

Easy, healthy and satisfying

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

By Melissa D'Arabian

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 sauteed with celery, onion, herbs and butter, then baked up 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



This Sept 28, 2015 photo shows veggie oven hash in Concord, NH. (AP) of roasted vegetables for a caramelized sweetness that feels roasty and homey. And I add meaty mushrooms sauteed 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.

Veggie oven hash

Start to finish: 40 minutes
 Servings: 8
 2-1/2 cups (3/4 pound) cubed butternut squash (1-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 F. Line 2 rimmed baking sheets with kitchen parchment or foil.

Mound the squash on one of the prepared baking sheets then drizzle with about 1 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 2 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 saute pan over medium, heat 1 tablespoon of oil. Add the onion and celery and cook until translucent, about 5 minutes. Add the garlic and mushrooms, then saute until the mushrooms are starting to get tender, about 7 minutes. Add the apple, thyme, rosemary and sage, then cook another 5 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. (AP)

AWL



Photos from the event

American Women's League holds breast cancer awareness seminar

The American Women's League (AWL) hosted a breast cancer awareness seminar at the Regency Hotel on Oct 26. The theme of the event was "Fight Like A Girl". The

Honorable Ambassador Douglas Silliman started the event by ringing the fight bell and giving a few opening remarks.

Doctors Fahd Al Mulla, Noha Al

Saleh and Nour Al Huda Karmani then stepped into a pink boxing ring where they led discussions about the new advances in research to detect and treat breast cancer. The atten-

dees were treated to musical entertainment and tons of giveaways provided by the sponsors.

The event was hosted by Tamara Saab and Ahmed Ahmed. "Fight Like

A Girl" was sponsored by Ooredoo, Gulf Bank, Acura, Dairy Queen, Destination Maternity, Franklin Marshall, Nails on Wheels, The Regency Hotel, and Al Seef Hospital.

The executive board of AWL are President Lynda Van Greenstone, Vice-President Heather Kaczmarek, Secretary Nadya Mayahi, and Treasurer Tara Rogers.

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Latest

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in 1984 is a prominent cultural organization registered with Indian Embassy in Kuwait. The primary objective of KKK is to promote rich culture, heritage of Karnataka among the Indian community in Kuwait. KKK is also proud to be associated in supporting social cause by offering donations to various charitable organizations in India apart from generous contribution for national cause in India during times of calamities & distress.

KKK annual Mega Event-Kannada Rajyotsava (festival of the state) Celebration will be held on Friday Nov 6, 2015 at Cambridge English School Auditorium, Mangaf from 4.30 pm. Guest of Honour for the event is Mrs Sudha Narayana Murthy, Chairperson Infosys Foundation, a pioneer in women empowerment and member of the Gates Foundation. A cultural Program depicting the Journey of Music over the years - "Sumadhura Payana", conceived, directed and enacted by Koota members will be the high light of the evening. Entry by invitation only. For more information, please visit

www.kuwaitkannadakoota.org.

UPKAR Diwali celebration: UPKAR Association, Kuwait is a non-profit association of Indians living in Kuwait. The association is registered with Indian Embassy and has been celebrating Indian festivals Diwali & Holi for more than 25 years. The association runs with mutual contribution & support of its members from different parts of India, working in different fields in Kuwait. Association aims to bring out talent of member's children and also motivate them to excel in their academics by felicitating them for their outstanding achievements.

UPKAR Association, Kuwait would like to announce the mega celebration of Diwali, the festival of light, on Nov 6, 2015 at Razayat Villa, Ras Salmiya. The program will consist of Rangoli Competition, games for kids and families, performances of members' kids followed by delicious Diwali Buffet. Program will have family games, lot of prizes and raffle draw. Entry to the program is for mem-



Photos from the event.

Canadians in Kuwait (CiK) holds seasons greeting event

Canadians In Kuwait (CiK) a social networking organization for Canadian expat community based in Kuwait celebrated the current season for its members and guests with a grand event with pomp and color at Safir Hotel — Fintas on October 23.

Ishtiaq Malik — CiK President welcomed the dignitaries, members and guests on behalf of CiK.

Ambassador of Canada — Martine Moreau addressed the audience by greeting Canadian community in Kuwait with season's greetings and appreciated CiK for holding this event.

Ishtiaq Malik thanked special guests Joey Hood — Deputy Chief of

Mission at American Embassy, Tammy Ames — Counselor Commercial in Embassy of Canada, Randy Williams — President AUSA Kuwait Chapter, Scott Beverly — Chairman ABCK, Ibrahim Al Hamad — President AusBG, Lieutenant-Colonel Brook G. Bangsball — Commanding Officer.

Ishtiaq Malik said that CiK shares Canadian culture with other expats communities in Kuwait, utilizing the talent and efforts of its members. CiK's top agenda is to promote Canada's national traditions and events in Kuwait. The Past one year was very active, CiK had conducted several successful events for its

members to enjoy their time in Kuwait. The membership to CiK has grown substantially. CiK website is proven to be very informative with weekly news updates and is beneficial to its members.

