

## ARUGULA

*This early summer leafy vegetable is from the brassica family (along with mustard greens, kale, and cabbage). It is commonly found in Mediterranean dishes and is often served raw. It has a distinct peppery taste.*

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### BEST COOKING METHODS

- RAW
- WILTED

### RECIPE IDEAS

- SALADS
- PASTAS/GRAINS
- SANDWICHES
- SOUPS
- SAUCES/PESTO

### STORAGE

- Store (washed or unwashed) wrapped in a paper towel in a plastic bag in the fridge. Will last for a week or so, but leaf quality will decline after 3 days.

### NUTRITION

- Good source of vitamins A, C, and B Complex

### TIPS

- Younger leaves (baby arugula) tend to be less peppery and a bit sweeter than the fully matured adult leaves, which can be spicier.
- Younger leaves are better in salads while adult leaves serve better for cooked dishes.

## WARM ARUGULA BREAD SALAD

- **3 tbsp** extra virgin olive oil (divided into 2 parts)
- **2 slices** crusty whole wheat bread, cut into 1 inch cubes (2 cups)
- **1 c** cherry tomatoes, halved
- **8 c** arugula (7 ounces)
- **1 tbsp** minced garlic
- **1/8 tsp** salt
- **1/8 tsp** freshly ground black pepper
- **2 tbsp** balsamic vinegar
- **3/4 oz** parmesan cheese, shaved (1/4 cup) or grated (1/2 cup)

HEAT 2 TABLESPOONS OIL IN A LARGE NONSTICK SKILLET OVER MEDIUM-HIGH HEAT. STIR IN BREAD; COOK, STIRRING OCCASIONALLY, UNTIL CRISP AND STARTING TO BROWN, 5 TO 6 MINUTES. ADD TOMATOES AND ARUGULA; COOK, STIRRING, UNTIL ARUGULA JUST WILTS, ABOUT 1 MINUTE. PUSH THE MIXTURE TO ONE SIDE. ADD REMAINING 1 TABLESPOON OIL TO THE EMPTY SIDE AND COOK GARLIC, STIRRING CONSTANTLY, UNTIL FRAGRANT AND SIZZLING, 15 SECONDS. STIR INTO THE BREAD MIXTURE. REMOVE FROM HEAT, SEASON WITH SALT AND PEPPER, DRIZZLE WITH VINEGAR AND TOSS TO COMBINE. SERVE WARM, TOPPED WITH PARMESAN.

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