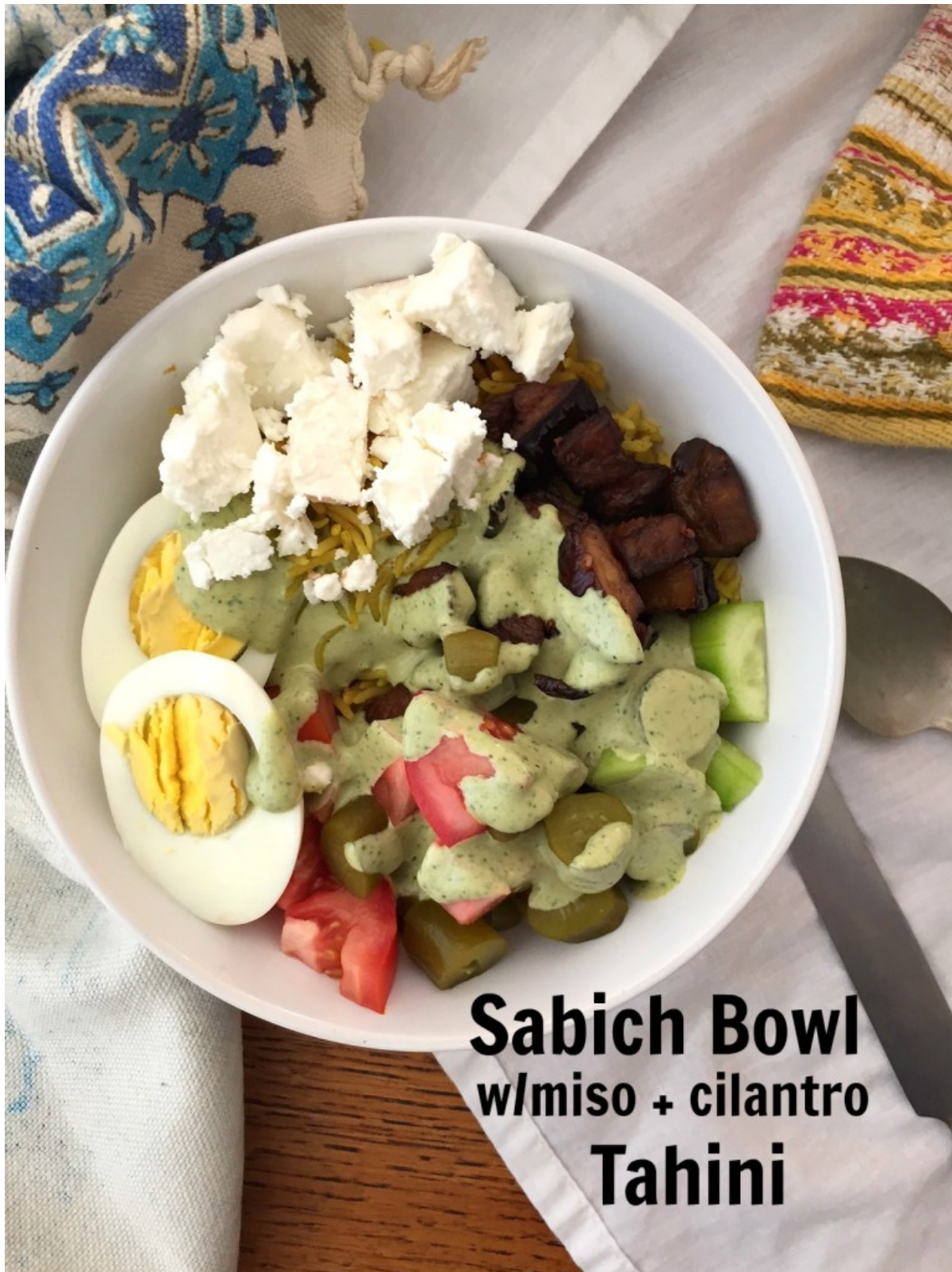


Sabich Bowl with Miso + Cilantro Tahini



Sabich Bowl
w/miso + cilantro
Tahini

It's hard to really care about something as superficial as

pretty food these days. Last weekend, when the world was in shock after the devastating murder of 49 innocent *neshamas* (souls) in Pulse nightclub in Orlando, my family and I were welcoming day 2 of a 3 day holiday (Shabbat into *Shavuot*). Because we are pretty observant, we observe the letter of the law when it comes to Jewish holidays. Not only do we enjoy our festive meals (hey, just doing our part to follow the mitzvahs commanded of us!), but we also don't operate electricity on those days as well, which means we had no idea this brutal act had occurred since we weren't opening our phones or turning on TVs and computers. It wasn't until some friends mentioned something in passing on Sunday night that we knew something had happened. By Monday night, when the 3-day holiday was over, I braced myself for what I knew was going to be an onslaught of terrible news. Little did I know it would be as gut-wrenching as it was. In reading all the news, I felt so incredibly grateful for the 3 days of comfort we had created in our holiday bubble. We went into the holiday praying for the relief of peace after the disgusting murder of Israelis in a Tel Aviv restaurant that occurred on Thursday. But, and I know this is so troubling, as a Jewish family, we've grown accustomed to the news that our people were attacked. We're so used to praying for peace that it's an automatic prayer. I don't even really think about when I pray for peace. It just is what it is. But I woke up on Tuesday morning, after reading news article after new article on the events that occurred that fateful night in Orlando nearly a week and a half ago, and I felt darkness. I called my best friend, Jackie, and we talked it out, as