

Microgreens with Asparagus, Carrot

Ingredients

6 cups (about 8 ounces) early spring greens such as mizuna, young kale, chard, spinach, arugula, mustard greens, dandelion, mache, purslane
½ bunch slender asparagus stalks
1 medium carrot
½ cup walnuts

Method

1. Soak micro greens in room temperature water for a few minutes to open up the pores and allow them to take in water. Gently spin the microgreens in a salad spinner. Place the dry greens in the refrigerator for at least 30 minutes to crisp them.
2. Steam whole asparagus in steamer basket set over 1-2 inches of boiling water. Check after 3 minutes. They are ready when the asparagus is slightly limp yet still has some bite when pierced with the tip of a sharp knife. Immediately plunge them into a bowl of very cold water to stop the cooking process. Once the spears are cool, drain well, cut on diagonal to 2-3 inch pieces and set aside in the refrigerator.
3. Wash an organic carrot well; no need to peel the skin of an organic carrot. Grate on the large hole side of a box grater.
4. Toast the walnuts briefly in a small iron skillet on a low heat burner on the stove until the walnuts give off a toasted smell. Watch them - it is very easy to over brown nuts. They can also be toasted in a low heat (about 200 degree) toaster oven for 5-8 minutes, again hanging around to notice the aroma.
5. Place microgreens in a wide shallow bowl, top with asparagus, grated carrots and toasted walnuts.
6. Serve with Cilantro-Lime Dressing or your favorite citrus vinaigrette.

Source: [Mary Scott \(4 servings\)](#)
