

Microgreen Recipes



Compiled by

Roots 'n Shoots

www.rootsnshootsva.com

Salsa Egg Skillet



INGREDIENTS

- 1 cup tomatillo salsa
- 1 Tbsp water
- 1 egg
- 1 Tbsp crumbled cotija cheese
- 1 Tbsp chopped cilantro & radish microgreens
- Thinly sliced avocado, red onion, and radishes

INSTRUCTIONS

1. Simmer salsa and water in a small skillet.
2. Make a well and crack egg into it.
3. Cook, covered 3-5 minutes.
4. Remove and top with the rest of the ingredients.



Spring Microgreens Frittata



INGREDIENTS

- ¼ cup room temp crème fraîche
- 6 Tbsp chopped chives, parsley, and cilantro (regular or microgreens)
- 4 cups of your favorite microgreens (we use Wasabi)
- 6 large eggs
- 6 scallions cut up
- ½ cup dill fronds (regular or microgreens)
- 2 Tbsp tarragon leaves, plus more for sprinkling
- 4 Tbsp olive oil, divided
- Kosher salt and pepper

INSTRUCTIONS

1. Heat oven to 350° F. In a small bowl, stir together the crème fraîche and the first listed herbs.
2. In a large bowl, lightly beat eggs. In food processor pulse scallions, microgreens, and 2 Tbsp olive oil until finely chopped. Stir in eggs and ½ tsp each salt and pepper.
3. Heat remaining 2 Tbsp oil in medium oven-safe skillet until shimmering. Add egg mixture and cook until edges begin to set, about 2 minutes. Transfer to oven; bake until center is set, about 18 minutes. Let rest for 5 minutes. Serve with chive creme fraiche. Sprinkle with extra herbs & microgreens.



Avocado Toast with Microgreens



INGREDIENTS

- 4 pieces bread
- 2 medium avocados
- 2 cups of your favorite microgreens
- ½ teaspoon lemon infused olive oil
- Balsamic vinegar
- Sea salt as desired
- Fresh grated cheese

INSTRUCTIONS

1. Toast the bread. Slice avocado in half; remove pit. Scoop out or slice the flesh.
2. Drizzle lemon infused olive oil on toasted bread. Spread avocado over the oil.
3. Top with a generous portion of your favorite microgreens and grated cheese. Drizzle with balsamic vinegar. Enjoy!



Savory Basil Scones



INGREDIENTS

- 2 cups all purpose flour
- ¼ cup sugar
- 3 tsp salt
- ½ cup chilled butter, cut into 1 in. cubes
- ½ cup whole milk
- 2 eggs
- ¾ cup grated cheddar cheese
- ¼ cup finely chopped sweet basil leaves
- 1 tsp dried onion flakes

INSTRUCTIONS

1. Whisk together dry ingredients in a medium mixing bowl. Cut in the butter using the back of a fork or your fingers, until the mixture resembles coarse bread crumbs.
2. Stir in milk and eggs. Stir in cheese, basil, and onion flakes, and knead on a lightly floured surface. Once an even texture is reached, wrap dough in plastic and allow it to rest for 30 minutes.
3. Place on a floured surface and pat out to a disc until about one inch thick, then cut into even wedges.
4. Bake on a tray for 8 minutes, or until the surface is light golden brown.



recipe from little wild things farm

Egg White Omelette with Avocado, Feta Cheese, & Microgreens



INGREDIENTS

- A small pat of butter
- 3 egg whites
- 1 tsp milk
- Avocado, sliced thinly
- A sprinkle of feta cheese
 - Swiss or goat cheese also delicious
- Microgreens

INSTRUCTIONS

1. Add butter (or olive oil) to skillet and heat to medium
2. Wisk together egg whites and milk
3. Pour egg white mixture into skillet and turn heat to low
4. Cook on low until eggs are set, transfer to a plate, and add avocado, cheese, and microgreens.
5. Fold in half & garnish with microgreens.



recipe from little wild things farm

Avocado Egg-in-a-Hole Topped with Mixed Microgreens



INGREDIENTS

- 1 avocado
- 2 eggs
- ¼ cup mixed microgreens
- Sea Salt & pepper

INSTRUCTIONS

1. Preheat oven to 425° F. Slice the avocado in half and remove the pit. Scoop out some extra avocado around the pit to make room for the egg.
2. Place the avocados face-up in a small glass baking dish. Tip: Placing them in the corners of the dish will help keep your avocados upright.
3. Carefully crack open the eggs into the avocado halves and bake for 15-20 minutes, depending on how well you prefer your eggs to be done. Remove from oven and allow to cool for a few minutes before topping with microgreens and seasoning with sea salt and pepper.



Green Smoothie Bowl w/ Pea Shoots & Edible Flowers



INGREDIENTS

- 1 Banana (sliced, frozen)
- 1 cup baby spinach
- ½ cup pea shoots, chopped (may substitute sunflower shoots)
- ¼ avocado
- ¼ cup nonfat Greek yogurt
- dash of cinnamon
- 1 Tbsp lemon juice (or any citrus juice)
- ½ - ¾ cup water

OPTIONAL TOPPINGS

- Shredded, unsweetened coconut
- Amaranth microgreens
- Chia seeds
- Sliced almonds
- Edible viola petals (or any edible flowers – make sure these are organic and untreated)

INSTRUCTIONS

1. Combine all smoothie ingredients into a high-speed blender and blend until smooth and creamy.
2. Pour into a bowl and add toppings as desired.

Feel free to experiment with this recipe! For example, try adding ½ scoop of your favorite protein powder and increasing the liquid for a higher protein smoothie; use milk or nut milk instead of water for a creamier smoothie; or substitute different types of greens for the spinach & pea shoots.



Adding Microgreens to Fruit Smoothies



OPTIONAL GREENS

- Kale
- Spinach
- Purple Kohlrabi
- Cabbage
- Broccoli
- Fennel
- Pea Shoots
- Beet

INSTRUCTIONS

Microgreens add loads of vitamins and are a great way to add fiber to your morning smoothie. Blend a cup of fresh fruit, microgreens, water/yogurt/or milk, chia seeds, and honey.

