



The HQ Farms

Microgreen Idea of the Week

Quesadilla



- Place a tortilla in a frying pan.
- Add a layer of your favorite cheese.
- Sprinkle a few microgreens.
- Add a layer of sliced ham.
- Sprinkle a few microgreens.
- Add a layer of your favorite cheese.
- Top with another tortilla.
- Cook on medium until the bottom tortilla browns and the cheese starts to melt.
- Flip the quesadilla
- Cook until the bottom tortilla browns.
- Remove from heat.
- Garnish with a sprinkling of microgreens.
- Serve with salsa or avocado as desired.
- Enjoy!

Send us your own microgreen creation pictures to be featured in the
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