

**5-Stars - total crowd pleaser!**

## Cold Nopalitos Cactus Salad

*"This is delicious!"*

*"Can I have seconds?"*

*"I never liked nopales as a kid when my mom made it, but this is amazing!"*



### INGREDIENTS

- 10 oz. container of **Cherry Tomatoes**, cut into halves or quarters
- 1 pound **fresh Nopalitos**, chopped to 1-2 inch slices
- 1 cup chopped **Red Radishes**
- 1 cup finely chopped **Red Onion**
- 4 oz. chopped **Green Chiles** (to taste)
- 3 Tbsp **Lime Juice**
- 1 Tbsp **Olive Oil**
- 1 1/2 teaspoons **Sea Salt**
- 1/4 teaspoon freshly ground **Black Pepper**
- 1/2 cup chopped **Cilantro**



*If using canned Nopalitos, drain and mix them in with the rest of the ingredients. Skip step #1 as there is no need to cook them.*

### INSTRUCTIONS

**1- Blanch and rinse fresh nopalitos:** Bring a medium pot of salted water to a boil. Add the nopalitos, return to a rolling boil and cook for 1 minute. Strain through a fine mesh sieve. Rinse with water for 1 minute.

**2- Combine in bowl.** Place rinsed & drained nopalitos in a bowl with the chopped tomatoes, radishes, onion and chiles.

**3- Toss with** lime juice, olive oil, salt, and pepper.

**4- Fold in** cilantro and refrigerate. Serve once well chilled.

Recipe adapted from original found at [www.simplyrecipes.com/recipes/nopalitos\\_cactus\\_salad](http://www.simplyrecipes.com/recipes/nopalitos_cactus_salad)

More great recipes at [TrinityHealthCoaching.com](http://TrinityHealthCoaching.com)