

Asparagus and Spring Greens Farro Hash with Miso Dressing

Farmer's markets and roadside stands are beginning to fill with summer treats, and the first swoon of the season is often reserved for fresh, local asparagus. A wonderful side dish on its own, asparagus (actually a grass related to alliums) is a potassium powerhouse, and a good source of protein and fiber.

Pair this abundant and seasonal ingredient with pantry staples like quick-cooking farro (a whole grain) or leftover brown rice, frozen corn, and other spring greens, like spinach or baby kale, and make a quick and easy vegetable hash. Topped with a fried egg, this recipe takes a side dish to a centerpiece—and will even work for breakfast! A simple but delicious miso dressing helps to elevate all the flavors, but in a pinch, olive oil and lemon juice can help the dish come together.

Preparation: 30 min.

Makes four servings.

Ingredients

Vegetable hash:

½ lb. fresh asparagus (one bundle), cut into coins
1.5 c. quick-cooking farro or leftover brown rice
1 c. fresh, frozen, or canned corn
2 c. fresh kale, spinach, or other spring greens
2 T. neutral cooking oil, divided
Salt and pepper to taste
4 eggs
Chili oil (*optional*)

Miso dressing:

½ c. neutral oil, such as avocado, canola, or light olive oil
2 t. white miso paste
¼ c. rice wine vinegar
1 t. soy sauce
¼ t. sesame oil (*optional*)

Instructions:

- 1.) Cook farro according to package instructions, and drain thoroughly.
- 2.) While farro cooks, whisk all dressing ingredients together.
- 3.) In a large skillet, heat oil until shimmering, and add asparagus coins, and cook for 3-5 minutes over medium heat until tender.
- 4.) Add corn to the skillet, and cook until heated through and any extra liquid evaporates.
- 5.) Add farro to the skillet, and toss until pan is again dry.
- 6.) Remove from heat. Toss the vegetables and grains with greens, 3 T. of dressing, and season with salt and pepper to taste. Set aside.
- 7.) Return the pan to the heat, and add remaining 1 T. of oil and heat until hot.
- 8.) Cook four eggs over-easy, until the whites are opaque, and the yolks are warm but still runny.
- 9.) Top each serving of hash with a fried egg, and serve with chili oil and extra dressing.