**Microgreen Recipes**

**Sunflower Sprout Salad recipe**! - This salad combines stored root vegetables with fresh and delicious microgreens.

- 375 mL (1 1/2 cups) of sunflower seed microgreens
- 62 mL (1/4 cup) pistachios
- 250 mL (1 cup) grated carrot
- 30 mL (1/8 cup) red onion
- 125 mL (1/2 cup) chevre
- 125 mL (1/2 cup) avocado
- 1 tablespoon lemon juice
- Sea salt to taste

Sunflower seed microgreens taste nutty, and they’re full of protein – the perfect choice for a savory salad.

Chop the red onions very fine, and grate the carrots. Toss, and add pistachios and crumbled chevre. If you’d prefer a milder salad, omit the onions and add more chevre for its tart taste.

To create the dressing, blend half an avocado with a tablespoon of lemon juice, and add sea salt to taste. This salad is best eaten very fresh, so add the dressing and toss the salad immediately before you eat. It serves two as a side salad, or it can be lunch for one.

**Sunflower Microgreen Salsa Verde** - Bursting with spicy flavor, this popular sunflower microgreen based salsa tastes extremely fresh and is also highly nutritious. Treat your body and your taste buds at the same time! We dare you to try to stop eating it!

**Ingredients**

- 16oz Sunflower microgreens pureed
- 6-8 Tomatillos
- 1 medium Onion chopped
- ¼ bunch Cilantro chopped
- 1 Tbsp. Lime juice
- 2 Jalapeno peppers chopped (do not remove seeds)
- 7 Serrano peppers chopped (do not remove seeds)

**Instructions**

1. Combine ingredients in food processor or blender and pulse until all ingredients are finely chopped and mixed.
2. Allow to sit overnight and drain excess liquid. (reuse or compost liquid)
3. Serve with chips.
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**5 Minute Pea Pesto** - This traditional pesto recipe gets a springtime twist with fresh peas and pea shoots! This easy, creamy pesto sauce is perfect for topping pasta, chicken, fish, and more. Ready in just five minutes with your food processor!

**INGREDIENTS**

- 1 cup peas
- 1 clove garlic, peeled
- salt and pepper to taste
- 2 cups pea shoots
- 1 tsp. lemon juice
- 1/2 cup extra virgin olive oil

**INSTRUCTIONS**

1. Place peas, garlic, salt, pepper, pea shoots, and lemon juice into a food processor. Pulse a few times until everything is coarsely chopped.
2. While the food processor is running, slowly stream in olive oil and blend until everything is incorporated into a smooth pesto. Scrape down the sides of the food processor with a spatula and pulse once more to incorporate.
3. Serve immediately or store pesto in an airtight container in the fridge for up to a week. This pesto also freezes beautifully if you want to keep it longer!

**NOTES** - Frozen peas are fine – just defrost them before you blend them into the pesto! Use this pesto as a sauce for pasta, chicken, fish, you name it! This pesto is also delicious spread on a piece of crostini with a bit of goat cheese.

**STIR-FRIED PEA SHOOTS -- CHOW DAU MIU**

**INGREDIENTS**

- 1 tablespoon vegetable oil
- 1 teaspoon sesame oil
- 1 tablespoon fresh ginger, minced
- 2 garlic cloves, finely minced
- 1/2 teaspoon sugar
- 1 1/2 lbs. young pea shoots, loosely packed
- 1/4 teaspoon soy sauce
- 2 tablespoons oyster sauce

**INSTRUCTIONS**

1. Rinse the pea shoots thoroughly in cold water twice, lightly drain.
2. In a large wok or skillet over high heat, heat oils add ginger, garlic and sugar. Toss and add shoots, soy, & oyster sauce.
3. Stir-fry for two to three minutes, or until the leaves soften and are tender. Remove shoots leaving the liquid in pan. Place shoots on serving dish. Reduce the remaining liquid by 1/2. Pour over shoots and serve immediately.