



The Microgreen Kitchen:

Fresh, Flavorful, and Nourishing Recipes



Welcome to the world of microgreens! These tiny, vibrant plants are packed with flavor, nutrition, and endless culinary possibilities. Whether you're a home cook looking to elevate your dishes, a foodie eager to try something new, or simply someone curious about healthy, fresh ingredients, you're in the right place. Microgreens are not just a trend—they are a game-changer for any meal.

What Are Microgreens?

Microgreens are young, edible plants harvested at an early stage of growth, usually when the first true leaves have appeared. Despite their small size, they are bursting with flavor, color, and nutrients. While they may look delicate, don't let their size fool you—microgreens are often packed with up to 40 times more vitamins and antioxidants than their fully grown counterparts.

Common types of microgreens include:

Pea shoots: Sweet and crisp, perfect for salads or sandwiches.

Basil: Aromatic and peppery, an ideal addition to Italian dishes.

Radish: Spicy and zesty, great for adding a punch to any dish.

Mustard: Mildly spicy, bringing a kick to sandwiches and wraps.

Sunflower: Nutty and tender, excellent in fresh salads or smoothies.

Cilantro: Bright and citrusy, often used in Mexican and Asian cuisine.

Microgreens aren't just about good looks—they're incredibly nutritious, too! They're rich in vitamins like A, C, and E, as well as minerals such as calcium and iron. They're also high in antioxidants, which help protect your body from oxidative stress and inflammation.

Why Should You Add Microgreens to Your Diet?

There's no better time than now to start incorporating microgreens into your meals. Here are just a few reasons why they're worth the hype:

- **Boost Your Health:** Microgreens are packed with vitamins, minerals, and antioxidants that help support your immune system, improve digestion, and enhance overall well-being. They're a great way to get more nutrients without adding extra calories.

- **Flavorful and Versatile:** Microgreens come in a variety of flavors—from sweet to spicy, peppery to earthy. This makes them incredibly versatile in cooking, allowing you to experiment with different dishes and cuisines. Whether you're making a savory soup, a zesty salad, or even a sweet dessert, microgreens will add the perfect finishing touch.
- **Easy to Grow:** You don't need a garden to grow microgreens. They thrive indoors on a sunny windowsill or under grow lights, and they're ready to harvest in just 7-21 days. Growing them yourself ensures fresh, nutrient-dense greens at your fingertips, no matter the season.
- **Sustainable Eating:** Microgreens are grown quickly, use less water than full-grown vegetables, and can be cultivated with minimal space—making them an environmentally friendly food choice. Plus, growing them yourself reduces food waste since you can harvest just the amount you need.

How to Grow Microgreens at Home

Growing your own microgreens is easy, fun, and incredibly rewarding. Whether you're a seasoned gardener or a beginner, all you need is a few basic supplies and a little patience. Here's a simple step-by-step guide to get you started:

Choose Your Seeds: You can find a variety of microgreen seeds at your local garden center or online. Popular choices include pea, sunflower, radish, and broccoli seeds.

Prepare Your Containers: Any shallow container will do—an old baking tray, seed trays, or even a recycled food container. Just make sure it has drainage holes.

Add Soil: Fill your container with a good-quality, fine seed-starting mix. Smooth it out to ensure an even surface.

Sow the Seeds: Scatter the seeds evenly over the soil, then cover them lightly with a thin layer of soil. Press them gently to make sure they're in good contact with the soil.

Water and Wait: Water gently to keep the soil moist but not soggy. Keep your container in a sunny spot or under grow lights. Microgreens love warmth, so aim for around 65-75°F (18-24°C).

Harvest: Most microgreens are ready to harvest in 7-21 days, depending on the variety. Simply use scissors to snip the greens just above the soil level, and you're ready to enjoy!

How to Use Microgreens in Your Cooking

Now that you know what microgreens are and how to grow them, you might be wondering how to use them in your daily meals. The possibilities are endless! Here are a few simple ideas:

- **Top Your Sandwiches and Wraps:** Add a handful of microgreens to any sandwich or wrap for a fresh, crunchy texture and a burst of flavor.
- **Garnish Soups and Stews:** Microgreens are perfect for garnishing your soups, stews, or chili. They add freshness and color, making any dish feel special.
- **Toss in Salads:** Microgreens are a natural fit for salads, offering a light and flavorful base or a finishing touch on top.
- **Mix Into Smoothies:** Blend microgreens into smoothies for an extra nutrient boost without compromising flavor.

