

HAMAMA RECIPES

Savory Celery Microgreens

By Team Hamama

Get the recipes and more at
hamama.com/recipes

Green Detox Smoothie

With Pineapple / Lemon / Apple / Parsley / Celery Microgreens

Author: Allie, Customer Happiness Team Manager

Serves 1-2 | ~5 minutes

Ingredients

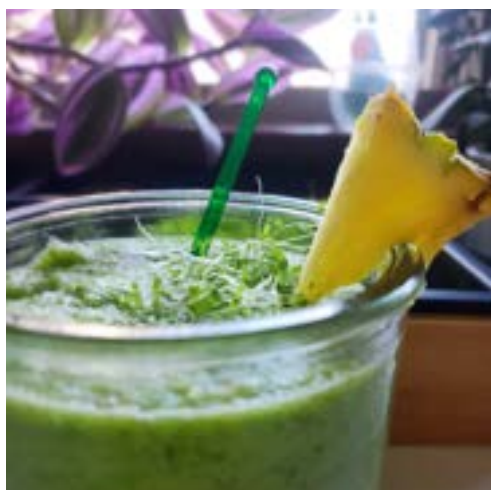
- ~2 cups filtered water
- 1 cup of fresh kale (can sub spinach)
- 2 stalks celery
- ½ cup celery microgreens
- Juice from 1/2 of a lemon
- 1 cup of frozen pineapple
- ¼-½ green apple
- 1-inch knob of fresh ginger (optional)
- 1 tbsp of fresh parsley



Get More Recipes at hamama.com/recipes

Instructions

1. Add all ingredients to a high-speed blender and blend until smooth. Then transfer to a serving glass and enjoy fresh. *Blend with more water if desired - The texture will be slightly fibrous from the celery but it's so good and good for you!



Celery Slaw

With Green Apple / Parsely /
Lemon / Smoked Almonds /
Celery Microgreens

Author: Allie, Customer
Happiness Manager

Serves 2-4 | 15 min



Ingredients

For the Salad:

- 1 medium tart green apple (like Granny Smith)
- 4 medium celery stalks
- 2 tbsp freshly squeezed lemon juice (about ½ a large lemon)
- 2 tbsp fresh celery leaves (the tops of the celery stalks), finely chopped
- ¼ cup fresh flat leaf parsley, chopped
- ¼ cup Savory Celery microgreens, plus more for garnish
- ¼ cup smokehouse almonds, roughly chopped (can sub for nut of choice, toasted)

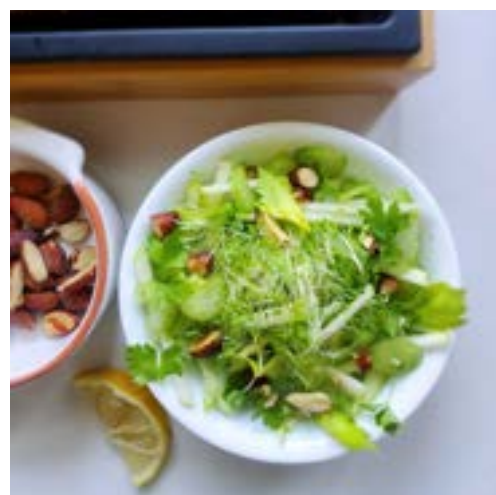
For the Vinaigrette:

- 2 tsp Dijon mustard
- Squeeze of fresh lemon juice
- 2 tbsp apple cider vinegar or white wine vinegar
- 4 tbsp extra-virgin olive oil
- Sea salt and freshly ground pepper, to taste

Get More Recipes at hamama.com/recipes

Instructions

1. Prepare the dressing by whisking the mustard, lemon and vinegar together. Add the olive oil in a slow, steady stream while whisking constantly. Once well combined, season with salt and pepper to taste. Set aside.
2. Core and cut the apple julienne (cut thin slices then stack the slices and cut into long, thin strips / matchsticks). Toss the apple with fresh lemon juice in a large bowl and set aside.
3. Thinly slice the celery stalks on a mandoline or with a sharp knife and toss with the apples.
4. Add fresh celery leaves, parsley and microgreens to the salad bowl. Toss with the vinaigrette until well combined.
5. Top the tossed salad with the nuts and an extra garnish of celery microgreens. Add an additional sprinkle of sea salt and black pepper if desired before serving.



