss. Salt reduction has other benefits such as balancing blood pressure and preventing heart disease.
7. **Get spicy** - Studies show that eating spicy foods stimulates the secretion of endorphins in the brain, that in turn simulate a sense of pleasure from food, thus you consume less of it. Replace salt with chili.
8. **Avoid 'diet' beverages** - Most studies so far show that the more Diet drinks we consume, the fatter we get. Drink water, sparkling water, tea infusions, mint, sage, a squeeze of lemon for added taste, and nothing more.
9. **Small plates** - Avoid eating from large plates. Eating from medium-sized plates will significantly lower the calorie count of a meal.
10. **Soups, even in summer** - soups are not just for the winter time. There are also soups for summer, served cold. Consuming liquids and additional vegetables ahead of a large meal induces a sense of satiety, resulting in eating less.
11. **Take your time** - eating fast does not allow a healthy mechanism of satiety. It takes the stomach 20 minutes to send the brain a signal that we are full and satiated. Chew slowly, savor your time eating. You deserve it. Not on the road, not whilst driving, but actually sitting down to a meal for at least 20-30 minutes.
12. **We gain more fat at night** - this is mostly a myth that should be quashed. The recommendation is to eat 70% of your calorie 'budget' until dinner time, and the remaining 30% anytime during the evening. Just remember to give yourself at least 1½ hours to digest before going to bed.

13. **Emotional Eating** - Sometimes we eat to soothe our emotions - anger, sadness, joy, frustration. Sometimes these feelings evoke an unexplained sense of hunger. So, what can we do? As adults, when we're angry at someone we do not resort to violence against them, and similarly we should not resort to culinary violence against our own body. Take a deep breath, count to 10, realize that these are emotions speaking and not hunger hormones, and move on to your next task.
14. **Do not arrive at a party or event hungry.** Period.
15. **Expand your mind, not your clothes** - Avoid wearing stretchy clothes which have a tendency to expand out and allow us to overeat. Tighter, more tailored, non-elastic clothing can set us with demarcation boundaries.
16. **Breakfast** - Eat. Period. Studies show that people who eat breakfast, eat less during the day. And this does not include the all-you-can-eat breakfast buffet at your favorite hotel.
17. **Apple for dessert?** - not necessarily. Dessert can be anything sweet, even a cake. Do not make the link between a meal and dessert; dessert can come at any time of the day. If you have decided to treat yourself to dessert, commit to it. Let it be the most delicious, the freshest, the most special treat. The best tip: treat yourself to something that you or a family member made yourselves.

The author is director of the Nutrition and Diet Division



## The Tremendous Benefits of Physical Activity

Regular exercise is one of the main activities that a person can perform in order to maintain their health. The list of diseases that physical activity has the power to prevent is extremely long, including dozens of percent reduction in the risk for developing several cancers, heart diseases and stroke, diabetes, hypertension, hyperlipidemia, obesity, osteoporosis, dementia and Alzheimer's, depression, anxiety, and the list goes on.

Physical activity improves many aspects of the quality of life, brain function, mood, self-image and quality of sleep, and reduces falls among seniors. Most of the health benefits described are also evident in children and youth. In addition, exercise and sports play an important role in physical and social development. It is important to know that the health impact of the physical activity is dose-dependent. That is, the more activity performed, the more protection it provides.

This is true of both the duration and the amount of training, as well as the levels of intensity and difficulty. It is worth remembering that in almost every chronic illness, physical activity can have a great physical and mental contribution, both in the treatment and the stabilization of a disease, as well as in the reduction of risk for possible complications. In these cases, the physical activity should be tailored to the patient's needs.

The amount of physical activity recommended for the prevention of the wide variety of diseases and benefits mentioned above is the same: at least 150 minutes a week of aerobic activities such as walking, cycling, swimming, ball games or aerobics class. The intensity of the activity should be medium and above, i.e. one that causes light panting, and the feeling that the challenge is "somewhat difficult". In addition, 2-3 times a week of resistance training will complement the aerobic activity; strengthen muscles and bones, improve body composition and additional health benefits.