Tip: Freeze leftover microgreens to add to smoothies.



Honey Amaranth Smoothie



INGREDIENTS

- ½ cup amaranth microgreens
- ½ cup frozen raspberries
- ½ cup frozen peaches
- ¼ cup frozen blueberries
- 2 Tbsp honey
- ½ cup flavored yogurt
- 2 Tbsp coconut water

INSTRUCTIONS

1. In a blender, pulse amaranth and frozen fruits. Add coconut water, blend again. Add honey to taste - we recommend a generous serving!



Spring Microgreen Smoothie



INGREDIENTS

- Avocado
- Microgreen Pea Shoots
- Coconut water
- Frozen pineapple
- Orange juice
- Kale
- Agave nectar (or other natural sweetener)
- Fresh mint
- Ice

INSTRUCTIONS

1. Just blend all the ingredients together in a blender!
Swap out ingredients or omit them as you see fit & enjoy!



Wheatgrass Juice



INGREDIENTS

- 1 bunch wheatgrass
- 1 piece lemon
- 1 piece apple
- 2 pieces carrots
- Ginger
- Mint

INSTRUCTIONS

1. If you are using a juicer that allows juicing vegetables and fruits along with leafy greens, add the ingredients one by one into the feeder of the juicer.
2. *If you are using a blender*, it is best to roughly chop the wheatgrass first to allow juicing without clogging or breaking the blade. Add a little water and all the other ingredients and blend.
3. Then strain it with cheesecloth for a smooth juice & enjoy!



Berry & Pea Shoot Smoothie



INGREDIENTS

- A good handful of pea shoots
- 1.5 cup real coconut water
- 1 cup of frozen mixed berries
- 2 tablespoon nut butter

Optional:

- Maple syrup
- Banana
- Avocado

INSTRUCTIONS

1. In a blender, blend pea shoot with $\frac{3}{4}$ cup coconut water
2. Add frozen mixed berries and nut butter with remaining coconut water.
3. Taste and adjust nut butter or add honey or maple syrup if you like sweeter smoothies. Add more coconut water if needed.



Microgreen, Mint, & Mango Smoothie



INGREDIENTS

- ½ cup mixed microgreens
- 1 large sprig mint (approx. 6-8 large leaves)
- 1 mango, peeled and cut into chunks
- a 1-inch piece of fresh ginger root, peeled and chopped rough
- juice from 1 lemon
- 5-6 coconut water ice cubes (you can also use water ice cubes)

Garnish:

- Chia seeds
- Mint leaves



INSTRUCTIONS

1. Place all ingredients into a high-speed blender and blend for about 1 minute. For a juice without pulp, pass the juice mixture through a fine mesh sieve over your glass. Garnish with chia seeds and mint, and drink immediately. Enjoy!



Vegan Broccoli Cocoa Smoothie



INGREDIENTS

- 2 cups filtered water
- ¼ cup hemp seeds
- 2 cups baby spinach
- ½ cup broccoli microgreens
- 1 banana, frozen
- 1 cup frozen strawberries
- ¼ cup frozen pineapple chunks
- 1 tablespoon cocoa powder

INSTRUCTIONS

1. Combine the water, hemp seeds, spinach, broccoli microgreens, banana, strawberries, pineapple chunks, and cocoa powder into the base of a high-speed blender.

Texture should be smooth and creamy. Serve immediately.



Orange and Avocado Salad



INGREDIENTS

- 1 orange, peeled and sliced crosswise
- 1-2 Avocados, pitted, peeled, and sliced crosswise
- 1 Tbsp fresh squeezed orange juice
- 1 Tbsp extra virgin olive oil
- Pinch sea salt
- ½ cup microgreens

INSTRUCTIONS

1. Sprinkle avocado slices with sea salt.
2. Arrange avocado and orange slices in two stacks.
3. In a small bowl, whisk together orange juice and olive oil.
4. Drizzle with olive oil mixture and top with microgreens.



recipe from little wild things farm

Cantaloupe Prosciutto Caprese Salad



INGREDIENTS

- 1 cantaloupe, cut in half and seeds scooped out
- 5 thin slices Prosciutto
- 1½ cup mini fresh mozzarella balls
- ⅓ cup microgreens
- Fresh basil leaves
- Fresh mint leaves, finely sliced
- ¼ cup chopped pistachios
- Extra virgin olive oil
- Clover honey
- Kosher salt & black pepper

INSTRUCTIONS

1. Take peel off the cantaloupe & thinly slice.
2. Arrange the prosciutto, mozzarella balls, microgreens, basil leaves, mint leaves and chopped pistachios on a board or shallow bowl.
3. Drizzle on a little olive oil and honey. Taste and add more olive oil or honey if desired or needed. Season with kosher salt and black pepper.



Microgreen Bowl



INGREDIENTS

- Rice (for 4 people)
- 1 or more pickled carrots
- Apple cider vinegar
- 3 finely chopped radishes
- 1 avocado chopped
- 2 finely chopped celery sticks
- 1/4 x Iceberg lettuce
- 2 cups Microgreens
- Favorite protein
- Sesame seeds
- Favorite dressing
- Salt, pepper, & olive oil

INSTRUCTIONS

1. Cook rice for 4 people.
2. While rice is cooking, chop, slice with a peeler, or julienne carrots. Place in a shallow dish, pour apple cider vinegar over carrots to just cover and let sit.
3. To grill the lettuce, first cut half a lettuce into quarters and brush lettuce liberally with 1½ tablespoons olive oil. Then sprinkle each with some salt.
4. Grill on high for 2-3 minutes, pressing with your tongs to make sure the lettuce gets a good sear. Flip and grill for 1 or 2 more minutes.
Remove from grill. Sprinkle with more salt and pepper. Optional extra, squeeze fresh lemon juice over each grilled lettuce.
5. Once the rice is cooked drain your carrots from the vinegar to create your pickled carrots.
6. Place rice in the middle and then combine your ingredients around the rice including your delicious Microgreens. Sprinkle with sesame seeds, olive oil a squeeze of lemon as well as salt and pepper to taste, or with your favorite dressing.



