

MICROGREENS RECIPE IDEAS

1. sushi caterpillar roll with daikon radish micros for antenna
2. micro basil and arugula pesto
3. mix micro herbs with a lemon-orange citrus dressing and ball them up to be put on steak
4. grilled hamburger with BBQ sauce, feta cheese, black pepper, and pea shoots
5. baked potato with butter, sour cream, black pepper, and radish microgreens
6. hamburgers with mustard microgreens mixed in with meat
7. microgreens in rice paper rolls - like a Vietnamese roll
8. pita, sunflower shoots or broccoli microgreens, shredded cheese - microwave 20 secs to melt cheese
9. 10 inch tortilla, natural peanut butter, hemp hearts, sunflower shoots
10. pea shoot stir fry with chicken or beef, or shrimp can be added for those who like),
11. fresh garden salsas with micro-cilantro
12. spiralize a cucumber or two and squeeze out extra water, use one to 2 cups of sunflower micro greens and add to the top, use a dressing of coconut aminos, basil, garlic, lemon and top with a light covering of a chopped nut.
13. salad with a variety of different microgreens
14. throw on any sandwich for more flavor and nutrition
15. juice spinach microgreens along with a dash of peppermint oil and make a great "green drink" that kids will drink
16. kefir Smoothies with banana, blueberries, kefir milk, peanut butter, chia seeds, and sunflower microgreens
17. kale Pesto - kale, basil, sunflower seeds, sunflower microgreens, olive oil, lemon, salt and pepper"
18. 24 hr. Infuse/soak. amaranth, borage or bulls blood microgreens in vodka, then strain and use in drinks
19. microgreens baked into breads and muffins
20. pasta with fingerling potatoes, microgreens, cream, and lemon zest and juice
21. summer time microgreen sandwiches with boiled eggs, key lime juice, avocado, pea micros, ham or prosciutto slices optional
22. red russian kale microgreens in an omelet or scrambled eggs with a pinch of daikon radish microgreens
23. daikon radish and sunflower mixed and blended into a pesto sauce
24. beans & greens soup - pinto beans, organic broth, and mixed microgreens blended smooth, top with parmesan
25. cheesy egg scramble topped with fresh tomatoes, avocado slices and micro greens
26. pop a handful of chopped up micro mix into a bowl of your favorite soup
27. salad with grilled beef, radish microgreens, olive oil, and blue cheese chunks
28. crock pot french dip sandwiches with radish microgreens
29. sunflower shoots "cobb" salad
30. hummus and balsamic toasted pitas with provolone veggies and chia microgreens
31. quinoa salad with microgreens, feta, ad sunflower shoots
32. white bean salad with pea shoots, grated parmesan, olive oil, lemon juice, and chopped spinach
33. basil turkey burgers topped with radish microgreens & garlic mayo
34. blistered pea shoots: lightly coat a skillet in a garlic infused oil, heat on high and add pea shoots for a few seconds working in small batches
35. pizza topped with arugula microgreens
36. crunchy radish and microgreens salad with mint and vinaigrette
37. sunflower microgreens with cherry tomatoes and balsamic vinaigrette, served with steak or chicken
38. arugula and/or basil microgreens on turkey sandwich with Havarti or provolone cheese
39. salmon with lemon, sage, nuts, and microgreens
40. tzatziki sauce with microgreens – top any sandwich
41. pita with hummus, meat, roasted veggies, and microgreens
42. kale microgreens smoothie with yogurt, avocado, vanilla, orange juice and ½ banana
43. added to any sushi or stir-fry
44. wild rice salad with a herbs, chive dressing, & microgreen mix
45. spicy egg sandwiches. (2 eggs beaten and mixed with habanero sauce and smoked ghost chilies. Pan grill in butter your favorite sandwich bread or bagel. As the eggs are nearly done, add cheese of your preference and, once melted, transfer to your sandwich bread. Add your micro arugula on top
46. 1:1:1 ratio (by weight) of pea shoots, sunflower shoots, and buckwheat as an awesome salad, preferably with raw goats' milk feta
47. baby spinach top with a mixture of arugula, mustard, kale, and broccoli micros with Dijon mustard dressing
48. mint & snap peas salad with fried shallots and coconut flakes
49. sautéed pea shoots with maple vinaigrette
50. nori rolls with radish shoots
51. microgreens salad with celery, apple, pumpkin seeds, and splash or citrus juice
52. lemon basil microgreens on salmon

