



HEAVENLY HASH. For Thanksgiving, try this Veggie Oven Hash recipe, which relies on a mix of roasted vegetables for a caramelized sweetness that feels roasty and homey. (AP Photo/Matthew Mead)

You won't miss the meat or bread in this veg-rich oven hash

By **Melissa d'Arabian**
The Associated Press

Heading into crisper weather, I start to crave the holiday classics that beg to be made this time of year. One of my favorites is stuffing (technically “dressing” since I haven’t stuffed it in the turkey ever since Alton Brown talked me out of it over a decade ago when I read his recipe for roasted turkey). Seasoned cubes of dried bread sautéed with celery, onion, herbs, and butter, then baked to crispy-outside-soft-inside perfection?

Yes, please!

Except ... My extended family has three vegetarians and my daughter is gluten-free. So my challenge was how to make a dish that scratches the stuffing itch for them without making it seem like the ugly duckling of the Thanksgiving table. The solution ended up being a roasted vegetable medley that I promise will be the most-requested recipe of your holiday. It is that good, and full of nutrients, too.

To make that happen, I rely on a mix of roasted vegetables for a caramelized sweetness that feels roasty and homey. And I add meaty mushrooms sautéed in garlic and the trifecta of holiday cooking herbs: rosemary, sage, and thyme. A Granny Smith apple cut into tiny cubes brings just enough acid for depth, while a surprise little hero tucked into the recipe — toasted walnuts — adds texture, along with some nice healthy fats to fill up vegetarians who will be skipping the turkey.

Easy, healthy, and satisfying. Your healthy or vegan or gluten-free guests will feel satisfied, not sidelined.

Food Network star Melissa d'Arabian is an expert on healthy eating on a budget. She is the author of the cookbook, Supermarket Healthy.

Veggie Oven Hash

Start to finish: 40 minutes

Servings: 8

2 1/2 cups (3/4 pound) cubed butternut squash
(one-inch cubes)

Olive oil

Kosher salt and ground black pepper

2 cups (1/3 pound) small cauliflower florets

2 cups (1/3 pound) small broccoli florets

1 medium yellow onion, chopped

2 stalks celery, chopped

4 cloves garlic, minced

8 ounces cremini mushrooms, sliced (cut in half if
slices are larger than bite-sized)

1 Granny Smith apple, peeled, cored, and diced

2 tablespoons chopped fresh thyme

1 tablespoon minced fresh rosemary

1 tablespoon minced fresh sage

1 tablespoon lemon juice

1/2 cup toasted walnuts, roughly chopped

Heat the oven to 400° Fahrenheit. Line two rimmed baking sheets with kitchen parchment or foil.

Mound the squash on one of the prepared baking sheets then drizzle with about one teaspoon of oil. Toss to coat, then season with salt and pepper. Arrange in an even layer, then roast until tender, 30 to 35 minutes, turning once or twice.

While the squash is roasting, mound the cauliflower and broccoli on the second sheet. Drizzle them with two teaspoons of oil, season with salt and pepper, then arrange in an even layer and roast for 25 minutes, turning halfway through, or until the cauliflower is golden. All of the vegetables should finish roasting around the same time. Set aside to cool.

Meanwhile, in a large sautépan over medium, heat one tablespoon of oil. Add the onion and celery and cook until translucent, about five minutes. Add the garlic and mushrooms, then sauté until the mushrooms are starting to get tender, about seven minutes. Add the apple, thyme, rosemary, and sage, then cook another five minutes, or until the mushrooms are tender (but not floppy). Stir in the lemon juice, remove from the heat, and transfer to a large bowl.

Add the slightly cooled roasted vegetables and the toasted walnuts. Stir and adjust seasoning if needed.

Nutrition information per serving: 140 calories (80 calories from fat, 57 percent of total calories); 8 g fat (1 g saturated, 0 g trans fats); 0 mg cholesterol; 150 mg sodium; 16 g carbohydrate; 4 g fiber; 6 g sugar; 4 g protein.

Prosecutor says Chinatown crime defendant ordered murder

By **Sudhin Thanawala**
The Associated Press

SAN FRANCISCO — A defendant in a San Francisco crime probe ordered the murder of a rival and was at the center of a criminal organization in Chinatown that laundered money and trafficked in guns and drugs, a prosecutor said during the opening statement.

