Arugula Pasta

**INGREDIENTS**
6 cups loosely packed fresh arugula
¾ lb uncooked pasta, preferably whole wheat
3 tbsp olive or vegetable oil
2 medium (or 1 large) onions, chopped; or 4 green onions or scallions, sliced thin crosswise, including greens
2 cloves fresh garlic, finely chopped, or ½ tsp garlic powder
Zest and juice of 1 fresh lemon
¼ tsp kosher salt
Ground black pepper to taste
Red pepper flakes to taste
½ cup grated Parmesan cheese

**INSTRUCTIONS**
Wash the arugula by placing in a large bowl of cold water; swish gently to remove any dirt. Pull the arugula out of the water, shake gently, and dry the leaves in a colander or salad spinner. Trim any thick stems. Set aside. Cook pasta in a large pot of boiling water, until it is cooked but still a bit firm to the bite (al dente). Drain pasta, reserving 1 cup of the water from the pot. Heat the oil in a large skillet over medium-high heat. Add the onions and cook, stirring often, until softened, about 4-5 minutes. Add the garlic and cook, stirring, for 30 seconds. Stir in the lemon zest and juice, salt, black pepper and red pepper flakes. Add the pasta and ½ cup pasta cooking water to the skillet and cook, tossing gently, for 2-3 minutes until the sauce coats the pasta. Add more pasta cooking water if needed. Add the arugula.

**SERVING SIZE:** 6

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Arugula is a popular spicy-peppery salad green. It is often mixed with milder lettuces in a salad, and is usually one of the lettuces in spring mix. This recipe shows how delicious it can be on its own.

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