

# Arugula

Just like any green, Arugula is a nutrient powerhouse. Young tender leaves are a great addition to salads, sandwiches, burgers, soups, stews, pastas and juices, put on top of cheese bread, it is great in a grilled cheese. Arugula is so tender and delicate with a peppery flavor.

## **Italian Arugula Salad Sent in by Martha Lewis (Shareholder Favorite!)**

I could eat arugula like this all day long! I usually end up making a second bowl.

Fill a bowl with Cosmic arugula. Drizzle olive oil over the arugula, then squeeze lemon juice from half a lemon over the salad. Grate parmesan cheese on top and you have a quick, tasty salad!

## **Beet & Arugula Salad**

Arrange clean, trimmed arugula on a salad plate. Trim, peel and dice 2 beets, then simmer till softened in a small bit of water. Cool and top your greens with it. Serve with a tart vinaigrette & some crumbled blue cheese. That's it!