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.

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.

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.
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!