- Sprinkle Over Pizza and Pasta: Adding fresh microgreens right before serving gives an herbal kick to pizza or pasta dishes.

While this book will guide you through some delicious and creative ways to incorporate microgreens into your meals, don't be afraid to experiment on your own. Toss them into your favorite dishes, and you'll soon see just how versatile and flavorful these little greens can be.

What's Ahead in This Book

Throughout this book, you'll find 36 unique recipes that showcase microgreens in all their glory. From hearty main dishes to refreshing side dishes and even sweet desserts, there's a recipe for every occasion. Each dish is designed to bring out the best of these tiny greens, whether you're looking for something light and fresh or rich and comforting.

We'll also share tips on pairing different microgreens with various foods, so you can customize recipes based on your taste preferences or what's in season.

Now, let's dive into the fun part: cooking with microgreens! Whether you're already a fan of these tiny greens or a newcomer ready to give them a try, you're in for a culinary adventure. Let's get cooking!



Grilled Chicken and Linguine with Pea & Basil Microgreens Sauce

This dish combines tender grilled chicken with al dente linguine, all tossed in a vibrant, creamy sauce made from pea and basil microgreens.

Prep Time: 15 minutes

Cook Time: 5 minutes

Ingredients:

- 1 cup of pea microgreens
- 1/2 cup of basil microgreens
- 2 tablespoons olive oil
- 1/4 cup Parmesan cheese
- 2 garlic cloves, minced
- 1/2 c. cream or coconut milk
- Salt & pepper to taste
- 2 grilled chicken breasts, sliced
- 1 package of linguine pasta

Instructions

1. Cook the linguine according to package directions. Drain and set aside.
2. In a blender or food processor, combine pea microgreens, basil microgreens, olive oil, Parmesan cheese, garlic, and cream. Blend until smooth.
3. Pour the microgreens sauce over the cooked pasta and toss to combine. Add salt and pepper to taste.
4. Top the pasta with the grilled chicken slices.
5. Serve with a sprinkle of Parmesan and extra microgreens on top for garnish.

Serving Suggestion: Serve with a side of Fire and Ice Coleslaw for a complete meal.

Nutritional Benefits: Pea microgreens are rich in antioxidants and vitamin C, while basil microgreens provide a fresh, herby flavor along with anti-inflammatory properties.



Microgreen and Avocado Tacos with Lime-Cilantro Sauce

These vibrant tacos are a perfect balance of creamy avocado, spicy microgreens, and a tangy lime-cilantro sauce. Perfect for a quick lunch or light dinner!

Prep Time: 15 minutes

Cook Time: 5 minutes

Ingredients:

- 2 soft tortillas
- 1 ripe avocado, sliced
- 1 cup mixed microgreens (mustard, radish, and pea)
- 1/4 cup cilantro, chopped
- Juice of 1 lime
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions

1. In a small bowl, mix lime juice, olive oil, cilantro, salt, and pepper to make the dressing.
2. Warm tortillas in a skillet over medium heat for 1-2 minutes.
3. Assemble tacos by layering avocado slices, a generous amount of microgreens, and a drizzle of lime-cilantro sauce.
4. Fold the tortillas and serve immediately.

Serving Suggestion: Pair with a side of Microgreen-Infused Quinoa for a complete meal.

Nutritional Benefits: Avocado provides heart-healthy fats, while microgreens offer a burst of vitamins and antioxidants.



Spaghetti Aglio e Olio with Radish Microgreens

This classic Italian pasta is given an extra burst of flavor and crunch with peppery radish microgreens.

