

Arugula

“Nature’s Multi-vitamin”

Eruca sativa, or arugula, is a salad green with a rich, pungent taste. Packed with vitamins, the plant has been affectionately dubbed “nature’s multi-vitamin.” Here are a few quick facts.

• **Not your average salad.**

Arugula contains about eight times the calcium, five times the vitamin A, vitamin C and vitamin K, and four times the iron as the same amount of iceberg lettuce.

• **Fiber & Phytochemicals.**

Arugula belongs to the family of cruciferous vegetables, along with broccoli, kale, and cabbage. These vegetables are high in fiber and contain phytochemicals that are believed to help prevent cancer.

• **Disease-Fighting Antioxidants.**

Arugula contains carotenoids, which can act as antioxidants and may aid in the prevention of diseases like cancer and macular degeneration.

Tips:

Avoid yellowing leaves, wilted leaves, or excessively moist leaves. To keep for up to a week, wrap leaves in a layer or two of paper towels and store in a loosely-closed Ziplock®.



Lentil & Couscous Salad with Arugula

Serves 6

Add diced grilled chicken breast or seasoned tempeh to make this salad a complete meal.

Ingredients:

- 3/4 cup dried green lentils
- 3 and 3/4 cups water, divided
- 1/2 cup whole wheat or regular couscous
- 2 teaspoons extra virgin olive oil
- 2 cups packed baby arugula leaves
- 1 cup cherry tomatoes, halved
- 1/4 cup prepared basil pesto
- 1 1/2 tablespoon red wine vinegar
- 1/4 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper

Directions:

Put lentils and 3 cups water into a small pot and bring to a boil. Reduce heat, cover, and simmer until tender but not falling apart (about 15 minutes). Drain, rinse in cold water, and drain again. Meanwhile, bring remaining 3/4 cup water to a boil in a small pot, then pour over couscous in a large, heatproof bowl. Cover and set aside for 10 minutes. Uncover, add oil, and fluff with a fork. Set aside to let cool, then add cooked lentils, arugula, and tomatoes, and toss gently to combine. In a small bowl, whisk together pesto, vinegar, salt, and pepper. Just before serving, drizzle the pesto mixture over the salad, and toss to coat.

Nutrition Facts (per serving):

Calories—230	Carbohydrate—29g
Total Fat—9g	Dietary Fiber—9g
Saturated Fat—1.5g	Sugar—3g
Sodium—480mg	Protein—10g

From Whole Foods Market

www.wholefoodsmarket.com

From the Local Kitchen

Chef Erik Niel,
Easy Bistro
& Bar



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Local Arugula Cakes

Yields 10-12 4 oz. cakes

Ingredients:

- 2 lbs. local arugula, washed and cut in a 1-inch Chiffonade
- 2 leek whites, washed well and diced small
- 2 tablespoons butter
- 2 cups whole milk
- 6 large eggs (local)
- salt
- black pepper
- cayenne
- nutmeg
- 2 tablespoons grated Parmesan cheese



Directions:

In a sauté pan, melt the butter and sauté the leeks gently until tender. Season with a little nutmeg. Add the arugula, and season with salt and pepper. Cover and let steam for 2-3 minutes. Turn out onto a platter and let cool (save any juices).

Pre-heat the oven to 350°F. Taste the cooled mustard/leek mix and adjust seasoning if need be. In food processor, purée the mustard/leek mix with the milk and eggs. Season with a little salt, pepper, and cayenne.

Pour the batter into baking dishes and top with Parmesan. Bake uncovered for 15-25 minutes, until set and a toothpick comes out clean. Serve as a side dish, or with a piece of toasted sourdough and Dijon mustard as an appetizer.



Arugula with Steak, Lemon & Parmesan
Serves 8

- Ingredients**
- 3 tablespoons extra virgin olive oil
 - 2 1/2 tablespoons lemon juice
 - 1 1/4 teaspoon balsamic vinegar
 - dash kosher salt
 - dash freshly ground black pepper
 - 1 1/2 pound beef tri-tip (bottom sirloin)
 - 1 bunch (about 5 1/2 cups) arugula
 - 3/4 cup Parmesan cheese, shaved

From Whole Foods Market, www.wholefoodsmarket.com

Goat Cheese, Pear, & Arugula Paninis
Serves 1

Paninis made on fresh baguettes are some of the best sandwiches ever! This recipe is good for a light dinner or hearty lunch.

- Ingredients**
- 1/2 oz. fresh arugula or spinach
 - 1 oz. goat cheese
 - 1 slice freshly made loaf of whole grain bread
 - 1 tablespoon honey
 - 1/3 Bosc or red pear, sliced

Directions:
Slice your baguette into 1/2- to 3/4-inch thick slices. Top one slice with goat cheese, pear slices, and drizzle the honey on top. Top with arugula, season with salt and pepper. Top with the second slice of bread, and grill in a panini press until the outside is crispy and golden brown.

Nutrition Facts (per serving):

Calories—240	Carbohydrate—39g
Total Fat—7g	Dietary Fiber—4g
Saturated Fat—4g	Sugar—26g
Sodium—237mg	Protein—8g

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