Pea Shoot and Fennel Salad



INGREDIENTS

Salad:

- 2 oz Pea shoots
- 2 oz Fennel Microgreens
- 1/2 large Fennel Bulb
(only use the bulb)

Vinaigrette:

- 2 Tbsp Fresh squeezed orange juice
- 2 Tbsp Fresh squeezed lemon juice
- 1 Tbsp Honey
- 1 Tbsp Olive oil
- A pinch salt
- Freshly ground black pepper

INSTRUCTIONS

Salad:

1. Chop pea shoots and fennel greens (if desired)
2. Cut fennel in half lengthwise along the bulb
3. Dice the two halves of fennel from top to bottom across the bulb.

Vinaigrette:

1. Mix ingredients into a bowl.
2. Whisk or shake well.
3. Taste for saltiness and acidity.
4. Add salt, lemon juice, or honey to balance the flavor.
5. Add vinaigrette to salad and mix well.



Fennel Orange Salad w/ Kalamata Olives & Microgreens



INGREDIENTS

- 1 fennel bulb, some fronds reserved, very thinly sliced and tossed with fresh lemon juice
- 2 medium oranges, peeled & cut into thin slices crosswise
- ¼ Cup pitted kalamata olives, sliced
- 1 oz. Parmigiano-reggiano shavings
- Big pinch coarse salt
- Handful microgreens
- Olive oil, for drizzling
- Lemon juice, for drizzling

INSTRUCTIONS

1. Arrange ¼ of the sliced fennel on each of four plates along with ¼ of the orange slices and kalamata olives. Sprinkle with a tiny pinch of the coarse sea salt, a few fennel fronds and microgreens.
2. Drizzle with a little of the olive oil and lemon juice.
3. Serve immediately & enjoy.



Creamy Cucumber Salad



INGREDIENTS

Salad:

- 2 lbs. English or other thin-skinned cucumbers
- 1 cup sunflower, beet and kale microgreens

Dressing:

- 2 cloves garlic
- $\frac{1}{3}$ cup crème fraîche
- $\frac{1}{4}$ cup rice vinegar
- 2 Tbsp olive oil

INSTRUCTIONS

1. Cut cucumbers in $\frac{1}{4}$ " thick slices. Place in a colander and toss with 1 tsp salt. Let sit in sink or over a bowl for 20 minutes. Rinse and place cucumbers on a tea towel to dry.
2. Make vinaigrette: mince garlic and mash it into a paste with coarse sea salt. Add garlic paste to a medium bowl with crème fraîche, rice vinegar and olive oil. Season with salt and pepper and whisk to combine.
3. Toss salad with dressing.
4. Top with microgreens to serve.

TIP: Why salt the cucumbers? The salt pulls out moisture making the cucumbers crisp. Don't worry, rinsing off the salt won't make them soggy.



Microgreens Salad with Quinoa, Pancetta & Pomegranate



INGREDIENTS

- 2 ounces microgreens
- ½ cup cooked quinoa
- ¼ cup pomegranate seeds
- ½ avocado chopped
- 2 Tbsp crumbled blue cheese
- 2 Tbsp pancetta chopped in very small pieces, cooked until crisp
- ¼ cup fresh beets finely grated or thinly julienned
- splash of extra virgin olive oil & red wine vinegar

Adjust quantities of the ingredients to suit your own taste.

INSTRUCTIONS

1. Toss microgreens and beets with a little olive oil and your favorite vinegar. Set aside.
2. Spoon a layer of quinoa, drizzled with olive oil, on a serving platter. Sprinkle on some pomegranate seeds, then add a mound of the greens mixture, then the avocado, and finish with the pancetta, more pomegranate and finally the blue cheese.
3. Serve and enjoy



Potato & Radish Microgreen Salad



INGREDIENTS

Salad:

- 4-5 medium sized potatoes
- 2-3 handfuls of spinach leaves
- 3-4 handfuls of radish microgreens
- 1 handful of parsley
- 3 garlic cloves
- Olive oil, salt, and pepper

Dressing:

- 1 lemon juiced
- 2 teaspoons of mustard
- 2 tablespoons of mayonnaise

INSTRUCTIONS

Salad:

1. Peel and cut the potato to the size you would like.
2. Boil or bake until cooked.
3. Chop spinach, cook with garlic and olive oil.
4. Place in a mixing bowl and add cooked potato, add salt and pepper and allow to cool.
5. Drizzle potato and spinach with olive oil, salt, and pepper (to taste).
6. Pour dressing over and gently combine.
7. Add the radish microgreens and gently mix.

Dressing

- Mix lemon juice, 2 teaspoons of mustard, 2 tablespoons of mayonnaise.

Winter Squash Salad with Microgreens



INGREDIENTS

- 2 cans cannellini beans
- 1 winter squash, peeled, seeded, and sliced
- 2 cloves garlic
- 1 small red onion, largely diced
- 4 Tbsp olive oil
- ½ -1 tsp each: sea salt, freshly ground black pepper, cumin, paprika, sumac
- 2 sardines
- 2 slices of bread
- 1 Tbsp each: chopped parsley or parsley microgreens and red wine vinegar
- 1 cup microgreens

INSTRUCTIONS

1. Toss the squash, garlic clove, red onion, 3 tablespoons olive oil, sea salt, black pepper, cumin, paprika, and sumac together on a Jelly Roll Pan. Roast the squash for 40 minutes or until tender and caramelized.
2. Place the bread in a food processor and pulse until you have chunky breadcrumbs. In a skillet, heat the remaining olive oil over medium heat. Add the sardines and cook for a minute. Add the breadcrumbs and toss to coat in the oil. Cook until slightly toasted, about 2 minutes. Add the parsley.
3. Transfer the squash and roasted garlic and onion to a platter. Top with beans, breadcrumbs, vinegar, and microgreens. Toss and serve lukewarm or room temperature.

