

WHAT'S FRESH

Arugula

This green is tender, versatile and nutritious like spinach, but has a peppery bite that's just a bit more exciting. It can be found as tender baby leaves or full grown leaves.

6 fresh ways to enjoy arugula:

Gently rinse arugula in cool water, and then let dry on paper towels or pulse in a salad spinner. Compost any wilted, discolored or damaged leaves.



1. Salad

Arugula is delightful in a salad or playing a supporting role to hearty grains or beans. It's often flavorful enough to need only a splash of oil and seasoning.



3. Sandwich Booster

Swap your typical green lettuce for arugula to add a more zingy bite to your sandwiches, wraps and burgers.



5. Pasta

Arugula plays well with pasta sautéed in a pan or baked in the oven. Try tossing a handful or two in the next time you make a white sauce or lasagna.



2. Pizza Topping

Fresh arugula, wilted slightly from the heat of a pizza, compliments melty, cheesy, flavors with its refreshing fresh flavor.



4. Sauté

Arugula is tender and cooks quickly in a hot pan with just a touch of oil. Add minced garlic or a splash of balsamic vinegar for extra flavor!



6. Eggs

Mix fresh or sautéed arugula into scrambled eggs or omelettes for some added color and fiber.

Quick Tips:

- Arugula is also called "rocket" around the world, especially in Europe where it is a very common salad green

- You can find arugula in most grocery stores year-round, packaged by itself or with a variety of other tender fresh greens. Look for arugula at your local farmer's markets in spring through early summer!

- Arugula should be rinsed and stored in the refrigerator in a bag or plastic container lined with paper towels until ready to enjoy (within 2-4 days for best flavor!)

Presto Pesto:

Pesto is typically made with fresh basil, but this simple recipe is delicious with other greens such as parsley, cilantro, carrot tops and arugula!

You'll need:

Nuts - 1/4 cup

(walnuts, pecans, almonds)

Garlic - 2-3 cloves

Olive Oil - 1/3 cup

Parmesan - 1/3 cup, grated

Fresh Herbs - 1 cup

(basil, arugula, parsley)

1. Combine nuts, 2 tablespoons olive oil, fresh herbs, parmesan, and garlic cloves into a blender or food processor.

2. Blend until smooth, scraping down the sides and adding olive oil 1-2 tablespoons at a time until desired thickness is reached. Add salt and pepper to taste.

3. Spread on pizza, sandwiches, toss with pasta, stir into soups... whatever your heart desires. This recipe makes about 1 cup of pesto and is good refrigerated for one week!



Garlicky Sautéed Arugula

SERVES
2

Directions:

1. Heat a large pan on medium. Add olive oil.
2. When oil is hot, add garlic. Stir and toast for one minute or until lightly brown and fragrant.
3. Add arugula to pan. Stir until arugula shrinks and becomes tender, about 2 minutes.
4. Remove pan from heat. Add salt and pepper to taste. Finish with lemon juice if desired. Enjoy!

Ingredients

Arugula - 2 cups
Garlic - 2 cloves
Olive Oil - 2 teaspoons
Optional: Fresh Lemon
Salt and Pepper to taste.

This is a great way to prepare large arugula leaves.

Mix up the flavor by adding balsamic vinegar, red pepper flakes or your favorite spice blend to your greens!



Rocket Salad

[Arugula with Blueberries, Nuts & Lemon Dressing]

SERVES
2

Directions:

1. To make dressing: combine oil and lemon juice and zest in a small bowl. Season to taste.
2. Combine arugula, blueberries and nuts together in a large bowl.
3. Divide each salad into bowls, drizzle with lemon dressing and sprinkle with ground parmesan.

Optional: Make this a meal by topping with chicken, salmon, beans or your favorite protein!

Ingredients

Arugula - 2 cups
Parmesan - 2 tablespoons
Blueberries - 1/2 cup
Nuts - 2 tablespoons, chopped

Dressing:

Lemon - 2 tablespoons
Olive Oil - 2 tablespoons

If you'd prefer not to chop walnuts with a knife, you can put them into a sealed plastic bag and press onto a flat surface with your fist or the bottom of a pan until they break to your desired texture.

Feel free to substitute other fruits, nuts and cheese to your liking. For example, you can try drained canned pears and pecans with shredded cheddar. Get creative!