

Israeli Couscous and Arugula Salad

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4-6 servings

Ingredients:

For the couscous

1 cup water
2/3 cup orange juice
1 1/3 cups whole wheat or white pearl couscous

For the salad

¼ cup orange juice
2 tablespoons olive oil
1 tablespoon red wine vinegar
2/3 cup dried cherries
2 stalks celery, finely diced
3 ounces baby arugula, finely chopped
½ cup walnuts, lightly toasted
3 shallots, peeled and thinly sliced
Sea salt and freshly ground black pepper
2 ounces Gouda or sharp white cheddar

Method of Preparation:

1. Prepare the couscous: In a large saucepan, add water and orange juice, and bring to a boil. Stir in couscous, cover the pan, and turn down heat to a simmer. Cook for 20 minutes. Prepare a large baking sheet by covering it with parchment paper. When the couscous is done (it will have absorbed all the liquid) spread out on baking sheet to cool.
2. Prepare the salad: In a microwave-safe bowl, whisk together the orange juice, olive oil, and red wine vinegar. Add the dried cherries and microwave for two minutes on high (or bring the mixture to a light simmer in a saucepan on the stove, then stir in the cherries and turn off the heat). Allow the cherries to stand in liquid for at least five minutes, or until they are plump and soft. Drain liquid into another cup to reserve.
3. When couscous is lukewarm, lift parchment paper and slide couscous off into a large mixing bowl. Take the reserved poaching liquid drained from the cherries and whisk vigorously until it is combined and emulsified. Stir into couscous.
4. To the liquid, stir in the steeped cherries, celery, arugula, walnuts and shallots. Taste and adjust seasoning if needed. Use a sharp vegetable peeler to create thin shavings of cheese and toss into the salad. Serve warm or at room temperature.

Nutritional Analysis:

Calories: 400
Carbohydrates: 52 g
Sodium: 115 mg
Protein: 11 g
Fat: 18 g
Fiber: 5 g