Spicy Citrus Slaw with Pearl Couscous

Served over a bed of tender pearl couscous, this spicy citrus slaw is an excellent side dish for a special occasion and hearty enough for a light lunch. Vibrant with juicy oranges and tangy kumquats and with raw carrot and celeriac adding extra crunch, this festive salad looks as good as it tastes. Frisee is an excellent choice of green, as the curly endive looks fancy and has a slight bitterness that pairs well with the citrus. Prepared horseradish gives the tofu-based dressing a spicy kick. Feel free to tweak the recipe to suit your needs: Spinach or baby leafy greens work well in place of frisee, and if you don't have kumquats, leave them out or use an extra orange.

Makes 7 cups slaw + 3½ cups couscous
Preparation Time: 30 minutes

INGREDIENTS:

1¼ teaspoon sea salt

1½ cups dry whole wheat pearl couscous

4 oz. soft silken tofu

2 tablespoons prepared horseradish

2 tablespoons apple cider vinegar or lemon juice

2 tablespoons unsweetened, unflavored plant-based milk

½ teaspoon pure cane sugar

2 tablespoons chopped fresh chives

2 tablespoons finely chopped fresh shallot

4 cups torn frisee or napa cabbage

2 cups ribboned carrots

2 cups matchstick-cut celery root (celeriac)

½ cup quartered fresh kumquats

3 medium oranges, peeled and supremed (see tip, recipe intro)

½ cup unsalted pistachios, coarsely chopped

Freshly ground black pepper, to taste (optional)

Tips

To section an orange into supremes: Slice off the top and bottom of the orange. Place the orange on a cutting board and slice off the peel and white pith from top to bottom, following the curve of the fruit. Hold orange over a bowl to catch the supremes and the juice, and remove segments by cutting down one side of a membrane and up the other.

Gluten-free version: To make this gluten-free, use a gluten-free couscous or skip it altogether in favor of quinoa, brown rice, or another gluten-free grain. Choose a prepared horseradish that's gluten-free.

For more inspiration, check out these tasty ideas:

- Crunchy Brussels Sprout Slaw with Figs, Pomegranate, and Quinoa
- Spicy Collard Slaw
- Szechwan Coleslaw
- 15-Minute Quinoa Slaw Bowl

By Laura Marzen, RD, LD

1. In a medium saucepan bring 2 cups water and ½ teaspoon salt to boiling. Add couscous. Return to boiling; reduce heat. Simmer, uncovered, 9 minutes or until couscous is just tender. Drain in a fine-mesh sieve. Rinse with cold water to cool quickly; drain well.

2. Meanwhile, for dressing, in a blender or small food processor combine the next five ingredients (through sugar) and the remaining ¾ teaspoon salt. Cover and blend until smooth, scraping sides as needed. Transfer to a medium bowl. Stir in chives and shallot.

3. In a large bowl toss together frisee, carrots, celery root, and kumquats. Add half of the dressing. Toss to coat.

4. Spoon couscous into shallow serving bowls. Drizzle with the remaining dressing; toss to coat. Top with frisee mixture. Top with orange sections, nuts, and, if you like, pepper.