

Cactus (Nopales) Salad

- 1 lb. Fresh or canned nopales, cut into 1/2in. pieces
- ½ Large white onion, cut into chunks
- ½ tsp. Salt
- 2 Medium tomatoes, peeled and chopped, or 1 14 oz can chopped tomatoes, drained
- ½ Cup Finely chopped cilantro
- 2 tsp. Fresh lime juice
- ½ Medium avocado, cubed
- ¼ cup Shredded Mexican-style cheese

Rinse fresh Nopales and pat dry. Cut into pieces. (Some people prefer to peel them with a vegetable peeler, while others simply remove the thorns and the least tender part, close to where the leaf was cut from the plant.)

Cook in boiling water with onion and salt for 5 minutes. Drain canned Nopales and cut into pieces.

In a medium bowl, combine Nopales, tomato, cilantro, and lime juice. Refrigerate at least 1 hour. Before serving, add avocado and garnish with cheese. Serve with tortillas