How can it be done? - The most important tip is: find your sport. The activity must be fun, so that it can be exercised consistently and willingly, and not out of obligation. Preferably simple to carry out and close to your home / workplace, to avoid slacking and wasting time travelling. It should be anchored in your diary and practiced in a class or on fixed days, so as not to forget or be tempted to cancel and postpone.

Another advantage of the classes is that they often incorporate aerobics activities with strength exercises in a very wide range of levels, rhythms and atmospheres. However, even just walking can provide many health benefits, especially if combined with resistance training exercises in the public facilities located in parks or otherwise.

So find your sport, and get going!

**The author is director of the sports clinic**



## Mindful Cooking is Healthy Cooking

So, what is your favorite cooking style?

Some prefer to cook in Italian, Chinese or French style. We, Israelis, try to take the best of all cuisines.

Today I am inviting you to add a small and healthy element to your cooking called mindfulness. What is mindfulness? It is a skill in which your attention is turned in a gentle and non-judgmental manner to the present moment. That is, when one practices mindfulness the attention is focused on what is happening right now, and not on whatever happened a moment (or a long time) ago, or on whatever may (or may not) happen in the future.

For example, you may have already noticed that while you were cooking your thoughts wandered into the future (Will the gnocchi be delicious? What if I didn't cook enough pasta for all the guests? I don't feel like washing all the dishes at the end of the meal...), or maybe your thoughts wandered to a problem that has been preoccupying you for some time.

Studies show that when thoughts wander away from the activity we are performing, the level of mental stress increases, the level of enjoyment decreases, and the quality of the end result is compromised. That is, there is a reasonable possibility that the food you are preparing won't turn out as tasty as it could.

The cliché that a person who is in love over-salts his stew refers exactly to this characteristic of our consciousness. When his thoughts wander to the one he adores, he does not pay attention to his hand automatically adding more and more salt...

How can one develop the mindfulness skill? In addition to countless available mindfulness courses and workshops, you can begin by practicing right now: turn your attention from your thoughts to the five senses: to the different colors in the fruit salad, to the sound of the vegetables being chopped, to the touch of the dough or the aroma of the soup - ask yourself from time to time (gently, without any judgment): "what is my attention focused on right now?"

If you find that your attention has wandered (again) to your thoughts and moved away from what is happening here and now, you can thank yourself for noticing and turn your attention back to the present moment. This way, the time you spend cooking may turn what feels like a chore you can't wait to be over with, to an enjoyable activity (and the food will taste better for it!).

Happy cooking!

**The author is a clinical psychologist, and director of the 'Shachaf' clinic for reduction of mental stress**

## On Eating and Diabetes

There are currently about 600,000 people suffering from diabetes in Israel, and a similar number of people are at high risk of developing diabetes in the coming decade. Diabetes is still the leading cause of dialysis, amputation, blindness in working age and events such as heart attacks, heart failure, strokes and death as a direct consequence. Approximately 40% of those hospitalized in the internal medicine wards and approx. 70% of those hospitalized in the cardiology wards, suffer from diabetes or pre-diabetes.

### **Where did we fail?**

The failures are related to a late diagnosis and inadequate treatment of lifestyle and medication. Sugar metabolism disorder, obesity, hypertension, high blood lipids, a tendency to hypercoagulability, a weakened immune system and a propensity to severe infections - are all typical of the diabetic condition.

### **Is there a way to prevent and correct? The answer is - certainly.**

The first step: leading a healthy lifestyle, eating a nutritious diet, exercising, getting adequate sleep and lowering stress levels contribute to a healthy weight, blood pressure and normal blood lipids, strengthen the immune system, balance blood sugar levels and reduce the predisposition to infections and hypercoagulability.

Implementing a healthy lifestyle is not easy, but it is vital for diabetics as a means to prevent complications.

