



A woman poses for a photographer on the Brooklyn Bridge.

NYC: New Yorkers seem as friendly as anywhere else

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the city is gritty. Homeless people abound and taxis plug the streets like spawning salmon. But, there are also dynamic neighborhoods, music, art, theater, city lights, architecture and beauty. The food choices boggle the mind and everything is good, from ethnic cuisine to the neighborhood diners that populate almost every block. Contrary to my expectations, New Yorkers seem as friendly as anywhere else — except for the twenty-something woman who swore at me when the subway

lurched and I landed on her lap. You know who you are, subway woman. Manhattan, which began as a Dutch fur trading post, has a landscape all its own. The city has grown up more than out. Photographers often point their lenses to the sky to catch images of lofty skyscrapers such as the Freedom Tower. Some streets located in “skyscraper canyons” only get direct sunlight at high noon. The city has its flaws. Hotel rooms, for example, are ridiculously expensive — but I forgive you, New York.

John Updike once mused, “The true New Yorker secretly believes that people living anywhere else have to be, in some sense, kidding.” There’s no move to the Big Apple in my future. I love my rural life too much. But, I understand Updike’s passion. The city pulls you in and wraps you in its caffeinated, high-energy embrace. Kathy Aney writes about human interest and health for the East Oregonian. You can reach her at kaney@eastoregonian.com or call 541-966-0810.



A homeless man uses a sign to attract donations on the streets of Manhattan a couple of weeks before the election.



The 9/11 Museum features this display of victims.



The Freedom Tower rises 1,776 feet into the sky.



A man drums on plastic buckets in the New York City subway.



Four New York City pedicab drivers take a coffee break.

A great addition to your holiday spread

By KATIE WORKMAN
Associated Press

I think this is (possibly) the best Brussels sprouts recipe I have ever made. They are roasted and then tossed while still warm with an assertive dressing that makes your mouth jump up and down with joy. And for those who don’t like Brussels sprouts (and in fact my family is divided), well, more for the rest of us. Jack and I were happy to be responsible for the leftovers. This is a great addition to a holiday spread. You can make the dressing ahead of time, and then just roast the Brussels sprouts before the meal, toss them with the vinaigrette, and serve them warm or even room temperature. I’m not a fan of reheating Brussels sprouts, and would prefer to just serve them at room temperature if they cool down. Don’t over-salt the Brussels sprouts because the anchovies add salt to the dressing. You can always add a pinch of salt to the final tossed salad if you want.

Katie Workman has written two cookbooks focused on easy, family-friendly cooking, “Dinner Solved!” and “The Mom 100 Cookbook.”



Katie Workman via AP

Warm Brussels sprouts salad with anchovy vinaigrette.

WARM BRUSSELS SPROUTS SALAD WITH ANCHOVY VINAIGRETTE

Start to finish: 45 minutes
Serves 6 to 8

- 2 pounds Brussels sprouts, trimmed and halved
- Kosher salt
- 4 tablespoons extra virgin olive oil, divided
- 1 tablespoon fresh lemon juice
- 3 anchovies, rinsed
- 1 clove garlic
- 2 teaspoons grainy Dijon mustard
- 2 scallions, white and green parts, timed and cut into pieces
- 2 tablespoons parsley leaves
- Freshly ground black pepper

Preheat the oven to 400 F. Toss the Brussels sprouts with 1 tablespoon of the oil and spread them out on a rimmed baking sheet. Sprinkle with salt. Roast for

20 to 25 minutes until the Brussels sprouts are fairly tender and browned in spots. Let cool slightly, on the baking sheet, for about 10 minutes. While the Brussels sprouts are cooking, make the dressing. In a food processor place the remaining 3 tablespoons olive oil, the lemon juice, anchovies, garlic, mustard, scallions, parsley and pepper, and process until pureed. Drizzle the Brussels sprouts with about half of the dressing and toss to coat. Add more dressing if you like. Transfer the Brussels sprouts to a serving dish and serve warm, with the rest of the dressing on the side. *Nutrition information per serving: 162 calories; 90 calories from fat; 10 g fat (1 g saturated; 0 g trans fats); 2 mg cholesterol; 193 mg sodium; 15 g carbohydrate; 6 g fiber; 4 g sugar; 6 g protein.*