

## Arugula (Greens)

**Interesting facts:** Arugula is a leafy green that is also referred to as Rocket Greens or Roquette in French. It is often used in Italian cooking.

**How to select:** Organically grown arugula is the best choice. Select leaves that are firm and not bruised. For a milder flavor, select young, vibrant and green leaves which are good for dishes like pesto and salads. The darker leaves have a stronger, peppery taste that would work best in soups and as a pizza topping.

**What to avoid:** Discard larger leaves because they tend to be tougher and very bitter tasting. Avoid wilted, yellowing or slimy leaves as they are signs of rotting.

**How to clean and store:** Wash the leaves in cool water and dry thoroughly. Store the arugula with a dry paper towel in a sealable container. Excess moisture can cause the leaves to rot quickly. Kept dry and cool, arugula can be stored in the refrigerator for up to two weeks. Arugula cannot be frozen.

**How to cook:** Sautéed - Heat olive oil in a skillet. Place the arugula leaves in the hot pan and drizzle it with salt and pepper. Using a soft slotted spoon, stir the arugula leaves every now and then. As soon as the leaves start to wilt and turn to vivid green in color, remove the skillet from the heat and serve.

### Recipe ideas:

**Arugula with Parmesan Cheese Salad:** Drizzle it with virgin olive oil, a squirt of lemon juice, a dash of salt and pepper to taste, and top it with Parmesan cheese.

**Arugula with Cranberry Salad:** Place 10 ounces of arugula in a bowl with ½ cup dried cranberries, ¼ cup toasted walnuts, 1 avocado cubed, and 4 ounces goat cheese crumbled. Toss gently and drizzle with dressing: ½ cup olive oil, 2 tablespoons balsamic vinegar, 1 tablespoon whole ground Dijon mustard and salt and pepper. Divide into 4-6 plates and serve.