



Coastal Bend
Food Bank

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Nopalitos Salad

Yield: 4 servings

Prep time: 10 min

Cook time: 15 min

Total time: 25 min

INGREDIENTS:

- 1lb of nopales, cleaned and trimmed
- 1 medium white onion, finely chopped
- 1 garlic clove
- 2 medium tomatoes, chopped
- 1 cup cilantro, roughly chopped
- ½ - 1 serrano pepper, minced
- 2 limes
- 1 (15.5oz) can black beans, drained
- ½ - 1 tsp salt
- 1 avocado, for garnish
- ¼ cup queso fresco, crumbled
- 8 baked tostadas, to serve on



DIRECTIONS:

1. Bring a pot of salted water to boil, add ¼ slice of onion and garlic clove to water.
2. Cut cactus into thin strips, then into squares. Add to pot and cook until tender and color is dark green, about 10 minutes.
3. Meanwhile, chop tomatoes and remove all seed. Cut rest of veggies.
4. Drain black beans, and rinse with cold water.
5. In a bowl, add chopped tomatoes, onions, cilantro, serrano pepper, beans, lime juice and salt to taste.
6. Once nopales are cooked, remove from heat and drain in a colander and rinse very well with cold water for about 2 minutes to cool down.
7. Once nopales are slightly cool, add to bowl with the rest of ingredients and mix.
8. Serve on top of a baked tostada, top off with queso fresco and avocado. Enjoy!

Nutrition Facts per serving: Total calories 258; Total Fat 2g; Carbohydrate 39g; Dietary Fiber 11g; Added sugars 0g.

Recipe by Renata Rivas