

# MIX & MATCH MICROGREENS SALAD



**Trying to make use of some extra microgreens?** Way more than just garnish, microgreens pack all sorts of nutrients and flavor in a compact package. Distinct from sprouts, which are just a couple days old, 41North microgreens take about 1-3 weeks to grow and offer a wide variety of uses and culinary possibilities. **Combine the components below (or swap out your own!) to create a perfectly-composed microgreen salad.**

## BASE

Our mild and spicy mixes work well, but lots of other micro-combinations suffice. Have some extra micro basil? Toss in a few leaves for some crunch and herbaceousness. Balance out your base: depending on your tastes, you're aiming for complementary flavors. **Get creative!**



Mild Mix

Mizuna, Cabbage, Kale, and Kohlrabi



Spicy Mix

Green & Purple Mustards



Pea Shoots

Green, Dwarf, Sugar Snap

VARIETIES

NUTRIENTS

antioxidants, fiber, Vitamins A, C, E, and K

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Vitamins A and C, folic acid, calcium, iron, and fiber

## SWEET

Starting here in the toppings department offers bold flavor choices and is often the most perishable ingredient. Use stronger citrus to counter spicy notes, or milder tart cherries for mild mix or a base that includes pea shoots.



Dried Cherries



Grape Slivers



Raisins/Craisins



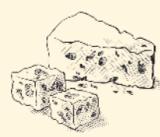
Chopped Citrus



Diced Apple

## PROTEIN & FAT

We might be throwing stones here, but cheese is *probably* optional, especially for any of those who are lactose intolerant. Any number of options fall under this category, just keep the component in balance.



Blue



Feta



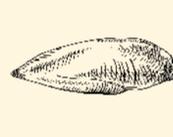
Sliced Brie



Bacon Crumbles



Tofu



Chopped Chicken Breast



Hard-Boiled Egg



Flaked Salmon

## CRUNCH

Drop in some crunch to layer in a contrasting texture. Be sure to balance the size of the pieces with the fragile microgreens. In a heartier salad, you can use bigger croutons. With something this delicate, you'll want to make sure everything can be eaten in a single, delicious, well-balanced bite.



Almond Slivers



Pecans



Chopped Walnuts



Pine Nuts



Mini-Croutons

## DRESSING

A good vinaigrette starts with a ratio of 1 part oil or fat to 3 parts acid, and then offers a whole range of customization options. Vinaigrettes can be adjusted and customized to your tastes. Infuse soft-stemmed herbs, like 41North micro cilantro, basil, and mint, just before serving, and hard-stemmed herbs, like sage, rosemary, and thyme, an hour prior to let them infuse.

*Adapted from 'Ratio' by Michel Ruhlman, among others:*

### Red Wine Vinaigrette

- 2 ounces red wine vinegar
- 6 ounces canola, olive, or other neutral-flavored oil
- 1 tablespoon Dijon or stone-ground mustard
- 1/4 teaspoon salt (to taste)

### Lime-Cilantro Vinaigrette

- 1/2 cup micro cilantro
- 1/2 cup neutral-flavored oil
- 3 tablespoons lime juice
- 2 tablespoons water
- 1 tablespoon apple cider vinegar
- 2 teaspoons honey
- 1 teaspoon galic salt

### Basil-Mint Vinaigrette

- 1/2 cup fresh basil leaves
- 1/2 cup fresh mint leaves
- 1/4 cup white wine vinegar (balance to taste)
- 1/2 cup neutral-flavored oil
- 2 garlic cloves (sub for ground garlic, or minced garlic)
- 1 tablespoon orange juice (fresh, if you have it)
- 1 teaspoon salt (to taste)
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### Vinaigrette Tips & Tricks

- Replace some of the oil with vegetable stock to reduce calories.
- ...or go in the exact opposite direction: sub out bacon fat for some of the oil.
- Components can be added individually or mixed/whisked together for emulsification.
- Try pairing your vinaigrette with dishes like grilled fish and steak for maximum effect.
- Always use a tasting spoon.