

ARUGULA



HOW DOES IT TASTE?

Arugula has a tart, peppery, and slightly nutty flavor.

HOW DO I PICK IT?

Choose perky leaves with a vibrant green color. Avoid arugula with wilted, slimy, yellowing or browned leaves. Arugula is a cool weather crop but is enjoyed year-round.

HOW DO I STORE IT?

Refrigerate arugula in a tightly closed plastic bag. Do not wash the arugula until ready to eat. Arugula will last for 3-7 days in the fridge.

HOW DO I PREPARE IT?

1. Rinse arugula under cool running water. Gently pat dry with a paper towel.
2. Chop, slice, or leave whole depending on your recipe.
3. Optional: cut off the stems to make it less bitter.

Leaves can be kept whole or can be **chopped** and used as a **garnish** or **layered** on top of pizza or mixed with **pasta**. Arugula leaves can be **sautéed** and added to **soup** or other recipes. Leaves can be **blended** into a **pesto**. They can also be added whole to **salads**. When using as a garnish in cooked dishes, add fresh arugula at the end of cooking for the best flavor.

SAUTEED ARUGULA

Ingredients

- 3 cups arugula
- 2 garlic cloves
- 2 tablespoons olive oil
- 2 tablespoons lemon juice (half a lemon)
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions

1. Wash the arugula under cold water. Pat dry.
2. Peel and thinly slice the garlic.
3. Heat the oil in a skillet over low to medium heat. Add the garlic and cook, stirring, for 1-2 minutes. Scoop it out and set it aside.
4. Add arugula to the skillet. Cook for about 2-3 minutes or until its wilted. Use tongs to stir.
5. Mix garlic back into the cooked arugula.
6. Remove the sautéed arugula from the pan and transfer to a serving dish. Top with lemon juice, salt and pepper. Enjoy!

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KITCHEN TIP!

To decrease the bitterness of arugula, drop leaves into boiling water for 15 seconds, remove, and proceed with recipe.