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

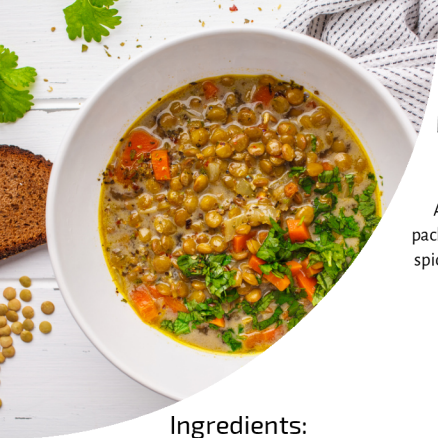
- 1 lb spaghetti
- 3 tablespoons olive oil
- 4 garlic cloves, thinly sliced
- 1/4 teaspoon red pepper flakes
- 1/2 cup radish microgreens
- Fresh parsley, chopped
- Salt and pepper to taste

Instructions

1. Cook spaghetti according to package instructions. Drain, reserving 1/4 cup pasta water.
2. Heat olive oil in a large skillet over medium heat. Add garlic and red pepper flakes, cooking until garlic is golden.
3. Add cooked spaghetti to the skillet along with reserved pasta water. Toss to combine.
4. Stir in radish microgreens and parsley. Season with salt and pepper.
5. Serve immediately with extra microgreens on top.

Serving Suggestion: Serve with Grilled Chicken for a heartier meal.

Nutritional Benefits: Radish microgreens provide vitamin C and antioxidants, while olive oil offers healthy fats.



Vegetarian Microgreens and Lentil Curry

A warm and hearty vegetarian curry packed with lentils, veggies, and aromatic spices, topped with crunchy mustard and radish microgreens.

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients:

- 1 cup dried lentils, rinsed
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1-inch piece of ginger, grated
- 2 teaspoons curry powder
- 1 can diced tomatoes (14 oz)
- 2 cups vegetable broth
- 1 cup mixed microgreens (mustard and radish)
- 1 can coconut milk (14 oz)
- Salt and pepper to taste

Instructions

1. Heat olive oil in a large pot over medium heat. Add onion, garlic, and ginger. Cook for 5 minutes.
2. Stir in curry powder, cooking for another minute until fragrant.
3. Add lentils, coconut milk, diced tomatoes, and vegetable broth. Bring to a simmer and cook for 25 minutes, or until lentils are tender.
4. Season with salt and pepper.
5. Serve with a generous topping of microgreens.

Serving Suggestion: Serve with basmati rice or naan for a filling meal.

Nutritional Benefits: Lentils provide protein and fiber, while microgreens offer antioxidants and essential vitamins.



Salmon with Lemon-Dill Microgreens Sauce

A warm and hearty vegetarian curry packed with lentils, veggies, and aromatic spices, topped with crunchy mustard and radish microgreens.

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients:

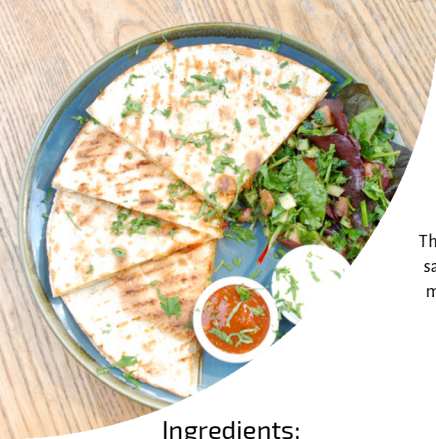
- 2 salmon fillets
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1/2 cup dill microgreens
- Juice of 1 lemon
- 1 tablespoon olive oil
- 1/4 teaspoon garlic powder

Instructions

1. Preheat the oven to 375°F (190°C). Rub salmon fillets with olive oil, salt, and pepper.
2. Place salmon on a baking sheet and bake for 12-15 minutes until cooked through.
3. In a small bowl, combine dill microgreens, lemon juice, olive oil, and garlic powder.
4. Serve salmon fillets with a generous spoonful of microgreens sauce on top.

Serving Suggestion: Pair with Roasted Asparagus for a fresh, light dinner.

Nutritional Benefits: Salmon provides omega-3 fatty acids, while dill microgreens offer a fresh burst of flavor and antioxidants.



Vegetarian Microgreens-Powered Veggie Quesadillas

These veggie quesadillas are filled with sautéed vegetables, cheese, and fresh microgreens for an added crunch and flavor boost.

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 4 flour tortillas
- 1/2 cup shredded cheese (cheddar or mozzarella)
- 1/2 cup mixed sautéed vegetables (bell peppers, onions, zucchini)
- 1/2 cup microgreens (sunflower, radish, or pea)
- 2 tablespoons olive oil

Instructions

1. Heat a skillet over medium heat and add 1 tablespoon of olive oil.
2. Place one tortilla in the skillet and sprinkle with cheese, vegetables, and microgreens.
3. Place a second tortilla on top and cook for 2-3 minutes per side until golden brown and crispy.
4. Repeat with the remaining tortillas.
5. Slice and serve with a side of salsa or guacamole.

