

# Learn How To Make A Vegan Arugula Salad With TexaVegan

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Austin, Texas based TexaVegan is pleased to share a new recipe for vegan arugula salad with their readership. TexaVegan is a recently launched vegan recipe website that aims to make vegan food more accessible for enthusiasts around the world.

The recipe calls for 4 cups washed arugula, small leaves with larger leaves cut in half, 1 tablespoon of walnut or olive oil, 1-2 tablespoons of freshly squeezed lemon juice, and a few other ingredients (which can be read in full on the website). As the recipe states, "This nutty flavored green is especially good with crunchy walnuts! You do not need much oil so be careful when you add it to the arugula." Cooks are instructed to drizzle the oil over the arugula leaves in a large salad bowl and add a tablespoon of lemon juice. A pinch of salt and freshly ground pepper must be added, after which the salad should be tossed. During preparation, tasting the bowl's contents can indicate whether or not more lemon juice, salt, or ground pepper is needed for flavor. Once this step is done, a sprinkling of walnuts will finish off the salad.

Notably, the recipe has several variations that can give the arugula salad some significant colour and help retain its novelty. For instance, the cook may add other vegetables, such as tomatoes, onions, boiled new

potatoes, steamed chilled asparagus, green beans, and so on. They may also add caramelized onions and spicy almonds with Raspberry Vinaigrette dressing instead of the freshly squeezed lemon juice and walnut or olive oil. Visitors to the website may check out the rest of this recipe as well as its delicious variations by browsing TexaVegan's Salads & Dressings section.

Notably, the website's users may also browse the section on Vegan Ingredients to learn more about the ingredients in any of the dishes featured. For instance, it explains that, "Arugula, also called rocket, is a pungent, nutty green. It makes delicious salads but can work as a side or be added to soups. Large arugula leaves can be bitter, so try to use small baby and medium sized leaves." Those who look up further information may find that arugula is a type of cruciferous vegetable. While it somewhat resemble lettuce, it can be identified by its small, white flowers. It is heavily featured in foods native to North and South America, Europe, and North Africa, and is also known as salad rocket, garden rocket, rucola, roquette, and colewort. It has a mildly spicy taste.

TexaVegan was launched with the goal of bringing vegan foods to households around the world. While all of the recipes it features are vegan in nature, the website welcomes all those who like food and new culinary experiences. Deborah Brutsche of TexaVegan says, "Food is a strong part of who we are, and many of our memories are attached to the smells and tastes we have experienced throughout our lives." She continues, "Creating delicious vegan meals was much more challenging than I thought it would be (particularly during the holidays), but I became determined to create new, healthy traditions. Struggling to find recipes that were healthy yet appetizing, I eventually made my own collection of basic dishes. Many are adaptations of the meals my mother and grandmother used to prepare, incorporating the distinctive flavors of the Southern United States and Mexico without the use of dairy or meat ingredients, as well as some new recipes I created along the way."

The website features a range of meal types that visitors may experiment with, including burgers and sandwiches, fruits and desserts, one dish meals, pastas and pasta sauces, soups, and many more. Brutsche notes, "I am blessed with a large family that consists of different cultures, beliefs and customs, and I love them all. While the eating habits of my children and their families vary, my kitchen welcomes all and serves enjoyable meals that are savory for everyone."

Those who wish to learn more may visit the TexaVegan website to get started on their next vegan dish. Additionally, they may use the website's Contact Us page to get in touch with the TexaVegan team.

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## **TexaVegan**

*TexaVegan is dedicated to offering vegan recipes created by Deborah Brutsché. The recipes are home cooked meals focused on healthy flavor.*

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