Fennel Egg Salad



INGREDIENTS

- ½ cup mayonnaise
- 1 Tbsp Dijon mustard
- Splash hot sauce
- Zest of 1 lemon
- 1 tsp lemon juice
- Salt and pepper
- 1 small red onion, finely diced
- ½ cup of fennel microgreens, lightly chopped
- 6 hard-boiled eggs
- Pinch of smoked paprika

INSTRUCTIONS

1. Whisk mayonnaise, mustard, hot sauce and lemon zest in a medium bowl. Season to taste.
2. Mix in the red onion and fennel. Coarsely chop the eggs and gently stir them in.
3. Arrange a bed of greens and top with egg salad.
4. Sprinkle with smoked paprika.



Nasturtium & Cress Egg Salad



INGREDIENTS

- ½ cup mayonnaise
- 1 tsp Dijon mustard
- Ground cayenne to taste
- 8 large, hard boiled eggs
- Salt and pepper
- 1 small red onion, finely diced
- ½ cup of nasturtium microgreens, lightly chopped
- Cress microgreens and thickly sliced artisan sourdough bread for serving

INSTRUCTIONS

1. Whisk mayonnaise, mustard, cayenne in a medium bowl. Season to taste.
2. Mix in the red onion and nasturtium. Coarsely chop the eggs and gently stir them in.
3. Place a small handful of cress microgreens on the bottom slice of bread and top with egg salad.
4. Top with more cress and the top half of the bread.



Roasted Beet and Fennel Salad



INGREDIENTS

- 1 fennel bulb, sliced
- 2 cups beets cut into cubes
- Olive oil
- Kosher salt
- Salad greens
- ½ Cup fennel microgreens

Lemon vinaigrette:

- 2 Tbsp olive oil
- 1 Tbsp fresh lemon juice
- 1 Tbsp white wine vinegar
- 1 garlic clove minced
- Salt and pepper to taste
- Shake or whisk

INSTRUCTIONS

1. Preheat oven to 400° F. Coat fennel bulb and beets with olive oil, sprinkle with salt, and place in a small roasting pan. Roast for 30 minutes until tender. (This may be done on the grill with a grill basket.)
2. Place on a bed of salad greens and dress with Lemon Vinaigrette. Sprinkle with fennel microgreens.



Prosciutto Wrapped Radish Microgreens



INGREDIENTS

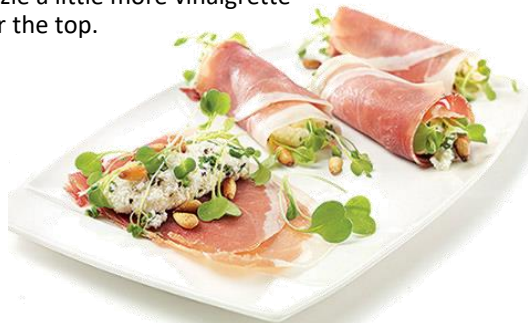
- 2 oz Prosciutto
- 2 oz Microgreens - adjust quantity as desired.
- 2 oz Goat cheese or substitute your favorite soft cheese.

Vinaigrette:

- 4 Tbsp lemon juice
- 2 Tbsp red wine vinegar
- 1 Tbsp whole grain Dijon mustard
- 1 Tbsp flavorful oil such as sesame, hazelnut, or olive
- Combine all ingredients and whisk until well blended.

INSTRUCTIONS

1. Cut prosciutto into uniform strips about 2in wide and 6in long.
2. Pinch some greens and place them on one end, drizzle with the vinaigrette, and roll them up.
3. Press about a teaspoon of fresh goat cheese onto the prosciutto, then place the greens on top and roll.
4. Drizzle a little more vinaigrette over the top.



Microgreen Charcuterie Board



OPTIONAL INGREDIENTS

- Some soft cheese
 - goat, brie, camembert, blue
- Some hard cheese
 - Manchego, cheddar, pecorino
- 2 types of crackers
- Crudités
 - carrots, celery, radish
- Dips
 - mustard, honey, jam, tapenade
- Filler foods
 - nuts, dried fruit, olives
- Cured meats
 - salami, prosciutto, pepperoni, sopressata
- **Microgreens!**
 - Arugula, sunflower, fennel, basil, onion, radish, it's hard to go wrong!

INSTRUCTIONS

- There's no right way to make a charcuterie board. Experiment to find your new favorite flavor combinations and share them with your friends!



Sunflower Microgreen Guacamole



INGREDIENTS

- 2 avocados
- Juice of ½ a lime
- ¼ tsp salt
- ⅔ cup roughly chopped sunflower microgreens
- ¼ cup finely chopped red onion
- ½ chopped jalapeno
- ⅓ cup chopped cilantro microgreens

INSTRUCTIONS

1. Place avocados, lime juice, and salt in a medium bowl and mash until chunky.
2. Stir in sunflower microgreens, red onion, jalapeno, and cilantro microgreens.



Fall Apple Slaw with Microgreens



INGREDIENTS

- 1 apple – grated
- About 2 oz Kohlrabi, Sunflower, and Radish microgreens mixed
- 2 Tbsp fresh tarragon
- Lemon zest – to taste
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- Salt, pepper – to taste
- Shredded gouda

INSTRUCTIONS

1. In a small bowl, make the dressing: whisk olive oil, lemon juice, lemon zest, salt, and pepper.
2. Combine the other ingredients in a large bowl and drizzle with dressing. Mix well.



