



Farmer's Market Hash with Poached Egg

Prep: 25 minutes

Cook: 20 minutes • Serves: 4

- 1 medium red or golden beet
- 2 medium parsnips, cut into ½-inch pieces (about 1 cup)
- 3 small red potatoes, cut into ½-inch pieces (about 1½ cups)
- ¼ medium butternut squash, peeled, seeded and cut into ½-inch pieces (about 1½ cups)
- 10 Brussels sprouts, thinly sliced (about 3 cups)
- 1 small yellow onion, chopped (about 1 cup)
- 2 tablespoons olive oil
- 1 teaspoon fresh thyme leaves plus additional sprigs for garnish (optional)
- 1¾ teaspoons kosher salt
- ½ teaspoon plus ⅛ teaspoon fresh ground black pepper
- 1 tablespoon fresh orange juice
- ½ teaspoon orange zest
- 1 tablespoon distilled white vinegar
- 4 large eggs
- 1 cup crumbled white Cheddar cheese (4 ounces)

1. In small saucepot, heat beet and enough water to cover by ½ inch to boiling over medium-high heat; reduce heat to medium-low and cook 20 to 25 minutes or until fork tender; drain and cool.

2. Meanwhile, in medium saucepot, heat parsnips and enough water to cover by 1 inch to boiling over medium-high heat; cook 1 minute. Add potatoes and squash, and cook 3 to 5 minutes or until vegetables are just tender. Add Brussels sprouts and cook 1 minute; drain.

3. In large skillet, cook onion in 1 tablespoon oil over medium-high heat 3 to 4 minutes or until onion is soft; reduce heat to medium. Add thyme, 1½ teaspoons salt, ½ teaspoon pepper, vegetable mixture and remaining 1 tablespoon oil, and cook 5 to 6 minutes or until vegetables are lightly browned, stirring occasionally; keep warm. Makes about 6 cups.

4. With paper towel, rub skin off beet, then shred with box grater. In small bowl, toss beet with orange juice and zest, 8 teaspoon salt and remaining 8 teaspoon pepper.

5. To large skillet with 2-inch-high sides, add water to fill halfway, vinegar and remaining 8 teaspoon salt; heat to boiling. Carefully crack eggs, 1 at a time, into small cup. Slowly slide eggs into water while immersing cup slightly in water. Cover tightly with lid and remove from heat. Let stand 3 to 4 minutes, or until egg white is cooked through and yolk is slightly soft.

6. Serve vegetable hash topped with cheese, poached egg and beet garnished with thyme sprig, if desired.

Approximate nutritional values per serving:

465 Calories, 20g Fat (9g Saturated), 215mg Cholesterol, 1134mg Sodium, 52g Carbohydrates, 10g Fiber, 20g Protein