

Cauliflower Slaw

Adapted from Suzanne Goin, Lucques Restaurant, L.A.



Servings: 8

1. Prepare cauliflower and add to a large bowl.
2. Prepare dressing: orange juice, lime zest, lime juice, vinegar, garlic and avocado oil. Set aside and whisk just before adding to the salad.
3. Add to the cauliflower the Belgian endives, chopped, the minced jalapeno, cilantro, pecans, coconut flakes and dates. Pour dressing on top and toss gently. Just before serving add the arugula and toss again. Salad will keep for a couple of days though the cilantro and arugula won't be quite so fresh.

6 tablespoons avocado oil, or coconut, or EVOO
6 tablespoons vinegar
2 garlic cloves, minced
1 teaspoon grated orange zest
1 teaspoon lime zest
1/2 cup fresh orange juice
Juice of 1 lime
3 Belgian endive, halved lengthwise, cored and thinly sliced
1 jalapeño, medium-sized, minced
1 head cauliflower, florets, then very thinly sliced
1/2 cup chopped cilantro
Kosher salt to taste
Pepper to taste
2/3 cup pecans, chopped
1/3 cup unsweetened coconut flakes (if using sweetened, use about 2 tablespoons)
6 whole dates, seeded and very finely minced
3 cups baby arugula

Per Serving (excluding unknown items): 251 Calories; 26g Fat (76.4% calories from fat); 4g Protein; 14g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 Fat; 0 Other Carbohydrates.

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