

# Arugula



Arugula is a leafy green herb of the mustard family. It is also known as rocket greens, Italian cress, roquette, and rucola. Arugula has elongated, dark green leaves that are lobed like the leaves of dandelion greens. The leaves have a peppery, aromatic flavor similar to radishes, but can be somewhat bitter. It is a member of the cruciferous family of vegetables, which includes some of the most potent anti-cancer foods like broccoli and bok choy. It is popular in both Italian and French cooking and has only recently become more mainstream in the American diet.

## Selection

Arugula is available all year long, and is at its peak from June through December. Arugula is either sold in small bunches, with the roots intact, or as loose leaves. Look for bright green fresh-looking leaves with no sign of wilting or browning, and clean roots. Avoid leaves that are yellowing or excessively moist.

The taste of arugula varies depending on the size of the leaves. Smaller leaves tend to be milder, while larger leaves have a more aggressive, peppery kick. Similarly, wild arugula – sometimes available from foragers in the late spring and again in the fall in temperate regions – is much more peppery than most cultivated leaves.

## Handling and Storage

Arugula is good raw in a salad or cooked with other leafy greens. Younger – and therefore milder – leaves are best for salads. Older leaves are more appropriate for sautéing or steaming. Arugula is also a good addition to many soups and stews. Raw arugula will give your body the highest quantity of nutrients available, but if cooked you can still retain many of the nutrients. Bunched arugula needs to have its tough stems removed and discard before cleaning. Then wash arugula leaves thoroughly by immersing them completely in cold water to remove grit. Pat or spin dry. Keep the leaves refrigerated (32-36°), stored in a perforated plastic bag, away from fruits to avoid deterioration. Arugula can also be preserved standing up in a glass of water. If choosing that method, make sure to change the water daily. Cleaned arugula will last up to a week while unclean arugula will last only three days.

## Preservation

In order to freeze arugula, it must be lightly steamed first. Then, allow the leaves to cool off and place in a zip lock freezer bag.



# Recipes

## Nutrition Highlights

Of all the salad greens, arugula greens are some of the most nutritious. The primary benefits of arugula leaves are due to their phytochemical content which can help to prevent most types of cancer. Arugula also contains many vitamins and minerals including readily absorbable sources of calcium, iron, manganese, copper, and potassium. Arugula is also a good source of vitamins A, C, K, and folic acid.

Arugula (raw), 1/2 cup (10g)

Calories: 2.5

Protein: 0.26g

Carbohydrate: 0.36g

Total Fat: 0.06g

## Easy Arugula Salad

(Recipe from [www.allrecipes.com](http://www.allrecipes.com), submitted by KELLID26)

4 Cups young arugula leaves, rinsed and dried  
1 cup cherry tomatoes, halved  
1/4 Cup pine nuts  
2 tablespoons grape seed oil or olive oil  
1 Tablespoon rice vinegar  
Salt and freshly ground pepper to taste  
1/4 cup grated parmesan cheese  
1 large avocado—peeled, pitted, and sliced

1. In a large plastic bowl with a lid, combine arugula, cherry tomatoes, pine nuts, oil, vinegar, and Parmesan cheese. Season with salt and pepper to taste. Cover and shake to mix.
2. Divide salad onto plates, and top with slices of avocado.





# More Recipes



## Grilled Arugula and Sun Dried Tomato Pizza

(recipe from [www.nikibone.com](http://www.nikibone.com))

2 tablespoons bottled teriyaki base and glaze or bottled teriyaki baste and glaze with honey and pineapple

2, 7 inch Italian bread shells

1/3 cup marinated sliced sundried tomatoes, drained

2 tablespoons diced onion

1 1/2 cups shredded mozzarella cheese, divided

1 1/2 cups fresh arugula, chopped

1. Spread teriyaki baste and glaze evenly over each shell
2. Top with equal amounts of sun dried tomatoes, onion and half of cheese. Sprinkle on arugula, then cover with remaining cheese.
3. Place pizza on grill with cover over medium low coals. Grill, covered, 6-7 minutes, or until cheese melts and pizza is heated through. Cut each pizza into 8 slices. Makes 6-8 servings

## Green Beans and Arugula

(recipe from [www.grouprecipes.com](http://www.grouprecipes.com), submitted by Lunasea)

1 1/2lb green beans, trimmed

2 tablespoons extra-virgin olive oil

3 large garlic cloves, thinly sliced lengthwise

1/2 lb arugula, chopped (6 cups)

1 teaspoon finely grated fresh lemon zest

3/4 teaspoon salt

1/2 teaspoon black pepper

1. Cook beans in a 6-quart pot of boiling salted water, uncovered, until tender, 4-6 minutes. Drain in a colander
2. Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking.
3. Sauté garlic, stirring, until golden, about 1 minute. Add beans, arugula, zest, salt, and pepper and cook, tossing, until arugula is wilted, about 2 minutes.





# More Recipes



## Arugula and Watermelon Salad

(recipe from [www.allrecipes.com](http://www.allrecipes.com), submitted by Joshua)

- 10 oz bunch of arugula
- 1/2 large watermelon, seeded and cubed
- 1 red onion, sliced
- 1 cup crumbled feta cheese
- 1 1/2 cups balsamic vinaigrette

Toss the arugula, watermelon, red onion, and feta cheese with the balsamic vinaigrette in a large bowl. Serve cold.

