

# Nopal Salad



**Prep:** 10 min.

**Cook:** 20 min.

**Portions:** 4-6

## INGREDIENTS

1 liter of water  
2 cups of diced, fresh nopales  
1/4 white onion  
3 garlic cloves  
Pinch of salt

1/3 cup diced onion  
1/3 cup diced tomato  
1/3 cup chopped cilantro  
1/2 cubed avocado  
Olive oil and salt to taste



Photo by Nadine Primeau.

## INSTRUCTIONS

1. Remove the skins from the garlic and onion. Dice the nopales.
2. Bring the water to boil in a pot and add the diced nopales, onion, garlic cloves, and salt. Let cook for 20 minutes.
3. Remove from heat and drain water.
4. Mix the nopales with the diced onion, tomato, chopped cilantro, cubed avocado, and olive oil and salt to taste.
5. Enjoy!

## CHEF'S NOTES

*For more spice, add chopped Serrano chili. Option to add cubed, fresh cheese as well.*