



Arugula

What is it?

Arugula, or *eruca sativa*, came from the Mediterranean region. It is a relative newcomer to American gardens and tables. The tender leaves have a more mild flavor that offers variety to a salad of mixed greens. The older leaves have quite a strong peppery taste. It is a good source of vitamin A. Arugula, or rocket as it is called, also contains three minerals that help to control blood pressure: calcium, magnesium, and potassium.



Storage Tips

Place arugula in a loosely sealed plastic bag in the crisper drawer. Use within the three days. To freeze arugula: blanch for two minutes, plunge in ice bath, pat excess moisture off, and place in an airtight freezer-safe container.



Usage Tips

Use arugula in salads. Immediately after a pizza is removed from the oven, top the pie with a handful of arugula. Add chopped arugula to any vegetable soup. Use arugula in place of lettuce on any sandwich for a peppery kick.

A Vegetable E-booklet



RECIPES

Simple Arugula Salad

INGREDIENTS

2 bunches arugula, washed, dried, & torn
1/4 cup extra-virgin olive oil
1/2 lemon, juiced
Salt and freshly ground black pepper
A chunk of Parmigiano-Reggiano

INSTRUCTIONS

1. In a serving bowl, drizzle the arugula with the oil, squeeze in the lemon juice, and sprinkle with salt and pepper.
2. Toss until well mixed and taste for seasoning. Use a vegetable peeler to shave thin pieces of Parmigiano over the top.

Adapted from www.foodnetwork.com

Penne with Chicken, Arugula, Roasted Tomatoes, & Feta

INGREDIENTS

Preheat oven to 475°F
2lbs. cherry tomatoes
2 tablespoons olive oil
5 large garlic cloves, chopped
3/4 tsp dried crushed red pepper
2 c shredded roasted chicken breasts
8 ounces penne pasta, cooked
Save 1/4 cup of cooking water
6 c arugula leaves
1/2 cup crumbled feta cheese

INSTRUCTIONS

1. Mix tomatoes, oil, garlic, & red pepper on rimmed baking sheet. Sprinkle with salt & pepper. Bake until tomatoes are soft & begin to brown in spots, stir occasionally, about 20 min.
2. Transfer mixture from sheet to skillet.
3. Add chicken to skillet, simmer until heated through, about 5 min
4. Add tomato mixture, arugula, & water to pasta; toss over med heat until arugula begins to wilt, about 30 sec. Season to taste with salt & pepper. Transfer pasta to bowl & sprinkle with feta cheese.

Adapted from www.epicurious.com