Until recently we coped well with high blood lipids and hypertension through the use of medication, but the treatment to normalize the blood sugar level also meant weight gain and hypoglycemia, and the treatment mostly reduced the damage to the eyes and kidneys but it did not reduce heart attacks, heart failure or strokes.

In the last decade, two drug families have drastically changed the results of diabetes treatment:

1. A family of drugs that cause excessive urination of the sugar - SGLT2 - by preventing the absorption of sugar from the urine to the blood.
2. A family of drugs given by one injection, administered daily or weekly, of a substance that is naturally secreted in the intestine GLP1, given at a high dose. The advantage of this family of drugs is they also help with weight loss and lower the blood pressure.

From sizeable clinical studies I have led in both drug families, we have learned that these drugs also have an immediate beneficial effect in the reduction of cardiac and cerebral events, reduction of heart failure events and renal deterioration (Especially in the SGLT2 drugs).

Taking these drugs benefits patients greatly, they're highly safe and the side effects are usually mild and temporary.

The National Diabetes Council has come out with new guidelines recommending Metformin as a combined drug in most diabetics as soon as they have been diagnosed with the disease, in order to normalize the blood sugar level and cure the diabetes for as long as possible.

**The author is president of the Israeli Diabetes Association**

## The Power of Saying No

Embrace the practice of home cooking into your life - by making the simple decision to start cooking for yourself at home, you are getting your body used to consuming fresh, clean and nutritious food. This is an important first step for bettering your health.

Eat with the senses, be in the now - the senses offer a constant invitation for mindfulness and attention. They are always in the present moment. Taste the food, look at the texture and colors, experience it to the max. Learn to say no, learn to say yes - Learn to say no to foods that do not benefit your

body and your soul. Learn to say yes to foods that promote health and vitality.

Cultivate anticipation for food, invite friends - the secret to good food lies in the balance between the pleasure of cooking a meal and the anticipation of sharing it with those closest to us.

Look for nature, beauty and simplicity in food - nature knows how to provide the soul with peace and relaxation. The food that enters our body is a product of water, earth, air and sun. Allow yourself to eat healthy foods that express the generous nature of the soil.

**The author is director of health training at the Center for Lifestyle Medicine**



## Fighting Junk Food

There is no accurate definition of junk food and the term refers mainly to foods that are high in fat (especially saturated and trans fats), salt and sugars.

Because the process of food preparation in food chains usually involves cooking at high temperatures, the addition of preservatives and problematic meat processing methods, and because we have no way of knowing just what ingredients and processing methods were used in the making of the food, then on the face of it, any food we consume outside of our home can be considered junk food. This is true for a hamburger, but also for pita with za'atar and croissants. In addition, it is important to remember that the food we are served rarely shows up "alone" and is usually accompanied by toppings high in fat and salt, such as pita bread, fries and sauces.

**How to change our approach.** The solution does not lie in boycotting one food chain or another, but in the process of educating the public to change their eating habits and striking the right balance between eating at home and dining out. This is similar to a behavioral rehabilitation, rather than a nutritional rehabilitation, and for the process to be successful it must be done gradually and in small steps.

As with anything else, changing habits begins with education at home. The change is not targeted at the individual, but rather at the family, as a unit. Parents' behavior sets a very significant example for the children - for better or worse. In order for us to raise a generation of healthier children, we must provide parents with the right tools to deal with the many temptations and external stimuli.

Eating at home does require organization and thought, but in the end - it is all a matter of priorities and decision making. This does not mean that eating out should be completely abandoned, but the balance needs to gradually change - at first, to eating out only once a week, then to once every two weeks and, if possible, once every month or two. And even when dining outside, it is important to choose the healthier options, like ordering the salad instead of the fries.

### What are the benefits of cooking at home?

There are many benefits to cooking and eating at home. It is more cost effective, healthier, cheaper and usually, tastier. It is recommended to learn how to cook properly at home, to avoid frying, reduce the levels of oil, salt and the sugars, to leave out that extra carbohydrate added to an already rich dish like a hamburger, to prefer roasting and baking, and to replace store-bought ketchup and mayonnaise with homemade sauces.