Serving Suggestion: Serve with Fire and Ice Coleslaw for a complete meal.

Nutritional Benefits: Microgreens add a burst of vitamins, while vegetables provide fiber and essential nutrients.



Microgreens Pesto Pasta

This creamy pasta dish features a vibrant microgreens pesto that's packed with flavor and nutrients.

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients:

- 8 ounces spaghetti or pasta of choice
- 2 cups microgreens (sunflower or basil microgreens)
- 1/4 cup pine nuts or walnuts
- 1 clove garlic
- 1/4 cup olive oil
- Salt and pepper to taste
- 1/4 cup grated Parmesan cheese

Instructions

1. Cook pasta according to package instructions. Drain and set aside.
2. In a food processor, combine microgreens, Parmesan, nuts, garlic, olive oil, salt, and pepper. Blend until smooth.
3. Toss the pesto with the cooked pasta until evenly coated.
4. Serve immediately, garnished with additional microgreens or Parmesan.

Serving Suggestion: Pair with a side of garlic bread for a hearty meal.

Nutritional Benefits: Microgreens enhance the dish with vitamins A, C, and K, while nuts add healthy fats.



Microgreens and Sweet Potato Buddha Bowl

A colorful and nourishing bowl featuring roasted sweet potatoes, quinoa, and microgreens.

Prep Time: 15 minutes

Cook Time: 25 minutes

Ingredients:

- 1 medium sweet potato, cubed
- 1/2 cup chickpeas, rinsed and drained
- 1 tablespoon olive oil
- 1/2 cup microgreens (radish or kale)
- 1/2 teaspoon paprika
- 2 tablespoons tahini
- 1 cup cooked quinoa
- 1 tablespoon lemon juice
- 1 teaspoon maple syrup
- Salt and pepper to taste

Instructions

1. Preheat oven to 400°F (200°C). Toss sweet potato cubes with olive oil, paprika, salt, and pepper. Roast for 20–25 minutes, until tender.
2. Assemble the bowl: layer quinoa, roasted sweet potatoes, chickpeas, and microgreens.
3. In a small bowl, whisk tahini, lemon juice, maple syrup, and water until smooth. Drizzle over the bowl.
4. Serve warm or at room temperature.

Serving Suggestion: Add a sprinkle of sesame seeds for extra crunch.

Nutritional Benefits: High in fiber, protein, and vitamins, with microgreens providing a boost of antioxidants.



Microgreens Veggie Tacos

Tacos loaded with roasted vegetables and topped with fresh microgreens for a refreshing twist.

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

- 4 small corn or flour tortillas
- 1 cup mixed roasted vegetables (zucchini, bell peppers, onions)
- 1/2 cup black beans, rinsed and drained
- 1/2 cup microgreens (sunflower or radish)
- 1/4 cup crumbled feta cheese
- 2 tablespoons sour cream or yogurt
- 1 tablespoon lime juice
- 1/2 teaspoon cumin

Instructions

1. Preheat oven to 400°F (200°C). Roast vegetables with a drizzle of olive oil and cumin for 20 minutes.
2. Warm tortillas in a dry skillet or oven.
3. Fill tortillas with roasted vegetables, black beans, and feta cheese.
4. Top with microgreens and a dollop of sour cream.
5. Squeeze lime juice over the tacos before serving.

Serving Suggestion: Serve with a side of guacamole or salsa.

Nutritional Benefits: A balanced meal with fiber, protein, and vitamins, enhanced by the freshness of microgreens.



Microgreens-Powered Smoothie Bowl

A refreshing smoothie bowl topped with microgreens, fruits, and nuts for a healthy breakfast.

Prep Time: 10 minutes

Cook Time: None

Ingredients:

- 1 frozen banana
- 1/2 cup frozen berries (blueberries or strawberries)
- 1/2 cup almond milk or yogurt
- 1/4 cup microgreens (broccoli or sunflower)
- 1/4 cup granola
- 1 tablespoon chia seeds
- Fresh fruit slices for topping

Instructions

1. Blend banana, berries, almond milk, and microgreens until smooth.
2. Pour into a bowl and top with granola, chia seeds, fresh fruit, and additional microgreens.
3. Serve immediately.

