

sauteed pea microgreens

Makes 1-2 servings

COOK TIME: 5 minutes

2 cups pea microgreens
1 Tbsp avocado oil
2 tsp minced garlic
salt and pepper, to taste

ADD avocado oil to a skillet and heat over medium heat.

ADD garlic and cook for 1-2 minutes.

ADD pea microgreens and toss until wilted, about 1-2 more minutes.

SEASON to taste with salt and pepper.