we do with everything. "Jackie", I said, "I feel sad. I feel so, so sad". She listened. She validated. She tried to give me comfort but I knew any comfort I would get would need to come from within. I still haven't quite found it yet and I'm pretty sure I never truly will. We live in a world where, as a school employee, I had to sit through "active shooter" training because going into education is now a dangerous job. When my nearly 4 year-old daughter plays school, she pretends to check bags before you can enter into

the 'school', just like the security team does before we can enter her early childhood center. She has no clue what she's 'checking' for, but the whole thing is so disturbing. My heart hurts.





I will continue to pray for peace because it gives me some sort of solace. I will also continue to cook, caring a little less each day about silly things like how many Instagram followers Jewhungry has or how many page views this post will get. I will call my Congress people and I will sign petitions and I will pray that peace will come.





Speaking of food, have you ever heard of sabich? Sabich and shakshuka are in contention for being my favorite dish to eat in Israel. In my book, it definitely out-ranks falafel. It's all about the perfect fried eggplant (my favorite vegetable), the right amount of salty tahini and a generous helping of crisp Israeli salad mixed in with Israeli pickles and loads and loads of cilantro. I like to add a little lot of feta cheese to my sabich sandwich cause it's feta cheese and why wouldn't I? But to save myself some fullness from the pita, and because my oldest doesn't eat sandwiches, I've been putting all my sabich fixin's onto a fluffy pile of rice spiced with all those flavors of the Mediterranean. I'm talkin' cumin, coriander, tumeric and, of course, salt. I hope

you try this out and truly enjoy! Have a wonderful day!

