

Nopalitos - Cactus Salad

Ingredients

- 1 tomato, chopped
- 1 small white onion, or purple onion, chopped
- 2 cups chopped nopales (cactus), jarred or cooked fresh
- 1/4 cup finely chopped cilantro, leaves and stems
- 2 tablespoons olive oil
- 2 tablespoons Mexican lime juice, freshly squeezed
- 1 tablespoon dried oregano
- 1/2 teaspoon kosher salt
- Queso fresco cheese, crumbled, for garnish
- Onion, thinly sliced, for garnish
- Avocado, sliced, for garnish

Preparation

Step 1

Gather ingredients

Step 2

Pour canned or jarred nopales into a strainer to drain. Rinse under running water until jar liquid is washed off. Leave nopales in long strips or chop into pieces about the same size as the tomato and onions.

Step 3

In a large glass, ceramic, or stainless-steel bowl, toss together tomato, onion, nopales, and cilantro.

Step 4

Place olive oil, lime juice, oregano, and salt into a small jar with lid on. Shake vigorously until mixture comes together. Pour dressing over salad and toss again, gently but thoroughly.

Step 5

Cover bowl and refrigerate salad for at least an hour and up to 24 hours for flavors to meld. To serve, garnish with cheese, onion, and avocado.

Source: <https://www.thespruceeats.com/mexican-cactus-salad-nopalitos-recipe-and-amp-variations-4129208>