



Arugula

The aromatic salad green that has a hot and peppery flavor. Also known as rocket, roquette, rugula and rucola. Arugula has elongated dark green leaves that resemble an oak leaf.

Store: Store in loosely sealed bag in the coldest part of your refrigerator. Use within 1-2 days. Keep moist. Greens freeze well. Blanch washed greens for 2-3 minutes. Rinse in cold water to stop cooking process. Drain and pack in plastic freezer bag. Place in freezer.

Serve: baby greens work well in sauté and large greens can be added at the end of the cooking time in stir-fry.

Prepare: Wash and dry carefully by blotting with a paper towel right before using. Boil greens for 3-5 minutes or steam for 8-10 minutes. Color will brighten as it cooks. Color will darken and fade when overcooked.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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Arugula Recipe

Strawberry and Arugula Salad Recipe

Ingredients:

4 cups baby arugula or other spring greens
1 cup strawberries, sliced
2 ounces Parmesan cheese, shaved
(about ½ cup)
Salt and pepper, to taste
2 tbsp aged (richer) balsamic vinegar
1 tbsp extra virgin olive oil

Directions:

Combine arugula, strawberries, cheese, salt and pepper in a salad bowl. Toss gently and serve at once. For variety, add toasted hazelnuts or try goat cheese in place of Parmesan. Serves 2.

enjoy!



Source Roger Doiron from
<http://www.motheearthnews.com/Real-Food/Strawberry-Arugula-Salad-Recipe.aspx>



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