



Microgreens Recipes

Microgreens Salad

Salad Ingredients

- 1 cup of microgreens
- 1 blood orange, peeled and cubed
- 1/2 avocado, peeled and cubed
- 1/2 cup of shredded carrot or radish
- 1/4 cup chopped walnuts



Dressings Ingredients

- 1 Tbsp. cold-pressed olive oil
- 1 Tbsp. lemon juice
- 1 clove chopped garlic (optional)
- A dash of salt and pepper

Directions

If your microgreens have some soil on them, give them a light wash and air dry them in a colander for a few moments. (They are very fragile so need to be handled with care).

Place them in a bowl and add the remaining salad ingredients.

Stir up your vinaigrette in a little jar and pour on top of the salad.



Microgreens Recipes

California Club Sandwich

Ingredients

- 1 ripe avocado, peeled and seeded
- ½ garlic clove, minced
- Freshly ground black pepper, to taste
- 4 slices, artisan whole grain bread, toasted
- 4 tomatoes, stemmed & sliced
- 4 oz. fresh turkey breast, sliced
- 4 slices, cooked maple bacon
- 1/2 cup mixed microgreens



Directions

Slice half the avocado and set aside. Mash together the remaining half avocado with garlic and ground pepper. Spread on half of the toasted bread slices.

Layer over the mashed avocado the tomatoes, turkey, bacon and microgreens. Top with sliced avocado and remaining slices of bread.

Cut each sandwich diagonally into four triangles. Spear each triangle with a decorative toothpick and serve.



Microgreens Recipes

Potato Hash with Microgreen & Eggs



Ingredients

- 3-4 new potatoes, cut into small cubes
- 3 spring onions, white and pale green thinly sliced
- 1 serrano chili, 1/2 diced, remaining thinly sliced into rounds
- 1 radish, thinly sliced on a mandolin
- A handful of microgreens
- 2-3 tablespoons olive oil
salt and pepper
- 2 farm fresh eggs, fried or sunny side up

Directions

In a medium size skillet heat your olive oil over medium heat. Add the sliced spring onions and saute until translucent 1-2 minutes. Add the diced serrano and small cubes of potato, season with salt and pepper.

Slowly saute the potatoes over medium heat until golden brown for approximately 12-15 minutes. You will want the potatoes cooked through on the inside and golden on the exterior. While the potatoes are cooking fry your eggs.

Divide your potatoes on two plates and offset your egg. Add a generous handful of microgreens, some sliced radishes and a few rounds of serrano pepper. Finish with flaky sea salt and fresh cracked pepper.



Microgreens Recipes

Mini-Strawberry Chocolate Tart

Crust Ingredients

- 1 cup almond flour
- 1/2 teaspoon salt
- 1 Tablespoon cocoa powder
- 2 Tablespoons maple syrup
- 1/4 cup coconut oil, melted

Filling Ingredients

- 1.5 ounces of goat cheese, at room temperature
- 2 Tablespoons Greek yogurt
- 1 Tablespoon maple syrup
- 1-1/2 cups strawberries
- 1/2 cup of basil microgreens



Directions

Whisk together the almond flour and salt. Add in the maple syrup and coconut oil and whisk until a crumbly dough forms.

Divide the dough in half and press the dough into two miniature pie pans (or a regular size pie pan if you doubled the recipe). Use a fork and pierce the dough all over.

Stick in the fridge for 30 minutes. Preheat oven to 350° and bake for 15 minutes or until it starts to brown.

Remove from oven and let cool before adding toppings.