

STAYING HEALTHY AS WE AGE

www.chemungcountyny.gov

607-737-5520

Spring Greens Spotlight: The Power of Microgreens

As spring arrives, it brings fresh flavors—and microgreens are a perfect example of small foods with big benefits. Microgreens are young vegetable greens, harvested just after sprouting, and they are packed with vitamins, minerals, and antioxidants. Varieties such as broccoli, radish, pea shoots, and sunflower greens add vibrant color and mild crunch to meals while supporting heart health, immune function, and digestion. Because they are nutrient-dense and easy to chew, microgreens are an excellent addition to soups, salads, sandwiches, and egg dishes. Adding these spring greens is a simple, delicious way to boost nutrition and celebrate the season of renewal.

National Nutrition Month – March 2026 Power Your Day with Microgreens



Did You Know? 🌱

Microgreens can contain higher levels of certain vitamins and antioxidants than their mature plant versions.

Just a small handful can add color, flavor, and nutrition to a meal without changing portion size.

Many microgreens, such as pea shoots and sunflower greens, have a mild flavor that appeals to all ages.

Microgreens are easy to chew and digest, making them a great option for older adults.

They can support heart health, immune function, and digestion as part of a balanced diet.



Greens and the 2026 Dietary Guidelines

Guidelines

The 2026 Dietary Guidelines emphasize building meals around a variety of colorful, nutrient-dense vegetables and fruits, making greens an essential part of a healthy eating pattern. Leafy greens—such as spinach, kale, romaine, and spring mixes—deliver important nutrients like fiber, vitamins A, C, and K, folate, and antioxidants that support heart health, digestion, immunity, and healthy aging.

The Guidelines encourage eating whole vegetables and fruits in their original form whenever possible, whether raw or cooked, and washing them thoroughly before use. When fresh options are limited, frozen, dried, or canned vegetables and fruits with no or very limited added sugars are also nutritious and practical choices. 100% fruit or vegetable juice can fit into a healthy pattern but should be enjoyed in small portions or diluted with water, as whole foods provide more fiber and fullness.

For a 2,000-calorie dietary pattern, the 2026 Guidelines recommend:

Vegetables: 3 servings per day

Fruits: 2 servings per day

These goals can be adjusted based on individual calorie needs. Including greens daily—at meals and snacks—is a simple, effective way to meet these recommendations while adding color, flavor, and powerful nutrition to the plate.



Easy Ways to Enjoy Microgreens

- Sprinkle on soups or chili just before serving for added color and nutrients
- Add to scrambled eggs, omelets, or egg salad
- Toss into salads or use as a topping for cold plates
- Layer onto sandwiches or wraps in place of lettuce
- Stir into cottage cheese or soft cheese spreads
- Use as a garnish for fish, chicken, or pasta dishes



Microgreen Egg Scramble

Serves: 1–2



Ingredients

- 2 eggs (or 3 eggs for 2 people)
- 1 Tbsp milk or water
- ½ cup microgreens (pea shoots, broccoli, or sunflower)
- 1 tsp olive oil or butter
- Optional: 1 Tbsp shredded cheese
- Pepper to taste



Directions

1. Whisk eggs with milk.
2. Heat oil in a nonstick skillet over medium-low heat.
3. Add eggs and gently scramble until just set.
4. Remove from heat and fold in microgreens (they wilt quickly).
5. Sprinkle with cheese if desired.

Nutrient Notes

Calories: ~220 Protein: ~14 g

Protein: Eggs provide high-quality, complete protein; adding cheese or serving with milk or toast can easily bring the meal to 20+ g protein

Microgreens: Contribute minimal calories but meaningful vitamins and antioxidants.

Lemon Microgreen Cottage Cheese Bowl

Serves 1

Ingredients

- ½–¾ cup cottage cheese
- ¼ cup microgreens
- 1 tsp olive oil
- Lemon zest or a few drops of lemon juice
- Black pepper

Directions

1. Spoon cottage cheese into a bowl.
2. Top with microgreens.
3. Drizzle with olive oil and lemon.
4. Finish with pepper.



Calories: ~180–200 kcal, Protein: ~18–20 g, Total Fat: ~8 g, Saturated fat: ~2–3 g, Carbohydrate: ~6–8 g, Fiber: ~1 g, Sodium: ~350–400 mg, Calcium: ~150–180 mg




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**Chemung County Department of Aging and Long Term Care
Eat Well Live Well Program**

March 2026

Mon	Tue	Wed	Thu	Fri
2 Meatloaf	3 Chicken Florentine	4 Turkey Cheeseburger	5 Roasted Pork Chops w/ Sauerkraut	6 Fish Sandwich
9 BBQ Baked Chicken	10 Mediterranean Beef	11 Ham with Raisin Sauce	12 Pulled Pork Sandwich	13 Fish Nuggets
16 Salisbury Steak	17 Ham and Cabbage	18 Sausage, Egg And Cheese Muffins	19 Macaroni & Cheese	20 Parmesan Baked Fish
23 Vegetable Lasagna	24 Chicken Cheesesteak	25 Goulash	26 Sweet & Sour Chicken	27 Fish Sandwich w/Cheese
30 Sausage, Pepper and Onion	31 French Toast			

Menu Subject to change without notice

Reservations required at least one day in advance.

Make a reservation with your site manager or call 607-737-5520 to sign up.