



Makes 5 cups
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

3 tablespoons unsalted roasted cashews

1 15-oz. can no-salt-added white beans, rinsed and drained (1½ cups)

4 to 6 tablespoons orange juice

1 tablespoon lemon juice

½ teaspoon freshly ground black pepper

¼ teaspoon sea salt

6 cups shaved napa cabbage (8 oz.)

¾ cup thinly sliced red onion

⅓ cup dried currants or dried blueberries

2 medium oranges, peeled, halved, and sliced

2 teaspoons toasted black and/or white sesame seeds

Fresh parsley leaves (optional)

White Bean and Shaved Cabbage Salad with Orange Dressing

A cashew-orange dressing transforms this shaved **cabbage** salad into something special—don't be surprised if you want to lick your plate! Whole white beans are tossed into the salad for hearty texture, and more are blended into the dressing for extra silkiness. Crisp Napa cabbage and red onion mingle with sweet, chewy dried currants and juicy **orange** bites, while toasted sesame seeds add a subtle, nutty finish to this crowd-pleasing slaw.

For more inspiration, check out these tasty ideas:

- [Spicy Citrus Slaw with Pearl Couscous](#)
- [Hearty Kale Salad with Warm Citrus and Wheat Berries](#)
- [Black Rice, Roasted Beet, and Orange Salad](#)
- [Date and Orange Couscous Salad](#)

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- 1** Soak cashews in enough very hot water to cover 15 minutes; drain and rinse. For dressing, in a blender combine soaked cashews, ¼ cup of the beans, 4 tablespoons orange juice, the lemon juice, pepper, and salt. Cover and blend until very smooth, adding up to 2 tablespoons orange juice as needed to achieve drizzling consistency.
- 2** In a large bowl combine the remaining the remaining 1¼ cups beans, the cabbage, onion, and currants. Drizzle with dressing; toss to coat. Top with orange slices and sprinkle with sesame seeds and parsley (if using).