Rhubarb & Celery Chutney



INGREDIENTS

- 2 cups dry white wine
- 1 cup white wine vinegar
- 1 cup brown sugar
- ½ cup raisins
- 2 red onions, sliced
- 2 tsp mustard seed, toasted
- ¼ tsp ground ginger
- 1 orange zest, plus Tbsp juice
- ½ tsp hot smoked paprika
- 2 lbs. rhubarb cut into 6 in. lengths, ½ in. wide
- 1.5 lbs. celery cut the same
- Sea salt and pepper ½ cup celery microgreens

INSTRUCTIONS

1. Heat first 9 ingredients over medium heat and bring to simmer.
2. Add celery and rhubarb. Season.
3. Remove rhubarb when it is tender. Continue to simmer until celery is al dente.
4. Remove solids. Reduce liquid to a syrup.
5. Pour over celery and rhubarb. Serve & Enjoy!



Pea Shoot Pesto



INGREDIENTS

- $\frac{3}{4}$ cup pine nuts
- 3 cups pea shoots
- $\frac{1}{2}$ cup fresh cilantro leaves
- $\frac{1}{4}$ cup grated Parmesan
- 2 cloves garlic, chopped
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{3}$ cup extra virgin olive oil

INSTRUCTIONS

1. In a small skillet over medium-low heat, toast pine nuts until golden. About 3 minutes.
2. Using a food processor: Combine pea shoots, $\frac{1}{2}$ cup toasted pine nuts, cilantro, Parmesan, garlic, and salt. Pulse until roughly chopped.
3. Slowly drizzle in olive oil with the motor on low; blend well. Scrape pesto into a bowl.



recipe from
The New York Times
Cooking

Lemon & Pea Shoot Risotto



INGREDIENTS

- 3 cloves garlic, minced
- 2 oz pea shoots, chop 1 oz
- 1 lemon
- 2 teaspoons lemon zest
- 1 red bell pepper, diced
- 1 yellow onion, diced
- 1 cup bomba rice
- 3 Tbsp vegetable demi-glace
- 1 pinch saffron
- ⅓ cup grated Parmesan cheese
- 2 Tbsps butter
- ½ cup microgreens

INSTRUCTIONS

1. In a medium pot, heat 2 tsp olive oil on medium. Add the garlic and onion and season with salt and pepper. Cook, stirring frequently, 3 to 5 minutes, or until softened and fragrant. Add the diced pepper. Cook, stirring frequently, 2 to 4 minutes, or until slightly softened.
2. Increase heat to medium-high and stir in the rice. Stir 1 to 2 minutes, or until toasted and fragrant. Stir in vegetable demi-glace, saffron, lemon zest, juice of 1 lemon wedge, and 3½ cups of water. Bring to a boil.
3. Once boiling, reduce the heat to medium-low and simmer, stirring occasionally, 14 to 16 minutes, or until most of the liquid is absorbed and the rice is al dente.
4. Remove from heat. Stir the Parmesan cheese, chopped pea shoots and butter into the risotto; season with salt and pepper to taste.
5. Just before serving, in a medium bowl, dress the whole pea shoots with the juice of 1 lemon wedge and 1 teaspoon of olive oil.
6. To plate your dish, divide the risotto between 2 dishes and top with the dressed pea shoots.
7. Garnish with the microgreens and remaining 2 lemon wedges.
8. Enjoy!

Shrimp with Amaranth & Arugula Goat Cheese



INGREDIENTS

- 2 Beets Spiralized
- 4 oz Goat Cheese
- ½ cup Arugula Microgreens
- ½ cup Amaranth Microgreens
- 1 lb. Shrimp
- 1 cup Chopped Walnuts
- ¼ cup Raw Cane Sugar
- 1 Tbsp Butter
- 2 Tbsp Extra Virgin Olive Oil



INSTRUCTIONS

1. Preheat oven 375° F and set out goat cheese to soften approximately 30 minutes before starting.
2. Heat a medium non-stick skillet over medium heat.
3. Add walnuts, sugar, and butter to skillet and stir frequently. Stir constantly once sugar begins to melt.
4. Once walnuts are coated, immediately transfer to sheet of parchment paper and separate nuts so they don't harden together. Set aside.
5. Toss beet spirals with olive oil and sea salt
6. Spread out beets on cookie sheet and bake in oven for 20-25 minutes.
7. Rinse shrimp and add to medium saucepan with water and sea salt. Bring to a boil. Shrimp are done when they turn pink and float.
8. Drain water and put in an ice bath to stop cooking.
9. Lightly chop microgreens and blend with softened cheese, leaving some greens aside for garnish
10. Shape cheese mixture into a ball
11. Plate beets, add a spoonful of cheese on beets, place walnuts around plate, add shrimp and sprinkle with remaining microgreens.
12. Enjoy!

Gochujang Pork and Greens



INGREDIENTS

- 1 lb Gochujang Sausage from The Farmstead Butchers (or marinade pork tenderloin)
- 3 Tbsp hot chili paste (such as sambal oelek)
- 1 small piece of ginger, finely grated
- 2 cloves garlic, minced
- 2 Tbsp soy sauce
- 2 tsp toasted sesame oil
- 2 medium carrots peeled and julienned
- 1 bunch of greens (kale, chard, cabbage, mustard leaves such as wasabi mustard). Remove ribs & chop.
- 1 cup wasabi microgreens
- 1 Tbsp seasoned rice vinegar
- Steamed rice, thinly scallions, green onion microgreen

INSTRUCTIONS

Brown sausage in a large skillet. Mix in chili paste, ginger, garlic, soy sauce, rice vinegar, and sesame oil. Add carrots and cook until soft. Add greens and toss to wilt. Add wasabi microgreens at the end. Serve on rice with green onion microgreens and more wasabi microgreens.



Tofu Banh Mi with Microgreens



INGREDIENTS

- 8 oz marinated extra firm tofu
- 4 soft hoagie buns
- Mayonnaise and sriracha
- 1 small cucumber sliced
- 1-2 ounces cilantro and/or basil microgreens, plus other small microgreens for garnish (radish is nice)

Quick Pickle:

- 1 garlic clove minced
- ¼ cup rice vinegar
- 1 tsp sugar
- ¼ tsp sea salt
- crushed red chilis
- 1 julienned carrot
- ½ bunch sliced radishes.



