Arugula

Plant: Plant as soon as soil can be worked in spring, $\frac{1}{4}$ inch deep and 1 inch apart in rows, or broadcast alone or mixed with other greens. Arugula prefers full sun to part shade.

Grow: Gradually thin to 6-inch spacings. Make new plantings every 2 to 3 weeks for a continuous supply until about a month before your average first frost date.

Harvest: Arugula is ready to harvest in 30-40 days. Trimmings from the thinnings, flowers and mature leaves are all edible. To harvest arugula, pick off the outside tender leaves at the base of the plant. Leave the center growing point intact for future harvesting. Discard larger leaves as they tend to get tough and very bitter tasting. Leaves can also taste bitter in warmer weather.

Arugula, 1 cup, fresh

Nutrition Facts

Serving Size (20g)
Servings Per Container

Amount Per Serving	
Calories 5	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 1g	

Vitamin A 10%	• Vitamin C 6%
Calcium 4%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Information:

Arugula, like other dark, leafy greens, is high in vitamins A, K and C, antioxidants and phytonutrients. It is also rich in minerals such as calcium, dietary fiber and low in calories.

How to Prepare:

Arugula adds a tangy, peppery or mustard-like flavor to salads and mesclun mixes and pairs well with a balsamic vinaigrette, strawberries and goat cheese. Or try it on top of pizza or potatoes. Throw it in at the last minute to wilt in pasta or soup. Sauté gently in a little olive oil and serve as a side dish.

Arugula Topped Green Pizza

Yields: 6
Serving size: 1/6th pie

Ingredients

1 pound prepared pizza dough, preferably whole-wheat

2 cups chopped broccoli florets

1/4 cup water

5 ounces arugula ,any tough stems removed, chopped (about 6 cups)

Pinch of salt

Freshly ground pepper to taste

1/2 cup prepared pesto

1 cup shredded part-skim mozzarella cheese

Preparation

1. Position oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.
2. Roll out dough on a lightly floured surface to about the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.
3. Meanwhile, cook broccoli and water in a large skillet over medium heat, covered, until the broccoli is crisp-tender, about 3 minutes. Stir in arugula and cook, stirring, until wilted, 1 to 2 minutes more. Season with salt and pepper.
4. Spread pesto evenly over the crust, top with the broccoli mixture and sprinkle with cheese. Bake until crispy and golden and the cheese is melted, 8 to 10 minutes.

Nutrition Facts per Serving:

323 calories, 13 g fat, 33 g carbohydrates, 3 g fiber, 15 g protein