

Microgreens

What are they?

They are a young plant, the seedling of an edible vegetable or herb. Even though they're small, microgreens are full of bold flavor and are nutrient dense. Don't confuse them with sprouts. Sprouts are grown in water and are eaten, seed, root, and all. Microgreens are grown in soil and only the stems and leaves are eaten. Common microgreens include radish, arugula, and pea.

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Storage Tips

You can store your microgreens between damp paper towels. Place in a resealable plastic bag or container. Store in fridge. Do not wash them until you are ready to eat them. Microgreens will last for a week or more.

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Usage Tips

Microgreens are intended to be eaten raw and fresh. Popular ways to use them include adding to a salad or sandwich or using as a garnish. Cooking microgreens is not recommended. Freezing them is only beneficial if you plan to use them later in a smoothie.

A Vegetable E-booklet



RECIPES

How to Use Microgreens

- Add as a Pizza Topping
- On Avocado Toast
- As a Salad Base or Salad Topping
- Stuffed in a Sandwich
- Toss in at the end of a Stir-Fry
- Mixed into a Rice Dish
- Blend into a Pesto or Salsa
- Juice Them
- Use as a Garnish

Zucchini Quinoa Salad with Microgreens

Ingredients

- 2 cups of cooked quinoa, cooled
- 3 medium zucchini, shredded in a food processor or grated
- ¼ cup black kalamata olives, finely chopped
- 4 ounces feta cheese, cubed
- 1 Tablespoon white wine vinegar
- 2 Tablespoons extra-virgin olive oil
- A few handfuls of microgreens, washed and dried
- ¼ cup pumpkin seeds, toasted
- Freshly ground pepper to taste

Instructions

1. Add the shredded zucchini, chopped black olives and feta to the cooled quinoa.
2. Whisk together the white wine vinegar and olive oil and pour over reserving some to toss with the microgreens.
3. Toss microgreens with the remaining dressing and top the quinoa.
4. Sprinkle with toasted pumpkin seeds. Season with black pepper. Taste, add more salt if needed depending on how salty your feta cheese is.

Adapted from Gourmandeinthekitchen.com