

Miso-Marinated Salad with Whipped Avocado Dressing

Citrus-spiked avocado dressing pairs beautifully with a host of colorful foods while the miso-marinated farro adds a rich and umami-filled flavor to this salad.

Yield: 4 (1 1/2 cup) servings

Timing: Prep Time = 30 minutes Total Time = 45 minutes



Ingredients

**Up to 10 ingredients (salt, pepper, and water are “free” and not part of the ingredient count)*

Farro

- 1 1/2 cups water
- 1/2 teaspoon salt
- 3/4 cup uncooked farro

Salad

- 3 to 4 tablespoons fresh orange juice, divided
- 1 tablespoon honey
- 1 tablespoon water
- 1/4 teaspoon black pepper
- 1 tablespoon red miso paste
- 2 medium ripe avocados, divided
- 1/4 teaspoon salt
- 3 cups baby spinach or mixed greens
- 1 cup cooked, shredded chicken
- 1/2 cup frozen whole kernel corn, thawed and drained
- 1/2 cup sliced radishes
- 1/4 cup roasted pistachios

Method of Preparation (Instructions)

To cook farro, in 1- or 2-quart saucepan, bring 1 1/2 cups water and 1/2 teaspoon salt to a boil; stir in farro. Cover; reduce heat and simmer, stirring occasionally, until farro is tender, 20 to 25 minutes. Rinse and drain farro in cold water to cool. Place farro in medium bowl; set aside.

Meanwhile, in small jar, whisk 2 tablespoons orange juice, the honey, 1 tablespoon water and pepper until combined. Measure 2 tablespoons mixture into bowl of food processor; set food processor bowl aside.

Whisk miso into remaining orange juice mixture. Stir miso mixture into farro; cover and refrigerate while finishing salad. *(This can be made up to 4 hours before serving.)*

Peel, seed and scoop 1 avocado into orange juice mixture in food processor; add the 1/4 teaspoon salt. Blend until smooth, adding an additional 1 to 2 tablespoons orange juice, until dressing is whipped.

To assemble salad, arrange spinach on large serving plate or platter. Top with miso-marinated farro and chicken. Peel, seed and chop remaining avocado. Sprinkle chopped avocado, corn and radishes evenly over chicken.

Place whipped avocado mixture into food-safe resealable bag; snip end from bag. Pipe avocado mixture evenly over salad. Top with pistachios. Serve immediately.