Ishtiaq Malik appreciated the CiK Executive Board for their relentless efforts, energy and enthusiasm towards CiK. Reza Mehrabi — Managing Finance, Keith Edwards — Secretary, Tracey Mackenzie — Membership, MOE — Events Planner, Tammy Ragany — Events Planner, Christophe Holdrinet, George Apostolou, Zeina Nehme and Sussan Stanley.

Special thanks to CiK sponsors for

their generous support to make the event successful: CANON — Dherar Hamad, Kuwait Times — Adnan Saad, KARZ Supermarket — Moussa Hamad, Royal Digital Computer Center — Imran Nasim, Crowne Plaza Hotel — Leo Perera, Movenpick Hotel Al Bida'a — Mario Bassil & Safir Hotel Fintas — Muri, Cedric, Raja and Ahmad Shalaby.

CiK President also thanked Lorie Beverly — ABCK, Sheeba Pius — BBF and Angelina Lantaca for supporting this CiK event.

Canadian Community in Kuwait enjoyed the gathering with their families and friends.

bers or invited guests only.

We invite membership from Indians living in Kuwait, to be part of UPKAR Parivar and celebrate Indian festivals. Members can collect guest passes for their guests to be part of celebration.

To be part of Diwali Celebrations members are requested to confirm their attendance on or before Nov 2, 2015. For UPKAR Membership please contact us on upkarpost@yahoo.com.

FOCC announces CRYchess 2015:

Friends of CRY Club (FOCC), announces rescheduled dates for children's chess tour-

nament 2015. "CRYchess 2015" will be held at the Gulf Indian School (GIS), Fahaeel, on Friday, Nov 6, 2015, from 0930 — 1630 hrs. It is open to all school children upto 12th Standard. The players will be placed into groups, allocated by their age, to play in the Swiss pairing format. Medals and certificates are awarded to all participating children and first 3 positions in each group win trophies. Youngest player of the tournament will be awarded a certificate and a trophy. For more details, registration forms, rules of CRYchess 2015, please visit <http://www.focckw.org/> or contact FOCC members. Sponsors are also welcome to encourage the participat-

ing young chess players. Contact of FOCC members: Salmiya: 25618471, 97990162, 66810338; Abu Halifa: 99364073, 66204295; Ahmadi: 99578073; Hawally: 99300257; Abbasiya: 97226589. With CRY everyone wins.

Nov 7

BCS Cancer Awareness: Bengali Cultural Society (BCS) in association with Indian Women's Association will present a 'Breast Cancer Awareness Programme' on Saturday, Nov 7, 2015 at 11.15 am at Salmiya, Block 10 Essa Al Qatani Street (Street No 6), Building no

19 next to Badur Travels.

The one hour programme will feature a talk by Dr Susovana Sujit Nair, a renowned oncologist who has worked many years with Kuwait Cancer Centre. The show will also feature a breast cancer survivor.

October is Breast Cancer Awareness month and we know that prevention is better than cure. Breast cancer can affect 1 out of 7 women (it can also affect men). Delay in seeking medical attention can considerably reduce the chances of survival.

Harvest Festival 2015: "Harvest

Festival 2015 — will be held in Kuwait City by The Lighthouse Church at the National Evangelical Church of Kuwait Compound on Saturday, Nov 7 from 9:00 am to 4:30 pm. It is a great day of fun, music, delicious intercontinental food, scrumptious baked items, bargain items, indoor and outdoor games for kids and much more. A fun filled day for the young and old and all the family. Everyone is Welcome! Website: www.tlckuwait.com

DAI announces Story Time: We need your help. Over the summer, the DAI started a Story Time programme that was a terrific success. The children, many of whom came every week, loved the stories and so did the parents. (Truth be told, so did the readers!)

So, due to popular demand, we're going to launch CS21 Story Time, held in two locations. We'll be doing Story Time at the Yarmouk Culture Centre on set Wednesday afternoons for all the kids in the neighbourhood (and anyone else who wants to come). We'll also have Story Time at Amricani Cultural Centre on set Saturday afternoons. The schedule for both is shown below.

Of course, this means we need 32 volunteer readers.

Will you be one of them? Ideally, the book will be read twice, once with minimal interruptions, followed by a more interactive reading. The first reading is designed to help kids get comfortable listening to stories. The second reading, with questions and prompts like "what happens next?" "what do you think she sounds like?" and "why did he do that?", promotes the development of critical thinking, creativity, and communication skills. Most important, we want both the kids and the reader to have fun.

It's good for children to hear lots of different voices, so if you have an hour to spare one Saturday or Wednesday, please volunteer. You can email info@darmuseum.org.kw;

<mailto:info@darmuseum.org.kw> and let us know when you can't do it. You can also let me know if you have a favourite children's book you want to read. If not, we have a pretty good selection you can choose from in the Reading Room.

On behalf of all the children who will enjoy Story Time, thanks for your support. Storytime at YCC 3:30 pm on scheduled Wednesdays — Nov 4, Nov 18, Dec 2, Dec 16, Jan 6, Jan 20, 2016 Feb 3, Feb 17, March 2, March 16, April 6, April 20, May 4, May 18.

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