

Arugula



This early summer green is from the Brassica family (along with mustard greens, kale, and cabbage). Its peppery flavor makes it useful as a seasoning, like fresh herbs, or as a vegetable, like spinach or kale. Like other greens, arugula is low in calories and high in vitamins and minerals, and so is a great addition to any savory dish.

Cooking

Use raw or cooked in salads, pastas, sandwiches, soups, sauces, and pestos.

Younger leaves (baby arugula) tend to be less peppery and a bit sweeter than the larger adult leaves, which can be spicier.

Small leaves are best fresh in salads, whereas larger tougher leaves are best cooked.



Storage

Store arugula wrapped in a paper towel in a plastic bag in the fridge. Rinse with cold water before using. Large leaves will last up to 1 week, but smaller leaves will wilt sooner. Wilted leaves can be used for cooking or making pesto.



Arugula, White Bean & Tuna Pasta

Serves: 4 Total Time: 20 Minutes

Ingredients:

- 8 oz pasta shells (or other small shape)
- 1 tbsp oil (olive or vegetable)
- 1 clove garlic, finely chopped
- 1 can (15 oz) white beans, drained & rinsed
- 1 can (5 oz) tuna in water
- 2 tbsp (or 2 tsp dried) chopped fresh herbs (any kind or a mix)
- 1 tbsp lemon juice
- ½ cup tomato, chopped (fresh or canned)
- 4 oz (2-3 cups) arugula
- 4 tbsp Parmesan cheese

Directions:

1. Cook pasta according to package directions. Drain, cover, and set aside to keep warm.
2. Meanwhile, in a large skillet over medium-high heat, combine oil and garlic. Cook 2-3 minutes, until garlic is fragrant and lightly browned. Add white beans, tuna (with liquid), herbs, lemon juice, and tomato. Stir well and cook about 5 minutes, until liquid is almost gone.
3. Add pasta to skillet and toss to combine. Cook 5 minutes more, then remove from heat and gently toss or stir in arugula. Let stand 5 minutes to allow arugula to wilt.
4. Serve topped with Parmesan cheese.

Quick Tips:

- Exchange white beans for chickpeas, black eyed peas, or other legumes.
- Omit tomatoes and replace with peppers, zucchini, or other chopped veggies.
- If you don't have herbs on hand, add more arugula for extra flavor!