In addition, home cooking provides the set-up for a quality family time. Make the process a joint experience - involve the kids with the food shopping, the preparation and the joy of cooking. As mentioned, this is a long-term process and must be carried out gradually, step by step. Much like with exercise, which we know that in order to sculpt the body and achieve results we must make an effort and persevere, this too is a process that requires effort, perseverance and practice.

In the first stage, it is worth investing in nutritional support for the family by utilizing the services of a dietitian that can help make a conceptual change throughout the house, including shopping list-making, creating a meal-time schedule, and striking a balance between dining out and eating at home. As part of the national health insurance, everyone has the right to consult a dietitian, free of charge or at minimum cost.

Remember that there are no magic tricks and shortcuts, and especially do not forget even for a moment that your children look and learn from you.

**The author is director of the Nutrition and Diet Division**

## Quitting Smoking Isn't Hard

The Ministry of Health data shows that in Israel, 22 people die every day from smoking-related diseases such as: lung cancer, throat cancer, chronic obstructive pulmonary disease (COPD), heart attacks, strokes and sudden death. There are other diseases that are less known to the public, also related to smoking, such as: cataract, diabetes, herniated disc and osteoporosis. Smoking also impairs the immune response, reduces the body's ability to defend itself against various infectious diseases and causes many health damages.

Every year, about 8,000 people in Israel die from smoking, of which about 800 from passive smoking.

Another aspect that is prominent are the external damages of smoking such as an impaired sense of taste and smell, wrinkles, yellow fingernails, dark lips, hoarse voice, coughing and yellow or dark teeth.

Does the information about the harms of smoking compel smokers to take action, as in, quit smoking? Not necessarily!

What does make people decide to quit smoking and persevere? The answer usually depends on the human factor: in the smoker, their personality structure, the support of those closest to them, and in their inner decision to quit out of a clear recognition of the benefits of smoking cessation.

Everything ever told, in the past or future, about the health benefits of smoking cessation cannot be exaggerated. It begins with a reduction in the risk of developing a wide range of diseases such as various kinds of cancer, cardiovascular disease, gum disease, sexual problems such as impotence and more. There are also many benefits that can be experienced at any age once quitting smoking: a person looks and feels better, their facial skin is brighter and more vital, both the sense of taste and smell return to optimal function and the breath is fresher.

In addition, clothes smell noticeably fresher while the teeth, hair, skin and fingers are all cleaner.

And more: freeing oneself from the mental and physical dependence on cigarettes, no more of the guilt feelings that smoking evokes, improved physical fitness and vitality, monetary savings, the person becomes a good role model for their children or grandchildren and even protects their health by not exposing them to passive smoking.

Quitting smoking is not difficult and most people who quit smoking did so on their own, without any therapeutic intervention. However, there are also professional alternatives to the smoking cessation process. HMOs offer free smoking cessation workshops all over the country, while some also offer telephone and personal counseling. Participants also receive a discount on the purchase of prescription drugs for smoking cessation.

Last year, the HMOs reported that approx. 74% of smokers who attended rehab workshops were able to quit smoking.

It all begins with your decision to choose a healthier lifestyle for yourself and those around you.

**The author is a consultant, coach and facilitator of healthy lifestyle workshops, with an emphasis on smoking cessation**



## Is Beer Fattening?

Is indulging in a cold beer a health sin, or can it be embraced as part of a healthy lifestyle?

Beer usually consists of water, grain (barley / wheat), hops and yeast. Most beers range between 4-6% alcohol. The natural components of beer increase its nutritional value, mainly the presence of potassium and magnesium, both considered essential minerals as part of a healthy lifestyle.

Beer also contains antioxidants (polyphenols). A study published in a leading nutrition journal indicates that the level of antioxidants increased in the blood of moderate beer consumers.

