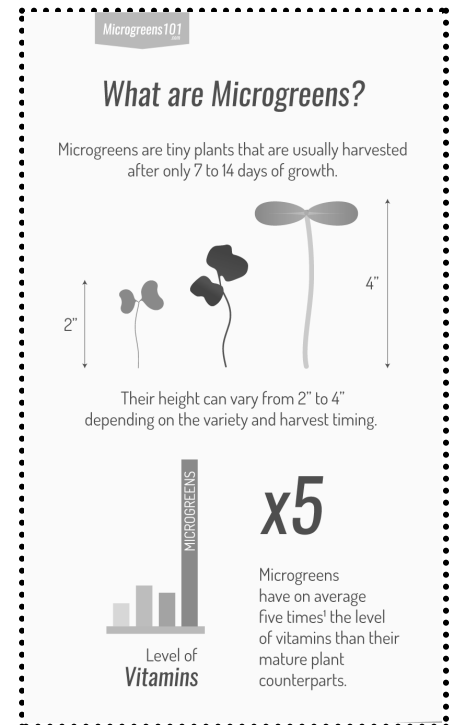


## Winter Salad with Microgreens

The Harvest of the Month for February is Microgreens! What are microgreens you ask? Microgreens are young versions of plants such as sunflower, pea, radish, kale, broccoli, and cilantro. Microgreens are called such because of their short height. Many of us are familiar with sprouts; microgreens are essentially the same as a sprout, but grown in soil and cut off at the base. Generally, the microgreen is harvested at the cotyledon or seedling stage (before the first true leaves form) but some varieties are harvested soon thereafter.

Typically grown year round in greenhouses, they are a great way to get your greens in winter! Microgreens are small but mighty, they contain on average five times the vitamin concentration of their mature plants! We are using microgreens on top of our winter salad recipe for this week. Instead of using lettuce, this recipe uses cooked vegetables like beets and potatoes to make a warm salad perfect for cold winter days.



## Recipe

### Kitchen Tools Needed

Knife (ask your family first), Cutting Board, Bowl, Measuring Cups, Baking Sheet

### Ingredients

- 2 eggs -2 potatoes
- 2 beets with green tops
- 1 tablespoon chopped chives
- ½ cup microgreens
- ½ cup vinaigrette dressing
- oil
- salt

### Directions:

1. Get out a small pot, fill halfway with water and place two eggs inside.
2. Bring to the boil, lower the heat to simmer and cook for 6 minutes.
3. Remove from heat and drain the water from the eggs and cover with fresh cold water. Leave until the eggs cool.
4. Roll eggs on the counter to crack shells. Peel off the shells from both eggs.  
 \*Running eggs under water from the sink makes it easier to remove the shells.
5. Place the eggs in the fridge until ready to use.
6. Preheat the oven to 350 degrees F.
7. Get out a knife and cutting board and slice 2 potatoes and 2 beets into cubes. Save the green tops of your beets to use later in the recipe.
8. Grab your baking sheet, add your chopped potatoes, beets, and add a drizzle of oil and salt.

Cooking Video: [KUA Winter Salad with Microgreens](#)

9. Bake in the oven for 30-40 minutes until they are soft.
10. Alternately, you can steam or boil the beets and potatoes in a pot on the stovetop or in the microwave.
11. While the veggies are cooking, slice the beet greens in thin strips and mix in with the cooked beets and potatoes.
12. Add the vegetables to a small bowl.
13. Grab the salad dressing and pour over 1/4 cup of vinaigrette, mix and cool for 20 minutes.
14. Grab a small bunch of chives and chop 1 tablespoon of chives and mix into the bowl.
15. Grab your cutting board and knife again and get the two eggs from the fridge. Slice thinly and add to the bowl.
16. To finish, cut a small handful of microgreens from your house and sprinkle them on top of your winter salad!

Visit the [Food Hero website](#) for instructions on how to grow your own microgreens at home!

En español: [Cómo cultivar las microplantas](#)

