



BASIC MICROGREENS RECIPES





MICROGREENS SALAD



Ingredients:

- 2 cups mixed microgreens (e.g., arugula, radish, sunflower)
- 1 cup cherry tomatoes, halved
- 1 cucumber, sliced
- 1/4 red onion, thinly sliced
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste
- Optional: Feta cheese or toasted seeds (for garnish)

Instructions:

1. In a large bowl, combine microgreens, cherry tomatoes, cucumber, and red onion.
2. Drizzle olive oil and balsamic vinegar over the salad.
3. Toss gently to combine.
4. Season with salt and pepper to taste.
5. Garnish with feta or toasted seeds if desired.

MICROGREENS SMOOTHIES



Ingredients:

- 1 cup mixed microgreens (e.g., sunflower, kale, radish)
- 1 banana
- 1/2 cup pineapple chunks (fresh or frozen)
- 1/2 cup spinach (optional for extra greens)
- 1 cup almond milk (or any preferred milk)
- 1 teaspoon honey or maple syrup (optional)
- A few ice cubes

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Taste and adjust sweetness with honey or maple syrup if needed.
4. Pour into a glass and enjoy!

MICROGREENS SANDWICH



Ingredients:

- 2 slices of whole-grain bread (or preferred bread)
- 1/2 avocado, mashed
- 1/2 cup mixed microgreens
- 2 tomato slices
- 4 cucumber slices
- 1 slice of cheddar or Swiss cheese (optional)
- 1 tablespoon hummus or mayonnaise
- Salt and pepper to taste

Instructions:

1. Spread the mashed avocado on one slice of bread.
2. Add hummus or mayonnaise to the other slice.
3. Layer cheese, tomato, cucumber, and microgreens on top.
4. Season with salt and pepper.

MICROGREENS STIRFR

Ingredients:

- 1 cup mixed microgreens (e.g., pea shoots, radish)
- 1 cup broccoli florets
- 1 red bell pepper, sliced
- 1 carrot, julienned
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon grated ginger
- 1 teaspoon honey
- 1 tablespoon olive oil

Instructions:

1. Heat olive oil in a large pan over medium heat.
2. Add garlic and ginger, sauté for 1 minute.
3. Add broccoli, bell pepper, and carrot; cook for 3–4 minutes until slightly softened.
4. Stir in soy sauce, sesame oil, and honey; cook for another 1–2 minutes.
5. Toss in microgreens and stir for 30 seconds

