

Recommended Substitution: spinach

Because:

- both-have-similar-taste arugula spinach tangy
- both-have-similar-density arugula spinach medium
- both-have-similar-color arugula spinach dark-green

Recommended Substitution: carrot

Because:

- both-have-similar-taste lettuce carrot sweet
- both-have-similar-texture lettuce carrot crunchy

Recommended Substitution: arugula

Because:

- both-have-similar-taste spinach arugula tangy
- both-have-similar-density spinach arugula medium
- both-have-similar-color spinach arugula dark-green

Recommended Substitution: carrot

Because:

- both-have-similar-taste parsnip carrot sweet
- both-have-similar-density parsnip carrot dense

Recommended Substitution: sweet-potato

Because:

- both-have-similar-taste beet-root sweet-potato sweet
- both-have-similar-texture beet-root sweet-potato tender
- both-have-similar-density beet-root sweet-potato dense
- both-have-similar-taste-strength beet-root sweet-potato medium