



DINNER RECIPES





GRILLED CHICKEN WITH MICROGREENS

Ingredients:

- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 1 cup mixed microgreens (e.g., arugula, radish)
- 1/4 cup cherry tomatoes, halved
- 1 tablespoon balsamic glaze (optional)

Instructions:

1. In a bowl, mix olive oil, lemon juice, garlic powder, salt, and pepper.
2. Coat the chicken breasts in the marinade and let sit for 15 minutes.
3. Grill chicken over medium heat for 6–7 minutes per side or until cooked through.
4. Slice chicken and place on a plate.
5. Top with microgreens and cherry tomatoes.
6. Drizzle with balsamic glaze if using.



MICROGREENS RISOTTO

Ingredients:

- 1 cup Arborio rice
- 3 cups vegetable or chicken broth (warm)
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 cup white wine (optional)
- 1/2 cup grated Parmesan cheese
- 1/2 cup mixed microgreens (e.g., pea shoots, radish)
- Salt and pepper to taste



Instructions:

1. Heat olive oil in a pan over medium heat.
2. Sauté onion and garlic until soft (about 2 minutes).
3. Add rice and cook for 1–2 minutes, stirring frequently.
4. Pour in white wine (if using) and cook until absorbed.
5. Gradually add broth, one ladle at a time, stirring until absorbed before adding more.
6. Continue until rice is creamy and cooked (about 18 minutes).
7. Stir in Parmesan and microgreens; season with salt and pepper.
8. Serve warm!

MICROGREENS TACOS

Ingredients:

- 4 small corn or flour tortillas
- 1 cup grilled chicken or tofu, chopped
- 1/2 cup shredded cabbage
- 1/2 cup cherry tomatoes, diced
- 1/4 cup sour cream or Greek yogurt
- 1/2 cup mixed microgreens (e.g., arugula, radish)
- 1 tablespoon lime juice
- Salt and pepper to taste



Instructions:

1. Warm the tortillas in a dry pan or oven.
2. Fill each tortilla with chicken or tofu, cabbage, and tomatoes.
3. Drizzle with sour cream or Greek yogurt.
4. Top with microgreens.
5. Squeeze lime juice over the top and season with salt and pepper.
6. Serve immediately!

MICROGREENS PIZZA

Ingredients:

- 1 prepared pizza crust (store-bought or homemade)
- 1/2 cup marinara or pesto sauce
- 1 cup shredded mozzarella cheese
- 1/2 cup cherry tomatoes, halved
- 1/4 cup black olives, sliced (optional)
- 1/2 cup mixed microgreens (e.g., arugula, radish)
- Olive oil for drizzling



Instructions:

1. Preheat oven to 450°F (230°C).
2. Spread marinara or pesto sauce over the pizza crust.
3. Sprinkle mozzarella cheese evenly over the top.
4. Add cherry tomatoes and olives.
5. Bake for 8–10 minutes, until cheese is bubbly and crust is golden.
6. Remove from oven and top with microgreens.
7. Drizzle with olive oil and serve hot!