**Is beer fattening?** - There is a common belief among many that beer is fattening, hence the term "beer belly". But this is simply not true. Beer is made from natural ingredients only and does not contain fat or simple sugars. Looking at the calorie intake alone, beer can be a wiser option over fruit juices and other sugary drinks.

It's true, vegetables and fruits have important benefits, and they are an integral part of our menu, but this does not mean one can't enjoy a beer and incorporate it as part of a healthy lifestyle, always in moderation.

**Can beer prevent diseases?** Studies show that a moderate consumption of alcohol, including beer, may reduce the risk of diseases such as obesity, cardiovascular disease, diabetes, Alzheimer's, osteoporosis and more.

**What is a moderate consumption of alcohol / beer?** - No more than one drink a day for women, and up to two drinks a day for men. For example, 330ml of beer is considered one drink.

**How to choose the right beer for me** - the key is to choose the flavor you enjoy and always consume moderately. Prefer quality over quantity, and do not forget: the cause of a beer belly is not the beer itself but rather the food that accompanies it. Consumption of high-fat foods such as peanuts, French fries, etc., are the ones that contribute to weight gain, not the beer itself.

**When is it not recommended to drink beer?** - During pregnancy: avoid alcohol completely. This is especially true in the first trimester of pregnancy, when the baby's organs are formed. During breastfeeding - one drink is allowed per day but you should wait at least 4 hours before breastfeeding. Liver disease - Talk to your doctor before drinking alcohol.

It is important to remember that along with the obvious benefits of drinking alcohol and beer in moderation, a heavy consumption of alcohol cancels out any health benefits.

**The author is director of the Nutrition and Diet Division**



## On Sleep and Food

The alarm clock rings loudly and the display shows its 6am. Most of us turn the screen off in frustration as a thought passes: "How I would love just one more hour of sleep", but for some of us this is good news at the end of another long night of multiple awakenings and sleeplessness.

Sleep plays many and varied roles in our physical, cognitive and emotional functions. During sleep, balancing mechanisms in both the hormonal and immune systems move into action, the brain works on processing memories, and the body gets to rest and relax the muscles.

A continuous night's sleep begins around the age of six months (Yes, I know some of you will swear that your children did not sleep until they were 3 years old), accompanied by daytime naps. In most Western societies daytime naps are less available in adulthood and sleep hours are limited to the nighttime alone.

The desire for a continuous and refreshing night's sleep is common to all of us, at any age and in any situation, although we do not always allow sleep the period of time needed, or provide it with the optimal conditions. An adult requires 6-9 hours of sleep per day, which can be concentrated as one main period, usually a night's sleep, and supplemented with a daytime nap.

There are many beliefs and teachings that make the connection between nutrition to the duration and quality of sleep - the vast majority have no grounding in research and may even be potentially harmful - concerning the optimal foods that promote good sleep and a healthy eating schedule.

**Scheduling sleep:** Many weight loss theories instruct you to stop eating many hours before bedtime, stating that the last meal of the day should be eaten in the early afternoon. I do not know how beneficial this is for weight loss, but it is certainly harmful for sleep. Hunger is a noticeable stimulant - in fact, small children should be fed close to their bedtime hour in order to prevent fragmented sleep caused by hunger that arises during the night. Even in adults, a feeling of hunger will cause difficulty in falling asleep and a fragmented sleep.

**Pre-sleep nutrition:** Here the theories are even more numerous and attribute specific ingredients with a significant impact on the quality of sleep. In recent years, the scientific evidence that disproves this link has been mounting. In a study recently conducted at Tel Hai College, the subjects' sleep was examined after a light meal and after a meal high in fat and carbohydrates. Surprisingly, no significant difference was found in the quality of sleep after either of these meals.

**The bottom line:** It is important to eat in the evening, especially delicious food. Carbohydrates and fats can be combined at dinner and consumed in moderation, of course. It is always preferable to choose complex carbohydrates, that gradually break down and provide a balanced blood sugar level during the night.