INSTRUCTIONS

1. Preheat oven to 350° F.
2. Place sliced tofu on a parchment-lined baking sheet and brush with olive oil. Bake for 30 minutes.
3. Combine mayonnaise and sriracha to make the sauce to taste.
4. Spread sauce on buns, then layer tofu, cucumbers, quick pickle and herb microgreens.

Quick Pickle:

Whisk together garlic, rice vinegar, sugar, sea salt, crushed red chilis, carrot, and radishes. Cover and refrigerate for at least 24 hours before serving



Bean Tostadas with Kale, Carrot, & Amaranth Microgreen Slaw



INGREDIENTS

Slaw:

- 1 cup of loosely packed Kale, Carrot, and Amaranth microgreens
- ½ jalapeno (optional)
- ¼ cup chopped cilantro microgreens
- 1 Tbsp avocado oil
- 1 avocado, pitted, peeled, and thinly sliced
- 1 lime

Bean Tostada:

- 1 Tbsp avocado oil
- ½ cup finely chopped yellow onion
- 2 cloves of garlic, chopped
- 1 can of pinto beans
- ¼ cup vegetable stock
- ½ tsp ground cumin
- 6 corn tortillas



INSTRUCTIONS

1. In a saucepan over medium low heat, heat 1 Tbsp of avocado oil. Add onions and garlic and cook until onion softens. Drain beans and stir into the pan. Add broth and cumin & bring to a boil. Then reduce heat and let simmer for 10 minutes.
2. *Make the slaw:* Toss the Kale, Carrot, and Amaranth microgreens in a medium bowl with the jalapeno and cilantro. Drizzle in 1 Tbsp of avocado oil and the juice of half of the lime.
3. Toast tortillas in the oven. Once toasted, top with beans and slaw, garnish with sliced avocado and a sprig of cilantro, and add a wedge of lime to each. Season with salt & pepper. Enjoy!



recipe from little wild things farm

Pasta Carbonara with Pea Shoots



INGREDIENTS

- 1 tbs olive oil
- ¼ lb. Guanciale – Italian salt pork cut in ½ inch dice (see tip)
- 2 lbs. bucatini or spaghetti
- 3 egg yolks
- 2 cups shredded Parmesan cheese
- 1 bunch pea shoots

INSTRUCTIONS

1. Bring a 6-8 qt pot of salted water to a boil.
2. Warm olive oil in a 12” skillet over med heat. Add Guanciale and cook until fat has rendered and pork is crispy, about 7-10 minutes. Reserve on paper towels. Leave rendered fat in the pan and season generously with black pepper.
3. At the same time you begin cooking your Guanciale, add pasta to boiling water and cook to al dente.
4. Meanwhile, place egg yolks and Parmesan in a large bowl and whisk to combine. Add reserved hot fat from Guanciale and stir through. The hot fat will melt the cheese making a creamy sauce.
5. Using tongs, transfer pasta and ½ cup of cooking liquid to bowl with sauce and toss to coat.
6. Return pasta cooking liquid to a boil and submerge pea shoots for 30 seconds to blanch. Remove pea shoots and drain. Chop if desired and serve with pasta.

TIP: *By removing the pasta from the boiling water with tongs rather than draining it in the sink, you can use the already hot water to blanch your pea tendrils.*



White Balsamic-Peach Chicken over Fresh Greens



INGREDIENTS

- 1 3-4 oz chicken breast
- 1 Tbsp olive oil
- $\frac{3}{4}$ tsp minced garlic
- 1 Tbsp white balsamic vinegar
- $\frac{1}{2}$ cup chopped peaches
- 2 $\frac{1}{4}$ tsp chopped basil
- $\frac{1}{8}$ red onion
- 1 c. torn butter lettuce leaves
- 2 $\frac{1}{4}$ tsp sunflower seeds
- Microgreens
- Edible flowers (optional)

INSTRUCTIONS

1. In a small bowl, combine chicken breast, $\frac{3}{4}$ Tbsp olive oil, garlic, $\frac{1}{2}$ Tbsp white balsamic vinegar, and salt and pepper to taste. Toss to coat and set aside.
2. Meanwhile, chop fresh peaches. Finely chop basil. Peel and finely chop the red onion. Combine in a small bowl.
3. In a small microwave-safe dish, microwave remaining $\frac{3}{4}$ Tbsp balsamic for 15 seconds, until bubbling. Pour over peach mixture and stir to combine. Set aside.
4. Heat a medium skillet over medium-high heat. Add remaining $\frac{1}{3}$ Tbsp olive oil. Add chicken and cook 4-5 minutes on each side until done. Remove from heat and let rest 5 minutes.
5. In a serving bowl, tear butter lettuce into bite-size pieces. Cut chicken into thin slices, then top with peach salsa, sunflower seeds, mixed microgreens, and edible flowers.
6. Enjoy!

Asparagus & Pea Shoot Salad w/ Meyer Lemon Dressing



INGREDIENTS

- Sea salt, to taste
- 2 cups frozen peas
- 2 lb. thin asparagus tips
- 2 cups pea shoots
- Shredded zest and juice of 1 Meyer lemon or regular lemon
- ¼ cup extra-virgin olive oil
- ½ tsp honey, if needed
- Freshly ground pepper, to taste
- Optional: 4 slices bacon

INSTRUCTIONS

1. Bring a saucepan three-fourths full of salted water to a boil over high heat. Have a large bowl of ice water standing by. Add the peas to the boiling water and blanch for 1 minute. Using a strainer, scoop out the peas and refresh them in the ice water. Scoop them out of the ice water with the strainer and set aside. Peas can also be defrosted in the microwave – cover them with water and heat until just defrosted, drain.
2. Add the asparagus to the boiling water and cook until tender, about 3 minutes. Add more ice to the bowl of ice water, if needed. Drain the asparagus and refresh in the ice water. Drain again, slice the asparagus in half lengthwise and set aside.
3. In a bowl, combine the peas, asparagus, pea shoots, lemon zest, lemon juice and olive oil and toss to combine. Add the honey if not using Meyer lemon juice. Season with salt and pepper.
4. Optional: Heat a skillet and fry 4 slices of bacon until crisp. Crumble and toss into salad.
5. Transfer to a platter or divide among individual plates and serve immediately. Serves 6 to 8.