Kicked Up Tuna Salad

With Red Onion / Mayo /
Parsley / Capers / Celery
Microgreens

Author: David, Productions
Supervisor

Serves 2 | ~15 minutes

Ingredients

- 2 (5 oz) cans Albacore Tuna
- ½ small red onion, minced
- ¼ cup Italian flat leaf parsley, chopped
- 1 cup Savory Celery microgreens (reserve some for garnish)
- ¾ cup Kewpie Mayo (or any other mayo/aioli)
- 1 tbsp capers, finely chopped
- 1 tsp freshly cracked black pepper
- Sriracha, optional for heat



Get More Recipes at hamama.com/recipes

Instructions

1. Thoroughly drain any excess water or oil from the tuna cans: Open two 5 oz cans of tuna and put the contents inside a colander or strainer in the sink. Let it drain for a bit then put on gloves and gently squeeze the Tuna to get more liquid out. Once you feel it's sufficiently drained, transfer the tuna into a large bowl.
2. Add in the red onion, chopped parsley, capers, mayo, black pepper and the Celery microgreens. There will be a good amount of salt from the tuna and the capers so you probably won't need to add any more but this depends on the brands you use and your personal taste. If you want to try a spicy tuna version you can add a tablespoon of Sriracha or Sambal at this stage.
3. Use a large wooden spoon and gently fold the mixture together, avoiding over-mixing.
4. Cover and refrigerate for up to an hour before serving. You can keep it in the fridge for up to 2 days. Enjoy!



Roasted Fennel & Lentil Soup

With French Lentils / Garlic /
Onion / Celery / Celery
Microgreens

Author: Carolyn, Customer
Happiness Team Member

Serves 6 | ~5 minutes

Ingredients

- 1 cup french lentils
- 2 cups celery, chopped
- A few celery leaves, chopped
- 2-4 garlic cloves, minced
- 1 medium onion, chopped
- 2 tbsp Italian seasoning
- 1 tsp ground pepper
- 2.5 liters water, or broth
- Garnish:
 - Handful of celery microgreens
 - Fresh parsley, chopped
 - Olive oil, drizzled
 - Salt and pepper to taste



Get More Recipes at hamama.com/recipes

Instructions

1. Place all of your ingredients into a medium pot on medium-high heat along with your broth and bring to a simmer for about 50 minutes.
2. When your soup is ready, garnish with parsley, olive oil and salt and pepper to taste. Add your fresh celery microgreens for a touch of brightness. This is the perfect simple soup!



Savory Chicken Salad

With Lemon / Sour Cherries /
Dijon / Smoked Almonds /
Celery Microgreens

Author: Allie, Customer
Happiness Manager

Serves 4-6 | ~20 minutes



Ingredients

- 2 lb boneless skinless chicken breasts, cooked and diced or shredded (or rotisserie chicken)
- ½-¾ cup dried tart cherries or raisins, halved (can sub fresh red grapes, quartered)
- 2 stalks celery (including leaves), diced
- ½ small vidalia onion, diced finely
- 2 tbsp fresh parsley, chopped
- ½ cup smokehouse almonds, roughly chopped (can sub cashews)
- ½ cup Savory Celery microgreens, plus more for garnish