Serving Suggestion: Enjoy with a cup of green tea.

Nutritional Benefits: Packed with antioxidants, fiber, and essential vitamins, this bowl is a perfect energy booster.



Microgreens Grilled Cheese Sandwich

A classic grilled cheese upgraded with fresh microgreens for added crunch and flavor.

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- 2 slices sourdough bread
- 1/2 cup shredded cheddar cheese
- 1/4 cup microgreens (arugula or radish)
- 1 tablespoon butter

Instructions

1. Butter one side of each bread slice.
2. Place one slice, buttered side down, in a skillet over medium heat.
3. Add cheese and microgreens, then top with the second slice, buttered side up.
4. Cook for 3–4 minutes on each side, until golden brown and the cheese is melted.
5. Slice and serve warm.

Serving Suggestion: Pair with a bowl of tomato soup for a cozy meal.

Nutritional Benefits: Microgreens add a nutrient boost to this comforting sandwich.



Microgreens Caprese Salad

A fresh twist on the classic Caprese salad, enhanced with the vibrant flavor of microgreens.

Prep Time: 10 minutes

Cook Time: None

Ingredients:

- 2 medium tomatoes, sliced
- 4 ounces fresh mozzarella, sliced
- 2 tablespoons balsamic glaze
- 1 tablespoon olive oil
- 1/2 cup microgreens (arugula or sunflower)
- Fresh basil leaves (optional)
- Salt and pepper to taste

Instructions

1. Arrange alternating slices of tomato and mozzarella on a serving plate.
2. Scatter microgreens and basil leaves over the top.
3. Drizzle with balsamic glaze and olive oil.
4. Season with salt and pepper before serving.

Serving Suggestion: Serve with crusty bread or as a side to grilled vegetables.

Nutritional Benefits: Microgreens add vitamins A and C, while mozzarella provides calcium and protein.



Microgreens Veggie Stir-Fry Wraps

Crispy lettuce wraps filled with stir-fried veggies and topped with fresh microgreens.

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 8 lettuce leaves (butter or romaine)
- 1 cup mixed stir-fried vegetables (carrots, snap peas, bell peppers.
- 1/4 cup microgreens (broccoli or radish)
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon grated ginger

Instructions

1. Heat sesame oil in a skillet and sauté vegetables with soy sauce and ginger until tender.
2. Spoon the stir-fry mixture into lettuce leaves.
3. Top each wrap with fresh microgreens.
4. Serve immediately.

Serving Suggestion: Pair with a side of edamame for a complete meal

Nutritional Benefits: High in fiber, antioxidants, and vitamins, with minimal calories.



Microgreens Mediterranean Flatbread

A quick and delicious flatbread topped with hummus, roasted veggies, and fresh microgreens.

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 2 whole-grain flatbreads
- 1/4 cup hummus
- 1/2 cup roasted vegetables (zucchini, red onion, eggplant)
- 1/4 cup microgreens (pea or sunflower)
- 1 tablespoon olive oil
- 1 teaspoon dried oregano

Instructions

1. Preheat oven to 375°F (190°C).
2. Spread hummus over the flatbreads.
3. Top with roasted vegetables and drizzle with olive oil. Sprinkle with oregano.
4. Bake for 8–10 minutes, until heated through.
5. Remove from oven and add microgreens before serving.

Serving Suggestion: Serve with a side of Greek salad.

Nutritional Benefits: Microgreens provide a nutrient-dense topping, while hummus adds protein and fiber.



Microgreens Veggie Burger Bowls

All the flavors of a veggie burger, served in a bowl with fresh microgreens.

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 1 veggie burger patty, cooked and crumbled
- 1/2 cup cooked quinoa or brown rice
- 1/4 cup diced tomatoes
- 1/4 cup avocado slices
- 1/4 cup microgreens (radish or kale)
- 1 tablespoon tahini or yogurt dressing

Instructions

1. Layer quinoa or rice in a bowl.
2. Add crumbled veggie burger, tomatoes, avocado, and microgreens.
3. Drizzle with tahini or yogurt dressing before serving.

Serving Suggestion: Pair with sweet potato fries for a hearty meal.

Nutritional Benefits: Microgreens enhance this meal with a boost of vitamins and antioxidants.



Microgreens Breakfast Frittata

A savory breakfast frittata with fresh vegetables and microgreens baked to perfection.

