

ABOUT SUNFLOWER GREENS & PEA SHOOTS

Sunflower Greens

These crunchy, nutty-tasting sprouts arise when black oil sunflower seeds are grown in soil for about 12 days, then harvested at that tender stage, before they grow into full-grown sunflowers. They contain much of



the heart-healthy fat, fiber, and plant protein found in sunflower seeds, but with fewer calories. They contain vitamins A, B, C, and E. They also contain potassium, and are high in calcium, magnesium, and iron.

Serving Tip:

- ◆ Before eating, wash the greens thoroughly, then drizzle olive oil and sprinkle sea salt on them for a simple and crunchy side dish, salad, or a bed for grilled chicken. They're also great on sandwiches.



Pea Shoots

Pea shoots are the leaves and tendrils of the traditional garden pea plant. Pea shoots are generally harvested after just 2 to 4 weeks of being planted, depending on weather conditions, when their leaves are tender, young and bursting with a distinctive pea flavor. Pea shoots are packed with vitamins A, C, and folic acid and only 14 calories per 1/2 cup.

Serving Tip:

- ◆ Before eating, rinse pea shoots in cool water, drain, and let dry. Add raw pea shoots to a tossed salad. Add pea shoots to any stir-fry or soup near the end of cooking time.

Choose:

- ◆ Sunflower greens and pea shoots that look fresh and crisp, bright green, and undamaged

Avoid:

- ◆ Wilted, dull, or yellowing greens and shoots

Storage:

Sunflower greens and pea shoots are fragile and best used within one to two days of harvesting or purchasing. Keep them wrapped in paper towels in an open plastic bag in the vegetable bin of the refrigerator.

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Sunflower Salad



Yield: 6 servings
Time: 20 minutes

Ingredients

1/2 large bell pepper, sliced thin
6 ounces sunflower greens
6 ounces pea shoots
1 cup radish, sliced
1/3 cup shredded carrot
1/2 cup sunflower seeds

Dressing

2 tablespoons olive oil (preferred)
or vegetable oil
1 tablespoon orange juice
1 tablespoon cider vinegar
2 teaspoons orange zest, optional
1 teaspoon honey or sugar
Salt and fresh ground pepper

Directions

1. Toss all ingredients except for sunflower seeds together in a large bowl.
2. Right before serving, toss with dressing and then top with sunflower seeds. To make this recipe in less time, serve with your favorite vinaigrette (see another recipe on page 61).

Notes: _____

Throughout this cookbook, olive oil is the preferred oil for flavor. If needed, you may substitute with vegetable oil.

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Pea Shoot Soup

Yield: 4 servings
Time: 25 minutes

Ingredients

- 1 onion, finely chopped
- 1 large potato, peeled and diced
- 1 tablespoon of olive oil (preferred)
or vegetable oil
- 4 cups or (2 ounces) pea shoots
- 1 pint chicken broth



Directions

1. Heat oil in medium sauce pan. Add onion and cook for 5 minutes or until onion is translucent.
2. Add the potato and the chicken broth to the saucepan. Simmer for 15 minutes or until potato is soft.
3. Carefully place the contents of the sauce pan into a blender and blend until smooth. Add pea shoots and blend to a smooth consistency.
4. Return soup mixture to the pan and gently reheat.
5. Serve.

Notes: _____