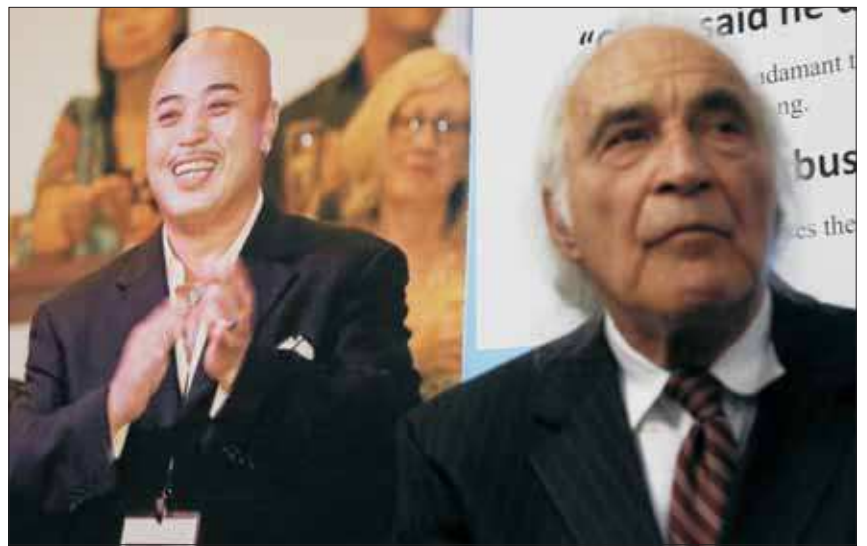
Federal prosecutor Waqar Hasib re-created the scene when Allen Leung, the head of the Chinese fraternal group, the Ghee Kung Tong, was shot in February 2006, calling the slaying a “cold-blooded, gangland-style hit” ordered by defendant Raymond “Shrimp Boy” Chow.

Chow was the focus of a lengthy organized crime investigation in Chinatown that ended up snaring a corrupt California senator and more than two dozen others. He has pleaded not guilty to murder, racketeering, and money-laundering charges that could put him away for life.

Hasib said Chow was the sun at the center of a criminal universe.

Chow repeatedly accepted money from an undercover FBI agent posing as a member of the mafia despite denying he had any involvement in the agent’s money laundering and other crimes, Hasib said.

Jurors will hear a chilling recording of Chow talking to the agent about another murder Chow has been charged with and hear testimony from one of Chow’s



CRACKDOWN IN CHINATOWN. In this April 10, 2014 file photo, Tony Serra, right, an attorney for Raymond “Shrimp Boy” Chow, pictured at left, listens to speakers at a news conference in San Francisco. Chow, a dapper former San Francisco gang leader who portrayed himself as a reformed criminal, was the focus of a lengthy organized-crime investigation in Chinatown that ended up snaring a corrupt California senator and more than two dozen others. Prosecutors finally have their chance to convict Chow of racketeering, murder, and money-laundering charges that could put him away for life. (AP Photo/Jeff Chiu, File)

co-defendants that Chow had ordered Leung’s murder, Hasib said.

Federal investigators say Chow took over the Ghee Kung Tong in 2006 after having Leung killed.

“This case is about this group of people engaging in this pattern of criminal activity,” Hasib said. “But most importantly, this case is about the person who is at the center of that, around whom all of that criminal activity revolved, around whom all those people revolved.”

Chow’s attorneys are led by veteran San Francisco lawyer Tony Serra.

They have argued in court papers that the government’s multiyear

probe was a costly fishing expedition that induced innocent people into crime.

Legal observers say the racketeering conviction of state senator Leland Yee in July has largely validated the government’s probe and lowered the stakes for prosecutors in Chow’s trial.

Federal agents say that one of Chow’s associates was Keith Jackson, a former San Francisco school board president and well-known political consultant who raised money for Yee’s unsuccessful mayoral run in 2011 and bid for secretary of state.

Continued on page 16

Education Matters

Just ask Christina. She’s the 2015 recipient of the Asian Reporter Foundation’s \$2000 Scholarship Award, funded by the Oregon Lottery. Christina is at the top of her class at Franklin High School in Portland and is involved in so many clubs and activities, it’ll make your head spin. Christina plans to attend the University of Oregon to study business and economics.

Christina Kuang
2015 Asian Reporter Foundation
Scholarship Award Recipient

Congratulations Christina!



30 Years of Doing Good Things