Summer Squash & Microgreen Pesto Galette



INGREDIENTS

- ½ cup fresh whole milk ricotta
- Microgreen pesto (*below*)
- 1 sheet puff pastry dough
- 2-3 small summer squash, thinly sliced
- 1 Tbsp pine nuts
- Olive oil & sea salt

Microgreen Pesto:

- 2 large garlic cloves
- 3 ounces Parmesan cheese
- 1 cup basil microgreens
- 1 cup arugula microgreens
- ½ cup pine nuts
- ½ teaspoon salt
- ½ cup extra virgin olive oil

INSTRUCTIONS

1. Preheat oven to 400° F.
2. Roll out one sheet of pastry dough on the greased baking sheet, pinch edges up to shape, & spread ricotta evenly onto dough.
3. Top ricotta with a thinly spread layer of microgreen pesto.
4. Arrange squash slices, sprinkle pine nuts on top of squash, and drizzle galette with olive oil. Sprinkle with sea salt to taste.
5. Bake at 400° F for 15-20 minutes, or until golden brown.

Microgreen Pesto:

1. Using a food processor or blender, add garlic and process until very fine.
2. Add parmesan cheese, basil and arugula microgreens, pine nuts and salt. Process for about 10 seconds, stop the blender and use a spatula or spoon to stir.
3. With the machine running, pour oil through the feed tube in a thin stream, processing until everything is well blended.

Simple Spaghetti with Lemon and Basil Microgreens



INGREDIENTS

- ½ lb spaghetti, cooked according to package
 - *Save about ½ cup of the water!*
- 1 lemon
- 3 ½ ounces parmesan cheese
- Freshly ground black pepper & coarse salt
- 3 Tbsp (45 ml) olive oil
- 1 handful of basil microgreens



INSTRUCTIONS

1. Combine lemon zest, lemon juice, and cheese in a large bowl.
2. Add olive oil, about ½ teaspoon salt, and several grinds of black pepper and combine them with a whisk until very well mixed and as smooth as possible.
3. When the pasta is al dente, scoop out ½ cup of cooking water, set it aside, and drain the rest.
4. Quickly place hot spaghetti into lemon-parmesan mixture in bowl and use tongs or spoons to toss it until all of the strands are coated. Don't worry if the mixture seems too thick or sticky, just get the strands as evenly coated as possible.
5. Add reserved pasta water, a little (about 1 to 2 tablespoons) at a time, tossing the whole time, only until the spaghetti looks glossy and lightly sauced. You might only need a very small splash to achieve this.
6. Add a small handful of basil microgreens and toss to combine, then garnish with more microgreens, a drizzle of extra olive oil, salt, pepper, and parmesan. Enjoy!

Ojiya with Sweet Corn Shoots



INGREDIENTS

- 1 cup Dashi or vegetable/chicken broth
- ¾ cup short grain rice, cooked (preferably a Japanese short grain rice)
- 2 whisked eggs
- Salt, to taste
- 1 tsp mirin
- ½ tsp toasted black sesame seeds
- ¼ cup sweet corn shoots, with a few tips reserved for garnish
- 2 scallions, just the green parts, cut into long ribbons, or chopped finely
- 10 edible flower blossoms (optional- we used Bachelor Buttons.)

INSTRUCTIONS

1. Heat dashi/stock in a pot.
2. Add cooked rice, let warm up. Simmer for a few minutes.
3. Chop corn shoots into rice size pieces, except for a few longer tips kept for garnish, add to pot. stir.
4. Whisk egg, add in while stirring.
5. Reduce heat to low and cover.
6. Remove the lid and season with salt and mirin.
7. Place ojiya in a shallow bowl, and garnish with sesame seeds, corn shoots, blossoms and scallions.



recipe from little wild things farm

White Beans With Radishes, Miso and Microgreens



INGREDIENTS

- 2 Tbsp white miso
- 4 Tbsp unsalted butter
- 2 garlic cloves, finely chopped
- 2 (15-ounce) cans white beans, like cannellini or butter beans, rinsed and drained
- 3 cups pea shoots, arugula or other microgreens
- 3 to 4 small radishes, thinly sliced
- Fresh lemon wedges, for squeezing
- Black pepper

INSTRUCTIONS

1. In a small bowl, whisk miso with $\frac{1}{4}$ cup water until dissolved. Set aside.
2. In a large skillet, melt butter over medium heat until it foams. Add the garlic and cook, stirring often, until fragrant, about 30 seconds.
3. Add beans and toss to coat with garlic butter. Add miso mixture and cook, stirring occasionally, until the flavors have melded and the beans are warmed through, about 2 minutes. The beans should be a bit saucy, so thin it out with a tablespoon or so of water if needed.
4. Remove from the heat and stir in the greens and radishes. Gently toss until the greens are just wilted. Squeeze with lemon juice, season with pepper and gently toss again.

recipe from
The New York Times

Cooking

recipe from little wild things farm

Spring Goddess Gazpacho



INGREDIENTS

- 2 stalks celery, chopped
- 1 large green bell pepper, stems and seeds removed, chopped
- 3 medium cucumbers, peeled and chopped
- 4 scallions, white and light green parts only, coarsely chopped
- 1 jalapeno chile pepper, stem removed, coarsely chopped (remove the seeds if you prefer less heat).
- 1 clove garlic
- 2 Tbsp freshly squeezed lime juice
- 1 cup loosely packed kohlrabi microgreens, plus extra for garnish
- ¼ cup loosely packed cilantro or herb of choice
- ¼ cup loosely packed fresh parsley
- ¼ cup sherry vinegar or apple cider vinegar, add more as needed
- ¼ cup olive oil, add more as needed
- 1 avocado, halved, pitted, peeled, and coarsely chopped
- 1 ½ cups filtered water (more or less to desired thickness)
- ½ cup ice cubes
- ½-1 tablespoon sea salt
- Pinch white pepper, freshly ground
- Torn fresh herbs of choice, microgreens, edible flowers, or toasted sesame seeds

