

# Things to do with Microgreens

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## **A Salad Ingredient**

I like about a 10% to 30% ratio of micros to other leafy greens. If you're only using a small amount of micros, toss the salad first and sprinkle the micros on top as a garnish or they will get lost.

## **On top of Pizza**

Sprinkle (or pile) on top of a hot pizza right before serving. I have used as much as a whole tray of micros on one pizza. No need for a side salad!

## **In Tacos**

I like mizuna, arugula, cabbage, broccoli and radish in tacos. Gotta have a few radish micros in there!

## **On Burgers** (any type of burger: Beef, Ahi, Portobello mushroom or Veggy)

Whether they're "to go" from The Habit or home grilled, burgers are the perfect microgreens vehicle. I love a whole grilled portobello mushroom cap, marinated briefly in olive oil, red wine and garlic, served on a ciabatta roll with a thick slice of tomato, basil and any variety of microgreen.

## **Under Grilled Fish or Shrimp**

Place a bed of micros on the plate and top with grilled or sauteed fish or shrimp. Turns a simple presentation into something special.

## **Breakfast**

Start with a piece of buttered toast, add a pile of micros, sprinkle with finely grated parmesan and top with a fried or poached egg (or two). Drizzle with hot sauce and/or aioli sauce to taste. Quick aioli: mix a dollop of mayonaisse with some finely chopped garlic and a squeeze of lemon juice. \*Smoked paprika is also a good addition to aioli.

## **With Spaghetti**

Put a handful of micros in a pasta bowl and make a well for the pasta. Add pasta, top with any kind of sauce. This really pretty's up a bowl of spaghetti and adds nutrition too. \*Drizzle greens with vinegrette or substitute spaghetti squash for the pasta for a wheat free dish!

## **In almost any Sandwich**

I like a good inch of crunchy micros in a sandwich. A favorite is egg salad with wasabi microgreens. Cheddar with radish and broccoli, Arugula with anything. Sunflower greens add a nutty flavored crunch.

## **In a Falafel or Wrap**

Micros are the perfect green in a falafel with cool Tzatziki (greek yoghurt and cucumber sauce) and tahini sauce (tahini, lemon juice, garlic and a splash of water to thin it).

## **Almond butter and Micros Snack**

My favorite quick pick-me-up in the afternoon is Fat Uncle's (farmers market) awesome almond butter on oat nut bread with an inch of sunflower micros. Yummy substitutes: tahini or peanut butter.

## **Smoked Salmon and Microgreen roll-up**

Take a slice of lox type salmon and place some micros and a slice of tomato or cucumber on top. Roll up and secure with a toothpick for a tray of snacks or eat right away and skip the toothpick. For appearance, make sure the micros poke out of the roll. The bright green and orange is beautiful!

## **Soup Topper**

Arugula and/or peppercress micros are delicious on top of potato soup. Experiment with any micro and soup combo. Hmmm, pozole topped with cabbage and radish sounds good!