# Elevating Racial Justice and Police Reforms

CONTINUED FROM PAGE 6

officers, parole and probation officers, liquor control regulatory specialists, emergency dispatchers, criminal justice instructors, aminers in the state. It also runs a the United Arab Emirates.

basic police academy.

censes police officers, corrections field agent in Illinois, working on in international relations from narcotics, domestic terrorism and organized crime investigations a veteran of the U.S. Army, havand as a program manager for the FBI's international law enforceprivate security providers, private ment training academies in Boinvestigators, and polygraph ex- tswana, Hungary, El Salvador and

He holds a bachelor's degree Granderson, 57, served as a FBI in fine arts and a master's degree Group of the Army Reserves.

-- Associated Press contributed

## Western Illinois University. He is ing served in the 82nd Airborne Division and 12th Special Forces

## to this story.

# FOOD FEATURE

# Pasta Premavera

#### **Ingredients**

- 10 oz. dry Barilla Penne Pasta
- · Salt to taste
- 1/4 cup olive oil
- 1/2 medium red onion, sliced
- · 1 large carrot, peeled and sliced into matchsticks
- 2 cups broccoli florets, diced
- 1 medium red bell pepper, sliced into matchsticks
- 1 medium yellow squash, sliced into quarter portions
- 1 medium zucchini, sliced into quarter portions
- 3 4 cloves garlic cloves, minced
- 1 cup (heaping) grape tomatoes, halved through the length
- 2 tsp dried Italian seasoning
- 1/2 cup pasta water
- 2 Tbsp fresh lemon juice
- 1/2 cup shredded parmesan, divided
- 2 Tbsp chopped fresh parsley

### Instructions

- **1.** Bring a large pot of water to a boil. Cook penne pasta in salted water according to package directions, reserve 1/2 cup pasta water before draining.
- 2. Meanwhile heat olive oil in a 12-inch (and deep) skillet over medium-high heat.
- **3.** Add red onion and carrot and saute 2 minutes.
- **4.** Add broccoli and bell pepper; saute 2 minutes.
- **5.** Add squash and zucchini then saute 2 3 minutes



or until veggies have nearly softened.

- 6. Add garlic, tomatoes, and Italian seasoning and saute 2 minutes longer.
- 7. Pour veggies into now empty pasta pot or a serving bowl, add drained pasta, drizzle in lemon juice, season with a little more salt as needed and toss while adding in pasta water to loosen as desired.
- **8.** Toss in 1/4 cup parmesan and parsley then serve with remaining parmesan on top.

# Coconut & Squash Dhansak

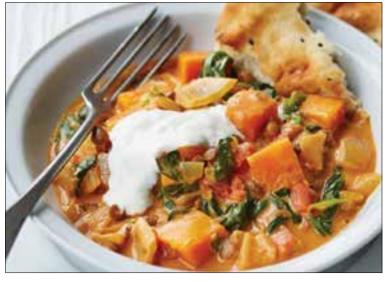
#### Ingredients:

- \*1 tbsp vegetable oil
- \*500g butternut squash (about 1 small squash), peeled and chopped into bite-sized chunks
- \*100g frozen chopped onions
- \*4 heaped tbsp mild curry paste
- \*400g can chopped tomatoes \*400g can light coconut milk
- \*mini naan bread, to serve
- \*400g can lentils, drained
- \*200g bag baby spinach
- \*150ml coconut yogurt, plus extra to serve

### Instructions

1. Heat the oil in a large pan. Put the squash in a bowl with a splash

of water. Cover with cling film and microwave on High for 10 mins or until tender. Meanwhile, add the onions to the hot oil and cook for a few mins until soft. Add the curry paste, tomatoes and coconut milk, and simmer for 10 mins until thickened to a rich sauce.



2. Warm the naan breads in a low oven or in the toaster. Drain any liquid from the squash, then add to the sauce with the lentils, spinach and some seasoning. Simmer for a further 2-3 mins to wilt the spinach, then stir in the coconut vogurt. Serve with the warm naan and a dollop of extra yogurt.

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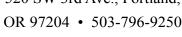
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