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- 6 eggs
- 1/2 cup diced vegetables (bell peppers, onions, spinach)
- 1/4 cup shredded cheese (cheddar or feta)
- 1/4 cup microgreens (pea or sunflower)
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a skillet and sauté vegetables until softened.
3. In a bowl, whisk eggs with salt and pepper. Pour eggs into the skillet.
4. Sprinkle cheese and microgreens on top.
5. Bake in the oven for 15–20 minutes, until the frittata is set.
6. Slice and serve warm.

Serving Suggestion: Serve with whole-grain toast or a side of fruit.

Nutritional Benefits: High in protein and essential vitamins, with microgreens adding a burst of flavor and nutrients.



Microgreens Power Salad

A vibrant salad with fresh microgreens, quinoa, and a tangy lemon dressing.

Prep Time: 10 minutes

Cook Time: None

Ingredients:

- 2 cups mixed greens
- 1/2 cup cooked quinoa
- 1/4 cup cherry tomatoes, halved
- 1/4 cup cucumber slices
- 1/4 cup microgreens (broccoli or radish)
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions

1. In a large bowl, combine mixed greens, quinoa, tomatoes, cucumber, and microgreens.
2. Drizzle with olive oil and lemon juice. Toss to coat.
3. Season with salt and pepper before serving.

Serving Suggestion: Pair with whole-grain crackers or breadsticks.

Nutritional Benefits: Packed with vitamins, fiber, and protein for a light yet satisfying meal.



Microgreens Veggie Pizza

A delicious homemade pizza topped with fresh microgreens for a unique flavor and nutrient boost.

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 1 pre-made pizza crust
- 1/2 cup marinara or pizza sauce
- 1 cup shredded mozzarella cheese
- 1/2 cup sautéed vegetables (mushrooms, onions, bell peppers)
- 1/4 cup microgreens (arugula or radish)
- 1 tablespoon olive oil

Instructions

1. Preheat oven to 425°F (220°C).
2. Spread marinara sauce over the pizza crust.
3. Top with cheese, sautéed vegetables, and olive oil drizzle.
4. Bake for 12–15 minutes, until the crust is golden and the cheese is bubbly.
5. Remove from oven and garnish with fresh microgreens before serving.

Serving Suggestion: Pair with a side Caesar salad.

Nutritional Benefits: Microgreens elevate this pizza with additional vitamins and antioxidants.



Microgreens Lentil Soup

A hearty, warming lentil soup topped with fresh microgreens for a flavorful garnish.

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 1 cup dry lentils, rinsed
- 4 cups vegetable broth
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 1/2 cup diced onions
- 1 clove garlic, minced
- 1/4 cup microgreens (radish or kale)
- 1 tablespoon olive oil
- 1/2 teaspoon cumin
- Salt and pepper to taste

Instructions

1. Heat olive oil in a large pot and sauté onions, carrots, celery, and garlic until softened.
2. Add lentils, vegetable broth, cumin, salt, and pepper. Bring to a boil.
3. Reduce heat and simmer for 25–30 minutes, until lentils are tender.
4. Serve hot, garnished with fresh microgreens.

Serving Suggestion: Pair with whole-grain bread for dipping.

Nutritional Benefits: Rich in protein, fiber, and vitamins, with microgreens adding freshness and nutrients.



Microgreens Veggie Sushi Rolls

Homemade sushi rolls with fresh vegetables and microgreens for a healthy twist.

Prep Time: 20 minutes

Cook Time: None

Ingredients:

- 1 cup cooked sushi rice
- 4 sheets nori (seaweed)
- 1/2 cup julienned vegetables (carrots, cucumber, avocado)
- 1/4 cup microgreens (pea or sunflower)
- 2 tablespoons rice vinegar
- Soy sauce for dipping

Instructions

1. Mix cooked sushi rice with rice vinegar.
2. Lay a sheet of nori on a bamboo mat and spread a thin layer of rice over it.
3. Arrange vegetables and microgreens in a line near one edge.
4. Roll tightly and slice into bite-sized pieces.
5. Serve with soy sauce for dipping.

Serving Suggestion: Pair with miso soup for a complete Japanese-inspired meal.

Nutritional Benefits: Microgreens provide a crisp texture and essential vitamins in these light, nutritious rolls.