INSTRUCTIONS

1. Place all the ingredients in a high-speed blender or food processor. Cover the container with the lid and start the blender on low speed, gradually increasing speed until the greens are thoroughly pureed and the gazpacho is smooth. Taste and adjust the vinegar, salt, or herbs as needed.
2. Enjoy immediately or refrigerate for up to 2 days, and serve the soup chilled.
3. Garnish each serving with microgreens, herbs, or edible flowers of your choice.



recipe from little wild things farm

Kale, Potato, and Chorizo Soup



INGREDIENTS

- 1 pound of chorizo (or soy chorizo) removed from casing
- 1 large yellow onion, diced
- 3 garlic cloves, diced
- 2 tablespoons tomato paste
- 3 medium potatoes, roughly chopped
- 3 cups Kale, washed and chopped
- 6 cups of stock
- neutral oil
- salt & pepper to taste

INSTRUCTIONS

1. Place a large stockpot on medium heat. Brown the chorizo, breaking it up with a spoon or spatula into crumbles. Remove the chorizo from the pot and set aside.
2. Add enough oil to lightly coat the bottom of your pot and then toss in your onions, garlic, and tomato paste. Stir occasionally, until onions and garlic are almost caramelized — adding more oil if needed.
3. Add the stock to the pot and scrape off any bits of fond from the pan.
4. Add in the potatoes, kale, and browned chorizo.
5. Bring the pot to a boil and then down to a simmer (lid off) for 30 – 40 minutes until potatoes are tender. Add salt and red pepper flakes to taste.
6. Notes: Serve with a healthy dollop of sour cream or full-fat Greek yogurt on top. This can easily be vegetarian when made with soy chorizo and vegetable stock.

Celery Borage Mocktail



INGREDIENTS

- 1 celery stalk
- 1.5 cups of water
- 1 lemon juiced
- Container of Borage microgreens (save some for decoration)
- 2 Tbsp sweetener of choice

Tip: If you want to turn your mocktail into a cocktail, try adding a splash of gin or vodka!

INSTRUCTIONS

1. Place all ingredients in high speed blender and blend thoroughly.
2. Pour contents through fine mesh strainer.
3. Serve on ice and decorate with a sugar rim & borage leaves



recipe from little wild things farm

Borage and Elderflower Cocktail



INGREDIENTS

- 1 shot borage-mint simple syrup
- ½ shot fresh squeezed lemon juice
- 1 shot elderflower syrup
- 1 shot vodka



INSTRUCTIONS

1. Make borage-mint simple syrup with ½ cup borage microgreens, ½ cup sugar, and ½ cup water. Bring to a boil, then lower the heat until it thickens to a syrup (about ¾ the original amount). Add ½ cup mint for the last 5 minutes. Strain. Try variations like borage-strawberry.
2. Store the borage-mint simple syrup in the fridge for at least 1 hour and up to one week.
3. Mix the ingredients in a shaker filled with ice and shake until ice cold.
4. Pour into martini glasses and garnish with a borage microgreen leaf, lemon wedge, and/or mint.

Gluten Free Chocolate Chip Breakfast Cookies



INGREDIENTS

- 4 eggs
- 1 tsp real vanilla
- 1 cup brown sugar
- ½ cup unsweetened applesauce
- ⅓ cup peanut butter
- 3 cups gluten free instant/quick oatmeal
- ½ cup dry milk
- 3 tsp baking soda
- 1 handful pea or sunflower microgreens, chopped
- 1 cup chocolate chips

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Beat the eggs, vanilla, and sugar together well.
3. Add the peanut butter and applesauce and beat for 1 minute.
4. Mix in the oats, dry milk and baking soda.
5. Mix in the chopped microgreens, and then briefly stir in the chocolate chips.
6. Prepare cookie sheets with parchment paper and/or cooking spray.
7. Spoon onto tray and bake for 10-12 minutes. Don't over-brown. They will firm up after they cool.
8. Place in a covered container. Store in refrigerator or freezer.



Mini Strawberry Chocolate Tart w/ Whipped Goat Cheese



INGREDIENTS

Crust:

- 1 cup almond flour
- ½ teaspoon salt
- 1 Tablespoon cocoa powder
- 2 Tablespoons maple syrup
- ¼ cup coconut oil, melted

Filling:

- 1.5 oz room temp. goat cheese
- 2 Tablespoons greek yogurt
- 1 Tablespoon maple syrup

Topping:

- About 1 1/2 cups strawberries
- Handful of basil micro greens

*Bake in either two miniature pie tins or **double** the recipe to use one regular sized pie tin*

INSTRUCTIONS

1. *Crust:* Preheat oven to 350° F. Whisk together almond flour and salt. Add maple syrup and coconut oil and whisk until a crumbly dough forms. Divide dough in half and press 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. Bake for 15 minutes or until it starts to brown. Remove from oven and let cool before adding toppings.
2. *Filling:* In a blender or food processor, combine goat cheese, yogurt, and maple syrup. Spread into an even layer on the tart crusts.
3. Top with strawberries & basil microgreens.



Thanks for all of your support!

Do you have a recipe suggestion for the next edition?
Want to share pictures of your microgreen meals?
Have questions, comments, or concerns?

Reach out!

- Follow us on Instagram [@rootsnshootsva](#)
- Find us on Facebook www.facebook.com/rootsnshootsva
- Check out our website www.rootsnshootsva.com
- Email Paula paula@rootsnshootsva.com

