



# Recipe Book

---

Greens  
by





# SPICY AVOCADO TOAST

*Radish Microgreens*

SERVINGS: 1

## INGREDIENTS

- 1 ripe avocado
- 2 slices whole-grain bread
- Juice of  $\frac{1}{2}$  lemon
- Salt & pepper to taste
- 1 handful radish microgreens
- Optional: chili flakes

## DIRECTIONS

1. Toast the bread to your liking.
2. Mash the avocado with lemon juice, salt, and pepper.
3. Spread on toast, top with radish microgreens and chili flakes.



## STIR-FRY WITH GARLIC

*Radish Microgreens*

SERVINGS: 1

### INGREDIENTS

- 1 cup water spinach microgreens
- 2 garlic cloves (sliced)
- 1 tsp sesame oil
- Salt to taste
- 1 tsp soy sauce

### DIRECTIONS

1. Heat sesame oil in a pan, add garlic, sauté until fragrant.
2. Toss in microgreens, stir-fry for 1-2 minutes.
3. Add soy sauce, toss, and serve hot with rice or noodles.



## GOAT CHEESE SALAD

*Beetroot Microgreens*

SERVINGS: 1

### INGREDIENTS

- 1 cup beetroot microgreens
- $\frac{1}{2}$  cup crumbled goat cheese
- $\frac{1}{2}$  cup roasted walnuts
- $\frac{1}{2}$  apple (sliced thin)
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil

### DIRECTIONS

1. Mix all salad ingredients in a bowl.
2. Drizzle with balsamic vinegar and olive oil.
3. Toss and serve chilled.



## MILLET BOWL

*Amaranth Microgreens*

SERVINGS: 1

### INGREDIENTS

- 1 cup cooked millet
- $\frac{1}{2}$  cup amaranth microgreens
- 1 boiled egg (sliced)
- $\frac{1}{2}$  avocado (cubed)
- Lemon-tahini dressing (1 tbsp tahini + lemon + water)

### DIRECTIONS

1. Arrange millet, avocado, egg in a bowl.
2. Top with amaranth microgreens.
3. Drizzle with lemon-tahini dressing.



## TROPICAL SMOOTHIE

*Red Amaranth Microgreens*

SERVINGS: 1

### INGREDIENTS

- 1 banana
- $\frac{1}{2}$  cup pineapple
- 1 handful red amaranth microgreens
- $\frac{1}{2}$  cup coconut water
- Ice cubes

### DIRECTIONS

1. Blend all ingredients until smooth.
2. Serve chilled with a straw.



## SPICY EGG SANDWICH

*Mustard Microgreens*

SERVINGS: 1

### INGREDIENTS

- 2 boiled eggs (sliced)
- 2 slices bread or bun
- 1 tbsp mustard mayo
- Salt & pepper
- 1 handful mustard microgreens

### DIRECTIONS

1. Spread mustard mayo on bread.
2. Add egg slices, season, and top with microgreens.
3. Serve warm or cold.



## ASIAN SLAW

*Cabbage Microgreens*

SERVINGS: 1

### INGREDIENTS

- 1 cup cabbage microgreens
  - $\frac{1}{2}$  cup shredded carrots
  - $\frac{1}{2}$  cucumber (julienned)
  - 1 tbsp sesame oil
  - 1 tbsp rice vinegar
  - 1 tsp honey
  - Sesame seeds
1. Mix microgreens, carrots, and cucumber.
  2. In a small bowl, mix oil, vinegar, and honey.
  3. Toss with veggies, garnish with sesame seeds.

