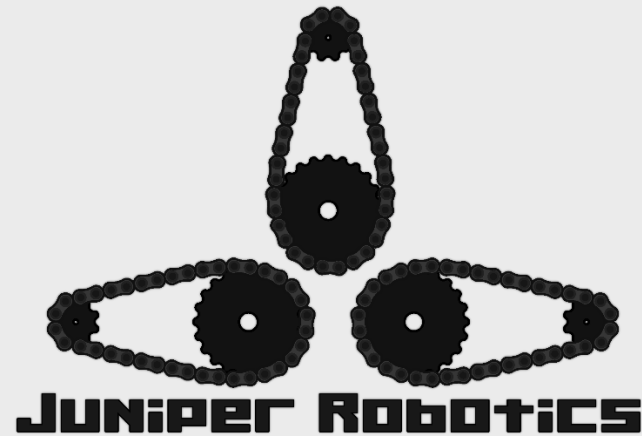


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MICROGREEN RECIPE IDEAS

For Microgreens Grown in the Emerald Hydroponics System

Microgreens are nutritionally dense smaller plants which can be grown in the Emerald Hydroponics System. Although they are small, they have a higher concentration of vitamins and minerals than their full-sized counterparts. The Emerald Hydroponics System can grow a variety of microgreens. We have compiled a brief list of ideas for incorporating the microgreens that you have grown into a tasty meal.

Avocado Toast with Kohlrabi Microgreens

Lightly salted avocado slices served on toasted wheat bread with your choice of butter or vegan mayonnaise topped with fresh Kohlrabi. This dish is packed with protein as well as essential vitamins and minerals.



Angus Beef Burger with Mint Aioli and Feta Cheese

Use homemade Aioli with microgreen mint and feta cheese on an angus beef patty served on toasted buns of your choice. The subtle minty flavor adds an interesting twist on a classic burger.



Egg Omelet with Kale Microgreens

Chop up some kale microgreens and toss them into your whipped eggs to make a kale infused microgreen omelet!



Chicken Stir-Fry with Komatsuna (Japanese Mustard Spinach)

Almost everyone has made or eaten a basic chicken stir-fry. But not many people have heard of Komatsuna. The sweet and mild mustard bite of Komatsuna adds a desirable zest to any stir-fry.

Kale Super-Food Pesto Sauce

Pesto sauce can be used on a variety of dishes from salads to pastas – even on sandwiches and pizza. Pesto sauce can also be made using several different microgreens, making it a highly nutritious addition to a course of your choice. Blend kale, basil, sunflower seeds, sunflower microgreens, olive oil, lemon, salt, and pepper to create your own super-food pesto!



Spring Mix Salad with Microgreens

A spring salad can be served as a nutritious meal or side dish. Adding kale, basil, or any microgreen of your choice to the spring mix will boost its nutrients considerably. Top with a salad dressing of your choosing.



Lemon Salmon and Basil

Spread a thin layer of lemon baste on your grilled salmon. Then top the dish off with lemon basil microgreens.



Baked Potato and Pea Shoots

Aside from the usual sour cream and butter on your baked potato, try topping it off with radish micros and pea shoots!



Fresh Garden Salsa

Simply mix diced tomatoes, onion, and green peppers. Then, add your homegrown cilantro to your diced veggies for an extra kick of flavor!



Broccoli and Cheese Soup

Did you know there are broccoli microgreens? Try chopping some up and adding it to your favorite broccoli and cheese soup recipe!



Grilled Cheese with Microgreens

Who doesn't love a grilled cheese? Try adding alfalfa sprouts or kale microgreens to your sandwich for an extra subtle crunch and texture.



Tomato and Mozzarella Salad with Assorted Microgreens

Use cherry or Roma tomatoes and slice them in half. Add shredded mozzarella cheese and a few handfuls of microgreens of your choice. Use olive oil and vinegar as your dressing for a healthy salad choice.

Egg Sandwich with Microgreens

Pan fry two eggs and place them on butter toasted bread of your choice. Top with mozzarella cheese and arugula microgreens.



Pizza with Arugula Microgreens

Top your favorite pizza with arugula microgreens for a substantial boost in essential vitamins and iron.

Homemade Mustard Beef Patty Burgers

Cut your mustard greens until minced. When forming your ground beef into burger patties, mix mustard greens in with the ground beef for an extra kick of flavor!



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