

Cleveland County Kitchen
June 2018
Food of the Month – Microgreens
Chef Beth Bruno
Chef's Recipe



Chef Bruno designs recipes to be tinkered with, allowing you to create special dishes that suit your taste and your ingredients on hand. If you need exact amounts and very precise instructions, you won't really find them here, because these recipes are so simple you can trust your instincts and go by feel. Feel free to stray from the recipe and experiment. That's how great dishes are discovered!

Avocado Toast w/ Microgreens

Good whole grain bread
Ripe avocado
Olive Oil
Salt & Pepper
Microgreens – one or two Tbs. per toast

Either slice or mash avocado. Toast a piece of good whole-grain bread. Cover toast with avocado and drizzle with a good tasting olive oil. I like California Olive Ranch extra virgin olive oil. Sprinkle with salt and pepper to taste, then top with microgreens to taste. Broccoli, basil, radish or kohlrabi greens are good on this dish. This is good for a nutritious start to the day, as an afternoon pick-me-up or a light dinner with a salad or soup.

Baby Greens and Microgreens Salad

Tender baby lettuce
Microgreens- Broccoli, basil, radish or arugula
Fresh sliced strawberries
Chopped walnuts
Vinaigrette dressing, recipe follows
Shaved parmesan cheese, optional

Toss baby lettuces and microgreens. If you don't have baby lettuce, any tender young greens or butter lettuce would be good in this salad. Add sliced strawberries and walnuts. Dress with a light balsamic vinaigrette or dressing of choice. Add parmesan if you are using it.

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Vinaigrette Dressing

Balsamic vinegar – either white or dark
Olive Oil
Herbs de Provence or other dried herbs like Thyme, Basil or Rosemary

White grapefruit balsamic vinegar makes a delicious dressing for this salad. It is a beautiful pink color and is sweet, so you do not need to add sugar to this dressing. You can find it at Uptown Olive Oil and More in Shelby. Simply whisk together 2 Tbs. of vinegar with ¼ cup of olive oil, add some spices to taste – I especially love Herbs de Provence which you can find at WalMart. (Frontier brand is my favorite.) Pour over salad, toss and enjoy. If you are serving this at a later time, save the dressing and dress the salad immediately before serving.

Microgreen Smoothie

Place a generous handful of microgreens in a blender or Nutri Bullet. Add one cup of pineapple chunks, 1 Tbs. of honey and 1 cup of almond, coconut or rice milk. Blend until all ingredients are smooth. This is a lovely, pale green drink that gives a boost of nutrition to your day. Wheatgrass is a good microgreen for this drink and is rich in vitamins, minerals, amino acids and protein. Other microgreens that would be good in this smoothie are kale, beets and herbs like mint or parsley.

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Grammy's Green Spaghetti

Green spaghetti is a quick and satisfying weeknight meal when paired with a crusty bread and a glass of red wine. My husband's Italian grandmother taught him to make this dish and the addition of basil microgreens takes it to the next level of divine. For this recipe we always use angel hair pasta – it matches the delicacy of the ingredients better than heavier pastas.

- 1 box of angel hair pasta, cooked al dente in well salted water
- 1 cup of pasta cooking water – place a measuring cup in your sink to remind you to save the water when you drain the pasta
- 1 cup olive oil – for this recipe you need really good tasting olive oil, something green and extra virgin like California Olive Ranch extra virgin
- Several cloves of garlic, to taste, peeled and chopped fine
- One small jar of Barilla pesto, or brand of your choice
- Fresh grated pepper
- Basil microgreens, a large handful, or to taste – the more the better in this dish
- Fresh parmesan cheese, grated

Cook a box of your preferred pasta according to package directions and keep it hot. When you drain your pasta, make sure to preserve a cup of the pasta water to add back with the other ingredients. Heat olive oil over medium heat and add chopped garlic. Watch carefully and when the garlic sizzles and begins to turn golden, remove from heat. Do not let the garlic turn brown or the taste will become bitter. Put pasta in a large bowl and add enough of the pasta water to make it saucy looking. Grate some fresh pepper over the pasta, to taste. Next, pour olive oil and garlic over the pasta. Add a small jar of pesto and toss everything together. Add basil microgreens at the end and toss together. Put generous servings in large bowl and grate parmesan over each serving, to taste.

In the summer when fresh tomatoes are abundant, the addition of fresh chopped tomatoes is also very good.

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