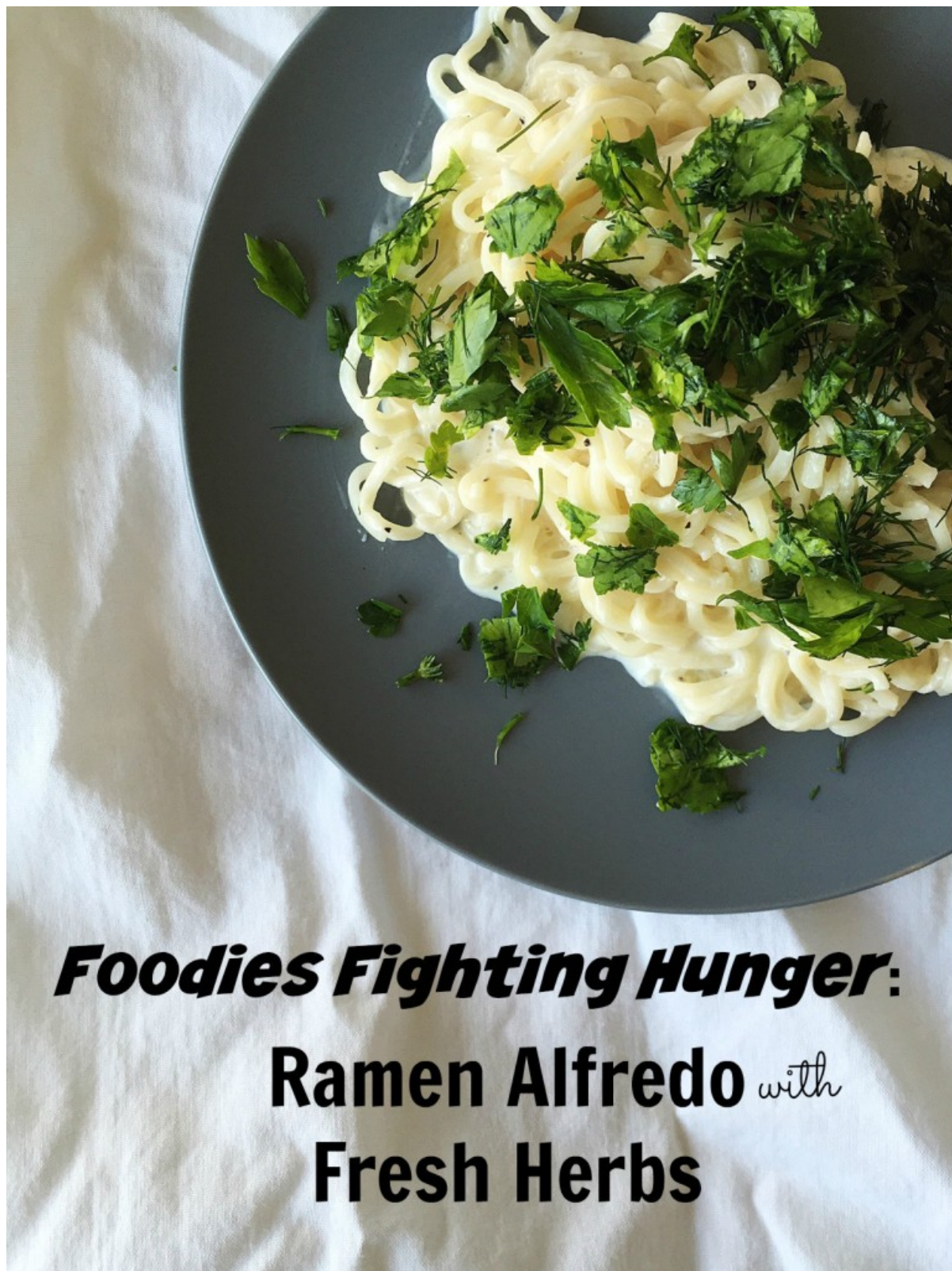




[and -

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Foodies Fighting Hunger: Ramen Alfredo with Fresh Herbs



Foodies Fighting Hunger:

Ramen Alfredo *with*
Fresh Herbs

Foodies fighting hunger. What's this all about? Well, a couple weeks ago I gave a little presentation/talk to a few classes at the high school I work at about blogging. During these conversations, I had mentioned a frustration I have for food/lifestyle bloggers who advocate for healthy and/or organic living but never advocate for equal access to the resources needed to live a health/organic life (much less acknowledge the privilege it takes to live a life full of beautiful acai smoothie bowls and fresh pressed juices). And so, upon reflection, I realized I needed to walk the walk and not just talk the talk; dust off my advocacy skills, if you will. Thus, an idea was born. What if a bunch of foodies got together to acknowledge our privilege, attempt to create a recipe with only \$5 in our pocket, and spread some information on hunger/poverty issues in the US while also providing ways for you, the reader, to do a little advocacy work yourself? And what if we partnered with an incredible organization like MAZON: A Jewish Response to Hunger, which is a national nonprofit organization working to end hunger in the United States and Israel for **all faiths and backgrounds** in order to make sure we get all the facts and figures right? I'm hoping good things. That's what I'm happening will happen.

