

# Microgreens

**DISCOVER** This tiny, young plant with its first set of true leaves develops in only 10 to 14 days. Larger than a sprout and smaller than a baby green, these small shoots are harvested at the ideal stage when flavor and nutrition are at their peak. From light green to vivid purple, microgreens are highly attractive and diverse in flavor

**TASTE** Most available vegetables have a microgreen version with similar flavor and aroma. The familiar vibrant, spicy radish has a microgreen variety that can be just as hot and pungent. Chefs favor microgreens as a garnish, but these plants are versatile enough to be used as a sandwich topper, salad, in a soup or as a centerpiece to a main dish. With a tender texture and mild to intense taste, microgreens stimulate the senses

**FORTIFY** Touted as one of nature's most powerful foods, microgreens may have antibacterial, anti-cancer and heart-health benefits. Similar to their mature, leafy green cousins, they are low in calories and a good source of potassium, vitamin C and calcium

**PRESERVE** Wash before use and dry well with a salad spinner to ensure maximum water removal. Store unused microgreens wrapped in a paper towel inside a plastic bag to avoid wilting and degradation. Well cared for microgreens will last in the refrigerator up to seven days after harvest

—Pam Aughe, R.D.

## Asiago Cheese Bowls with Microgreens in Pomegranate Vinaigrette

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*Pam Aughe, R.D., edibleWOW Recipe Editor*

### Bowls

- 2 cups shredded Asiago cheese
- ½ teaspoon freshly ground black pepper, divided

### Vinaigrette

- ½ cup 100% pomegranate juice
- ¼ cup extravirgin olive oil
- 1½ tablespoons sugar
- 1½ tablespoons Dijon mustard
- 1½ tablespoons red wine vinegar
- ½ teaspoon coarse salt
- ½ teaspoon freshly ground black pepper
- 2 ounces microgreens

1. Preheat oven to 350°.
2. Place 1/3 cup cheese on baking sheet making 6 even piles. Spread cheese evenly into four to five-inch circles. Sprinkle black pepper over each cheese circle.
3. Bake cheese for 14-16 minutes or lightly golden. Remove each circle and fold over 4-ounce ramekin to form a small bowl. Cool completely.
4. Whisk all vinaigrette ingredients (juice through ground black pepper) in a small bowl.
5. Combine ¼ cup vinaigrette and microgreens in a medium bowl. Reserve remaining dressing for another use. Divide greens evenly into six cheese bowls. Serve immediately.

Yield: 6 servings

Nutrient Analysis (per serving): 165 calories, 13 grams fat, 8 grams carbohydrate, trace dietary fiber, 10 grams protein, 34 milligrams cholesterol, 513 milligrams sodium, 293 milligrams calcium

**Cook's Note:** Experiment using different varieties of microgreens. Choose spicy arugula or a more traditional, sweet pea shoot.

## Mushroom and Radish Microgreen Crostini

*Pam Aughe, R.D., edibleWOW Recipe Editor*

### Crostini

- 16 ounces French bread, sliced
- 1 clove garlic, halved
- 2 teaspoons extravirgin olive oil
- ¼ teaspoon coarse salt

### Topping

- Vegetable cooking Spray
- 16 whole cremini mushrooms
- Pinch coarse salt
- ⅛ teaspoon freshly ground black pepper
- 2 teaspoons fresh thyme, minced
- 2 ounces radish microgreens

1. Slice bread into 16 slices. Toast slices of bread until golden. Place on platter and rub with halved garlic. Drizzle olive oil and ¼ teaspoon salt evenly over all slices of bread. Set aside.
2. Place a large sauté pan over medium-high heat. Coat with cooking spray. Place mushrooms in pan and cook 3-5 minutes or until lightly browned. Turn mushrooms and coat with cooking spray. Season with pinch salt, pepper and thyme. Cook an additional 3-5 minutes, turning one more time.
3. Place mushrooms on prepared crostini. Top evenly with radish microgreens and serve.

Yield: 8 servings, 2 each

Nutrient Analysis (per serving): 197 calories, 3 grams fat, 36 grams carbohydrates, 4 grams dietary fiber, 7 grams protein, 0 milligrams cholesterol, 409 milligrams sodium, 71 milligrams calcium.

Pam Aughe is a registered dietitian specializing in culinary nutrition. She is the recipe editor of edibleWOW.

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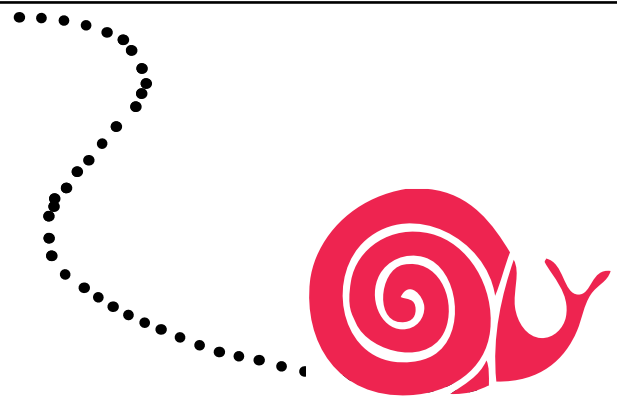
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