



**MICROGREENS
MASTERY
RECIPE BOOK**

The Fusion of Nutrition and Creativity



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Hello, I'm Todd Peterson, a microgreens farmer, home gardener, food enthusiast, and educator. Cooking and growing food have both been lifelong passions of mine. After a recent health scare, I've changed the way I look at food (and at life!) Of the changes I've made, one of the easiest has been adding microgreens to my diet. I still enjoy cooking (including the occasional burger or pizza, of course!) I'm also experimenting and learning new recipes, including the ones given to me by my coach, Jonah Krochmalnek of Living Earth Farm. So now I'm sharing these with you! Even if you're a picky eater (like me!) you can make some small adjustments (I put ham on my panini instead of humus) and join me on the road to a more healthy you!

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Breakfast

**SUPERFOOD
SMOOTHIE**

Superfood Smoothie

Ingredients

- Broccoli Microgreens
- Coconut Milk (or milk)
- Frozen Pineapple
- Frozen Mango
- Dates

Instruction

To start, pour 1.5 cups of coconut milk or your preferred plant/dairy milk into the blender. Then, scoop out 1/2 cup each of frozen pineapple and frozen mango, adding them to the mix. Incorporate 1 clamshell of broccoli microgreens (approximately 2 oz) into the blender, or if you're feeling adventurous, go for 2 clamshells for an extra burst of nutrition. The beauty of this recipe lies in its ability to mask the green flavor, despite the nutritional punch. Finally, toss in 3 to 5 dates for a touch of sweetness. Blend everything together for 1-2 minutes, and voila! You've got yourself a nutritional powerhouse of a breakfast or on-the-go meal!



Prepare Time
5 Minutes



Cook Time
2 Minutes



Condiment

PEA SHOOT PESTO

Pea Shoot Pesto

Ingredients

- Pea Shoots
- Garlic Cloves
- Pistachios
- Olive Oil
- Black Pepper
- Salt

Instruction

Add 3 cups of pea shoots, 1 cup of toasted nuts, 3 garlic cloves, a teaspoon of salt, and half a teaspoon of ground black pepper to a food processor bowl and pulse until you get to a coarse consistency.

Now, through the chute of your food processor, slowly add olive oil as you continue to pulse until it reaches desired consistency. Alternatively, you can add in a tablespoon of olive oil at a time if your food processor doesn't have a chute.

Notes:

You can substitute pistachios with walnuts, pine nuts, or any nuts of your choice.

The recipe is vegan, but if you consume cheese, adding parmesan gives this an extra flavor kick!

This pea shoot pesto can be stored in an airtight container in the fridge for 3 days. You can use this recipe on almost anything! Seriously, delicious pesto pastas, sandwiches, pesto salads - the world is your oyster.



Prepare Time
5 Minutes



Cook Time
5 Minutes





Brunch

ETERNAL SPRING SALAD

Eternal Spring Salad

Ingredients

- Assorted Microgreens
- Chickpeas
- Radishes
- Tomatoes
- Arugula
- Black Olives
- Cucumber
- Dried Cranberries
- Olive Oil
- Balsamic Vinegar
- Black Pepper
- Salt
- Feta Cheese (optional)

Instruction

Begin by slicing or dicing the radishes, tomatoes, black olives, and cucumbers into thin pieces.

Combine your preferred microgreens (1-2 clamshells of crunchy micro mix is recommended), dried cranberries, and arugula with the chopped vegetables in a bowl.

Incorporate 1/2 can of chickpeas and thoroughly mix all the ingredients in the bowl.

For a quick and nutritious dressing, blend equal parts balsamic vinegar and olive oil, adding a pinch of salt and black pepper. Tip: Opting for high-quality olive oil and balsamic vinegar will enhance the salad's flavor profile significantly.

Optional: Enhance the salad's texture and flavor by adding feta cheese for a creamy and savory touch to your delightful eternal spring salad.



Prepare Time
5 Minutes



Cook Time
5 Minutes

Dinner

SUNSHINE PANINI

Sunshine Panini

Ingredients

- Sourdough Bread
- Mozzarella Cheese
- Pea Shoots
- Sunflower Shoots
- Tomatoes
- Cucumber
- Hummus
- Olive Oil
- Black Pepper
- Salt

Instruction

Start by thinly slicing the tomatoes and cucumber.

On one side of each bread slice, drizzle a bit of olive oil. On the other side of each slice, spread about a tablespoon of hummus.

Layer the mozzarella cheese over the hummus, followed by the sliced tomatoes, cucumbers, pea shoots, and sunflower shoots. Sprinkle a pinch of salt and pepper over the vegetables.

Place the other bread slice on top, with the hummus-side facing down.

Heat a grill pan over medium-high heat. Once hot, transfer the sandwich onto the grill pan and press it down with a heavy pan. Cook for 3 to 5 minutes on each side, until the cheese is melted and grill marks appear.



Prepare Time
5 Minutes



Cook Time
10 Minutes



Breakfast

PARADISE TOAST

Paradise Toast

Ingredients

- Sourdough Bread
- Avocado
- Broccoli Microgreens
- Tomatoes
- Hummus
- Olive Oil
- Black Pepper
- Salt

Instruction

Start by slicing the tomatoes and avocado.

Toast the bread slices til golden brown.

On the each bread slice, spread about a tablespoon of hummus.

Add the tomato and avocado slices on top of the hummus followed by the broccoli microgreens.

Sprinkle a pinch of salt and pepper and a light drizzle of olive oil



Prepare Time
5 Minutes



Cook Time
5 Minutes



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