Therefore, after a few nudging emails (from me) to almost every food blogger I've ever spoken with and/or wished I have spoken with, a mighty little band of foodie advocates was born. This band of Foodies Fighting Hunger includes the following bloggers (by blog name):

The Kosher Spoon

Foodie Crush

will frolic for food

Dessert for Two

Cooking in Heels

Let's Eat Cake

Cake Over Steak

Hola Jalapeno

What Jew Wanna Eat

Kosher Like Me

Girl Versus Dough

Confident Cook, Hesitant Baker

The Bonjon Gourmet

A Nutritionist Eats

I am very much hoping this will be the first in a series of posts featuring an even wider-range of bloggers advocating for equal access to food and for putting an end to hunger and poverty. I am also appreciate the bloggers who jumped on board right away, even if they had never heard of me, because of their commitment to fight and advocate. I am also especially grateful to MAZON, especially Emily Dingmann, who not only the Communications Director at MAZON but is also the blogger behind A Nutritionist Eats.



A few things of note:

1. I do not live in a food desert. Within a 2 mile radius of where I live in Encino, CA, there is a Trader Joe's, Whole Foods, Ralph's Grocery, a large kosher grocer called, Encino Glatt Mart, and countless other

mini markets. For this post, I chose to shop at Ralph's as it is the most prevalent grocery store in Southern Los Angeles.

2. I have a kosher home, therefore, my ingredient list ran a bit more expensive than the non-kosher versions of the same ingredients. For my family and countless families across the US, keeping kosher is not a 'choice' but a religious commandment/obligation.

Hunger is as prevalent as it is pernicious. It is not restricted only to third world countries or homeless people, but has increasingly become the province of families in highly industrialized nations, including the United States and Israel. The best adjective to accurately describe the amount of food available in the United States is abundant. Hunger affects 1 out of every 7 American men, women and children and persists in this country not because of a lack of food, but because we lack the political will to end the problem by ensuring that vulnerable people have equal access to nutritious food. In California, the State my family now calls home, there are 1,776,465 households who are considered food insecure, a household-level economic and social condition of limited or uncertain access to adequate food (definition grabbed from the US Gov website). In addition, nationally-speaking, there are over 15 million children who struggle with hunger and 22% living in poverty. One of the BIGGEST myths I want to make sure is noted in this post is the myth that government programs enable 'lazy' people to live 'well' on society's dime. This is wholly inaccurate and gets my blood boiling. What a privileged way of thinking. Most folks who I hear these types of sentiments from have usually never experienced a day of food insecurity in their lives. But here's the truth,

"As the nation's economic recovery continues, government programs like SNAP (Supplemental Nutrition Assistance Program, aka food stamps) provide a vital lifeline that helps people

receive the sustenance they need to get back on their feet. 40% of households receiving SNAP benefits include at least one working person. The average benefit provided by SNAP equates to roughly \$1.40 per person per meal – hardly an extravagant amount, and certainly not enough to do anything beyond simply get by.” ~ www.mazon.org



More Hunger Facts:

- Hunger myths: there is a stark contrast between the widely held myths and realities about hunger and these myths/realities can shed some light on WHY there is hunger in America if you'd like to touch on that.
- This is Hunger stories: a unique view into the reality of who in America struggles with hunger and why
- Infographics: about hunger (general hunger, seniors, children, rural, SNAP, etc.)
- Interactive map: individual data on how many food insecure households are in your state

Advocacy Opportunities:

- Tell Congress to end hunger for military families now!
- Invest and Improve Child Nutrition Programs
- Educate others: Share this post and other posts involved in this advocacy campaign!
- Sign up to volunteer by yourself or with your family at various local food shelters
- Next time you host a holiday party or birthday party, ask friends to bring a canned good or other donate-able food item instead of a present (or with a present) . . . I love presents.