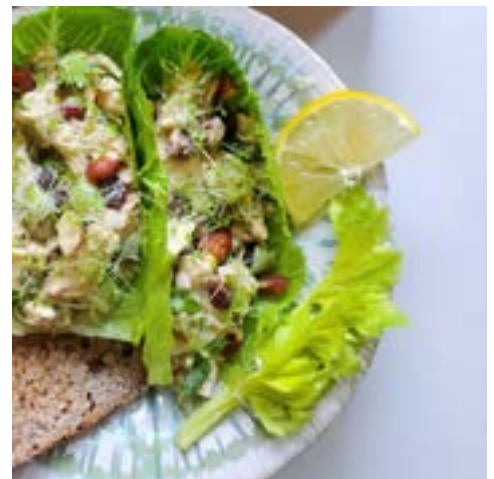
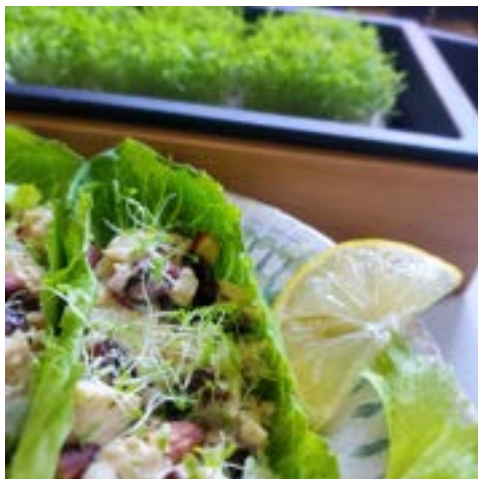
Dressing:

- ½ cup mayonnaise (I used a vegan variety)
- ½ cup sour cream (I used a vegan variety)
- 1 tbsp dijon mustard
- 1 lemon, juiced
- ½ tsp onion powder
- ½ tsp garlic powder
- Salt and pepper, to taste
- Dash of cayenne pepper (optional for heat)

Get More Recipes at hamama.com/recipes

Instructions

1. Chop and dice the cooked chicken, celery, onion, cherries, parsley and microgreens. Add those ingredients to a mixing bowl.
2. Prepare the dressing: Mix together all of the dressing ingredients.
3. Add your dressing to the chicken mixture and mix well. Taste for seasoning.
4. Serve right away or let chill in the fridge until you're ready to serve.
5. For serving, top with more celery microgreens and chopped almonds (these will get soggy in the dressing so add these only when serving).
6. Serve the chicken salad atop a bed of lettuce, in lettuce cups, on toast or in a sandwich or wrap. You can also eat it straight up of course!



Savory Celery Pesto

With Pine Nuts/ Garlic /
Parmesan / Parsley / Celery
Microgreens

Author: Carolyn, Customer
Happiness Team Member

Makes 6 Servings | ~10 minutes

Ingredients

- ¼ cup celery microgreens
- ¼ cup celery leaves
- ¼ cup flat leaf parsley
- 1 tbsp pine nuts
- ½ cup extra virgin olive oil
- ¼ tsp salt
- 1 large garlic clove
- 2 tbsp Parmesan cheese
- ¾ tsp lemon juice



Get More Recipes at hamama.com/recipes

Instructions

1. Add all of your ingredients except the olive oil to a food processor or high-speed blender.
2. Blend briefly then slowly stream in the olive oil until you reach your desired consistency.
3. Once your pesto is ready you can serve it right away or store it in your fridge! Another thing you can do is freeze it into an ice cube tray. It's the perfect way to keep it fresh until you need it!



Crab Pasta Salad

With Pistachio Pesto / Parmesan Cheese / Basil Microgreens

Author: Carolyn, Customer Happiness Team Member

Serves 6 | ~20 minutes



Ingredients

Pasta Salad

- 8 ounces penne pasta, or pasta shells
- 8 ounces crab meat
- ½ cup celery, chopped thinly
- ¼ cup celery microgreens
- ½ cup frozen peas, thawed
- ¼ cup green onions, chopped thinly

Creamy Seafood Sauce:

- ¾ cup Greek yogurt
- 1 lemon, juiced
- 1 tsp old bay seasoning
- ½ tsp garlic powder
- ½ tsp onion powder
- 2 tbsp fresh dill, chopped finely
- Salt and pepper to taste

Get More Recipes at hamama.com/recipes

Instructions

1. Cook the pasta according to the package instructions, drain and let cool.
2. Prepare the sauce: Mix all of the ingredients together and set aside.
3. Add all of your salad ingredients to a bowl and pour the sauce on top.
4. Toss well to combine and add salt and pepper to taste.
5. Garnish with more microgreens and enjoy!





To ensure a
bountiful harvest,
check out our
[Celery Growing
Diary!](#)

For more
microgreen
varieties, grow kits,
and inspiration,
visit us at
[hamama.com!](http://hamama.com)