

Produce of the Month



Arugula



Nutritional Information



A one cup serving of arugula contains only 3 calories



Arugula is high in folate and vitamins C, K and A



Arugula is a common green in mixed-greens salads

Selecting, Storing, Preparing



Select bright green leaves that have stems that are not slimy



Wrap arugula loosely with wet paper towels inside a plastic bag



Store arugula for up to 3 days in the refrigerator



Rinse and spin-dry arugula before using it in your favorite dish

Fun Facts



In Italy, arugula is commonly called “rocket” and is eaten on pizza



Arugula is high in antioxidants



Arugula was once a wild herb and is now grown commercially



Arugula has a peppery taste

Recipes/Ideas

- Add arugula to any Mediterranean dishes
- Arugula can be added to soups, salads, sandwiches and any dish that you would use lettuce or spinach in
- Arugula adds a zesty flavor to your dishes

For more ideas:

<http://www.thekitchn.com/crazy-for-arugula-9-recipes-to-118826>

http://www.huffingtonpost.com/2014/02/06/arugula-recipes-healthy_n_1452498.html

<http://95210.townofmanchester.org/>

9

5

2

1

0

9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

Manchester's Message for a Healthier You