Underwood Family Farms

When deciding on the ingredients for this post, I decided on the cheap because, well, I only had \$5 to spend and I wanted to stretch every dollar. I also had to get kosher ingredients as we keep a kosher home. I had originally wanted to include a fresh veggie in the dish but after the cost of the dairy

products, I was out of money. But herbs were cheap and still green so herbs it was. I also wanted to included sauteed garlic in butter or olive oil but again, I did not have enough money for this so the only seasonings used were table salt and pepper. The following is the breakdown of the ingredients to my recipe (both kosher and non-kosher cost).

	Kosher:	Non-Kosher:	
			Ramen
	\$.99	\$.39	
Milk	\$1.79	Same	
			Cream Cheese
	\$1.99	Same	
Dill	\$.25	Same	
Parsley	\$.25	Same	

So my kosher total was \$.5.27 and my non-kosher total is just under \$5, coming in at \$4.67. The two items I have yet to calculate are salt and pepper, which would set me back even more but I picked up some free salt and pepper packets at the deli counter so, BINGO! Luckily, this recipe included ingredients that weren't vastly different when it came to cost but that is mainly because I didn't include any real cheese or meat products, which, of course, make every recipe much more expensive regardless of whether or not the dish is kosher or not.



The family, picking veggies for fun.

[amd-zlrecipe-recipe:27]

Passing Through Passover

Happy Passover y'all! How's everyone's holiday going? How were your sedarim? I survived my first Seder. I not only survived hosting my first Seder but I also really enjoyed it. Our first night didn't go as originally planned and it ended up just being my wonderful husband and I, so we enjoyed our cups of wine and we may have even rapped the Four Questions so even though we were by ourselves the first night, we still nailed it. Our second night was pretty awesome as well. We hosted lab mates from my husband's PhD program (he's a marine biologist). No one was Jewish but it didn't matter. There was wonderful conversation, folks participated, I printed our visual aids for the order of the Seder and the 10 plagues, and I gotta say, it was really a lovely night. I made WAY too much food and actually ended up sending folks home with goodie bags of meatballs and charoset, which is definitely normal, right? I mean, who wouldn't want a goodie bag of meatballs and charoset? I'm thinking of giving that out as party favors for the kid's first birthday in a couple of months. You know, something for the kids.

Anyway, I'm currently in Atlanta visiting my brother and sister-in-law and their wonderful kids. I flew solo with the baby, which was an Exodus in its own right (read: people do NOT like babies when flying. People do not like you AND your baby when flying. It does not matter that your baby slept the whole time and didn't make a peep, you will be ostracized from your plane-community and glared at for deeming to leave the comforts of the ground and flying with your baby. And it's Passover so there is no enjoying a coffee during my 8AM flight with the baby nor is there any enjoying a Bloody Mary either . . . which I would *definitely* not drink with the baby. Definitely not.). But anyway, I digress. We're in Atlanta, I miss my amazing husband but I feel like I passed through a mom-hurtle with this solo traveling with baby and I'm gonna

pat myself on the back for that.



Solo Flight Success

This week's recipes once again feature the deliciousness that is Temp Tee. When organizing the menu for our Passover week I tried really hard to only include fresh vegetables and fruit and lay off the starches. I wanted to go light in the afternoon knowing that dinners would be a little more filling. I also wanted to save money because Passover, though a favorite holiday of mine, is draining on the wallet. As a result, I settled on a gravlax and herb cream cheese recipe that could be eaten for several breakfasts/brunches as well as

an eggplant and baby portobella mushroom saute with an avocado and Temp Tee crema. Recipes can be viewed on the Joy of Kosher website. Simply click on the recipe titles below (Gravlax can be found after eggplant pictures) and enjoy! Chag Sameach and Happy Easter to our readers who celebrate!

**This blog post is sponsored by the fine folks at Temp Tee, but all opinions and recipes in this post are my own.*

Eggplant and Portobella Saute with Temp Tee and Avocado Sauce



Getting Ready to Make Some Magic



The Flavors of Miami



The Flavors of Miami Meet the Flavors of Passover!



Everything is Better with Sauce



The Final Product. Delicious!

Gravlax with Herbed Cream Cheese



Fresh Herbs



Fresh Herbs and Temp Tee = Partners in Tasty Heaven



Fresh Fish, Herbed Cream Cheese – What More Could You Ask For?