

Arugala

Storage

Wrap in slightly damp paper towels and refrigerate. Use quickly, within a day or two.



Preparation

Wash in tepid water. Arugula can be added to salads, soups, stews, pasta dishes and pizza. When using with cooked foods, add near the end of cooking time.

Nutrition

Arugula lowers the risk and slows the spread of cancers like colon, prostate, and lung cancer.

It is a good source of Vitamin K and calcium which improves bone strength and protects against fractures. It can also improve oxygen intake during exercise.