**The author, deputy director of Barzilai Medical Center, is an expert in neurology and sleep medicine**

## Soup in the Wintertime - Enjoy and Take Care

Winter brings with it many changes like rain, cold and early darkness, all of which affect our eating habits. The early darkness and the cold affect our activity habits, what we choose to eat as well as the hormonal balance in the body.

For example, in winter we spend less time outside, are less exposed to sunlight, and as a result produce less vitamin D. Studies have shown that there is a link between vitamin D deficiency, obesity and diabetes. Low levels of vitamin D also often indicate an increase in depression and fatigue.

And it's not just vitamin D deficiency that affects us. The darkness causes the secretion of the hormone melatonin that helps us sleep well at night. This increase in the melatonin levels causes a decrease of serotonin, the hormone responsible for the satiety sensation. And so, in winter, we feel more tired and hungry.

However, weight gain as a result of hormonal changes is avoidable. You can fight and even prevent it by making a simple change to your eating habits.

Usually, during the winter we crave for food that is warm, satisfying and delicious. The classic choice is soup. Soup is a wonderful solution for the cold winter days. But adding soup to a meal can add hundreds of calories to your diet without even noticing. If you are a soup lover but want to watch your weight - It is important that you know how to enjoy it while watching your weight:

1. **Serving size** - Choose a standard size bowl, suitable for a salad for one. You'll be surprised to find out the volume's impact on your level of satiety.
2. **Ingredients** - choose vegetable soups. Remember that potatoes and sweet potatoes are not vegetables. Legumes - remember that legumes contain a decent amount of carbohydrates, and provide a complete meal even when in soups. Chicken / Beef Soups- choose lean cuts and remove the fat.
3. **Toppings** - Avoid toppings such as noodles, soup almonds and croutons. This is a significant caloric addition as these are processed foods high in sodium, fat and carbohydrates. Blending the soup to a smooth puree will increase the feeling of satiety.

Now that you know which toppings to watch when making soup, you can cook your favorite soup and also watch your weight.

**The author is a dietitian in the Nutrition and Diet Division**



## The Connection Between Food, Love and Sex

For thousands of years, sex and food have been intertwined in an intense embrace that is hard to undo. The first encounter occurred between Adam, Eve and the apple. Years later, feasts took place in ancient Greece and in Rome, where the pleasures of the body were a central focus in the lives of the rulers, who used to eat all the good of the land while watching or participating in unrestricted and limitless orgies.

Sex and food are similar in many respects, and both are considered basic and essential needs to sustain human life.

When we eat, we use our senses (taste, smell, sight and touch) to increase the sense of pleasure. The senses also play an important role in sex. Sometimes men and women only focus on the act itself (the erection, the wetness, the orgasm), and this results in a reduced sensorial experience and pleasure.

Love also enters the equation: when we are in love, the body produces unique chemicals (Phenyl-methyl-amino PEA, and norepinephrine) which cause alertness, sharpness, intense excitement, and a loss of appetite. When the opposite occurs, when we feel very hungry, it is difficult for us to feel romantic.

In sex, as well as in food, there are conservatives who will always order the same dish and never try something else. There are those who fear change, and the failure that it may bring. And then there are those who have no problem tasting and trying something new, and even decide that once was enough for them, and they no longer want to eat this dish again.

Sometimes, there is a natural feeling of desire and attraction for food and sex. But it also happens that we find ourselves eating out of boredom, because we want to avoid rejecting an offer, because someone made the effort for us - and this is also true in sex. We are social creatures, we want to be invited to dinner again, so we don't make a face and we don't complain.

Good sex requires information, acquaintance, understanding what the other side wants and loves. The same is true for food; If you want to prepare a meal, you should find out what the other side wants, what they crave today. Just like with sex. We do not always want the same thing.