### DIRECTIONS



## POWER SMOOTHIE

### *Kale Microgreens*

SERVINGS: 1

#### INGREDIENTS

- 1 banana
- 1 handful kale microgreens
- $\frac{1}{2}$  cup Greek yogurt
- $\frac{1}{2}$  cup almond milk
- 1 tsp honey

#### DIRECTIONS

1. Blend all ingredients until smooth.
2. Serve cold with optional chia seeds on top.



# PESTO PASTA

*Basil Microgreens*

SERVINGS: 1

## INGREDIENTS

- 1 cup basil microgreens
- 2 tbsp olive oil
- 1 tbsp nuts (cashew/pine nuts)
- 1 garlic clove
- Salt
- 1 cup cooked pasta

## DIRECTIONS

1. Blend basil, oil, nuts, garlic, and salt into a paste.
2. Toss with warm pasta and serve.



## INDIAN CHUTNEY

*Coriander Microgreens*

SERVINGS: 1

### INGREDIENTS

- 1 cup coriander microgreens
- $\frac{1}{2}$  green chili
- 1 garlic clove
- $\frac{1}{2}$  tsp cumin
- Salt
- 1 tbsp lemon juice

### DIRECTIONS

1. Blend all ingredients to a smooth chutney.
2. Serve with roti, rice, or snacks.



# STIR-FRIED WITH TOFU

## *Pea Shoots*

SERVINGS: 1

### INGREDIENTS

- 1 cup pea shoots
- $\frac{1}{2}$  cup tofu (cubed)
- 1 tbsp soy sauce
- 1 tsp ginger garlic paste
- Oil & salt

### DIRECTIONS

1. Sauté tofu in oil until golden.
2. Add ginger garlic paste, cook 1 min.
3. Toss in pea shoots, add soy sauce, stir for 2 mins.  
Serve.



## VEGGIE BOWLS WITH MICROGREENS

These curly pea tendrils added to this vegan BBQ bowl add both flavor and protein.

Layer the cooked rice, beans, corn, fresh avocado, and BBQ tempeh.

Top with a light BBQ sauce and vegan sour cream.

Mixing the fresh greens with warm cooked vegetables, beans, and rice creates a texturally, exciting, playful dish.



## MICROGREENS AS A SIDE DISH

A simple beet salad made with broccoli microgreens, roasted beets, sea salt, pepper, and a light squeeze of lemon juice served as a side-dish to beet-loaf and mashed potatoes.

Microgreens can serve as a flavorful side of greens to compliment any dish the same way one would use kale or spinach.



## ADDING MICROGREENS TO PASTA DISHES

Garnish pasta dishes, like this linguine with hummus cream sauce with sautéed mushrooms and tomatoes. You can also add fresh microgreens to soups and sauces. Adding microgreens to carb-heavy meals helps to balance the dish while adding loads of nutritional value.



## FRESH MICROGREENS SALAD

With so many microgreens varieties to choose from, the salad possibilities are endless. Using several different microgreen varieties in one salad adds dimension and the opportunity to layer flavors.

Add grated ginger, sliced purple cabbage, onion slices, radish, lemon zest, fresh olive oil, sea salt, and ground pepper to finish.

Tip: Drizzle a bowl with salad dressing or oil and toss the salad for better coverage

### Microgreens Varieties for Salad

- broccoli
- kale
- lettuce
- purple kohlrabi
- red acre cabbage
- chia
- basil
- spinach
- pea shoots

For more spice- try adding Rambo radish, arugula, curled cress, or Asian mustard.

If you are looking to try new microgreen varieties but don't want to commit to a whole 1020 tray,

### Easy Salad Dressing

- 1/2 olive or avocado oil
- 1/4 cup rice wine vinegar
- 1 tablespoon Dijon mustard
- 2 tsp lemon juice
- 1 tsp sea salt
- 1 tsp coarse ground black pepper



## TOPPING SANDWICHES WITH MICROGREENS

Microgreens take sandwiches to "deli" quality right in your own kitchen. The fresh greens provide the perfect crunch. Use microgreens in place or in addition to lettuce on a sandwich.



## ADDING MICROGREENS TO FRUIT SMOOTHIES

Microgreens add loads of vitamins and are a great way to add fiber to your morning smoothie. Blend a cup of fresh fruit, microgreens, water/yogurt/or milk, chia seeds, and honey. Tip: Freeze leftover microgreens from harvested trays to add to smoothies.

### Best Microgreens for Smoothies

- Kale
- Spinach
- Purple Kohlrabi
- Broccoli
- Pea Shoots
- Beet