And yet, there is a big difference: it is easier for us to tell our partner how we like our omelet and how we drink our coffee. In sex, we were taught to be silent, expect to be understood without communicating, and for the other side to guess our needs without receiving any clear information. This is why the chance of eating a delicious dish is greater than experiencing satisfying sex.

**The author, a senior sexologist, is founder and director of the sexology service at Sheba between the years 2004-2019**



## Chocolate and Happiness

Chocolate has been defined as the food of the gods - cocoa beans grow on the Theobroma cacao tree (Theobroma in Greek literally means 'food of the gods'). The first to prepare a drink from the cocoa beans were the Mayans and Aztecs, and they attributed to it properties that promote physical and mental health.

**How bitter is chocolate?** - Bitter chocolate is chocolate with no added milk. It contains a relatively high percentage of cocoa solids (above 35%).

**White is not chocolate** - white chocolate (delicious as it may be) is not considered chocolate, because it does not contain any cocoa solids.

**Which chocolate should I choose?** - read the list of ingredients on the package. The ingredients are listed in order of quantity. If you're after dark chocolate, prefer one that lists cocoa butter and/ or cocoa mass as the first ingredients, and the sugar far behind.

**Which chocolate should I choose if I'm diabetic?** - Choose dark chocolate that contains 75% or more cocoa solids, with a carbohydrate content of less than 20 grams per 100 grams chocolate. Most sugar-free chocolates contain a low percentage of cocoa solids.

**Chocolate contains a lot of fat. Is it bad for my cholesterol levels?** - Cocoa beans contain about 50-60% fat, oleic, stearic and palmitic acids. They have no negative effect on the cholesterol values in the blood and there are even studies that show a decrease in LDL, and an increase in HDL.

**Is chocolate good for the heart and blood vessels?** Chocolate contains antioxidants called flavonoids that can reduce the chance of cardiovascular disease, among healthy people who consumed 1-2 cubes of high-quality dark chocolate a day (this is not instead of treatment, if you require any).

**Why do we love chocolate?** - because it has stimulating and pleasurable properties. For example, there is a substance in cocoa that acts similarly to dopamine and adrenaline, and therefore causes a feeling of arousal, in addition to the significant levels of caffeine it contains.

**Happy Chocolate** - Cocoa and chocolate can raise the level of serotonin in the brain - the substance that makes us feel pleasure, and can relieve the feeling of depression.

**Mineral chocolate** - Chocolate contains a considerable amount of essential minerals such as: zinc, magnesium, potassium. These play an important role in contributing to cardiovascular health, blood pressure and blood vessels.

The author is director of the Nutrition and Diet Division



## Wine & Health

Is drinking wine healthy?

The prevailing claim (at least among wine producers) is that a glass or two a day is beneficial to the heart and blood systems. Reinforcement of this claim can be found in what is known as the "French paradox," according to which the French enjoy a rich diet that includes cheese and foods high in animal fat, yet display a relatively low mortality rate from heart diseases. Some people want to believe this is due to their high consumption of red wine. Although many scholars disagree about the validity of these conclusions, and even the facts, the concept has taken root in the public's mind, and trying to prove otherwise is practically impossible.

But one fact is undeniable, and that is the high concentration of antioxidants found in the skins of red grapes. So, it may be true after all.

We usually leave the health talk to doctors and specialists in the field. But we claim, with a high level of confidence, that wine is very healthy for the mind. You want credentials? How about:

"Penicillin cures, but wine makes people happy" Alexander Fleming, the inventor of penicillin, wrote this himself and who are we to argue.

But wine, as it turns out, is beneficial not only to the cardiovascular system, but also to eyesight, as Kalman Miro claimed: "in order to see from a distance, wine is better than the eye." According to the late comedian Jackie Gleason, wine even contributes to the health of those around the person drinking: "Drinking removes warts and pimples. Not from me. But from those I look at."

**One thing is certain: good wine is very enjoyable, and whatever brings joy is good. In moderation of course, everything in moderation.**

Courtesy of The Shaked Wine Company

