Nopalitos Salad

Do you want to try something new? Well, let me tell you about Nopales or also known as pads of the prickly pear cactus, which originated in Mexico. Nopales are high in fiber, low in calories and a great option for vegetarians. They are similar in flavor and texture to okra and are used in salads, side dishes and mixed with eggs. You can adjust the ingredients as you like, and use any of your favorite vegetables. Nopales in a jar can be found in the Mexican aisle of your local grocery store, or you can buy the fresh pads in the produce section. Or try picking your own small pads from the Burbank Spineless varieties grown in Tucson gardens; be sure to remove the tiny spines before eating!

Recipe submitted by: Raquel Mendoza
Recipe from: Raquel Mendoza, Dietetic intern; Nancy Rogers, MS, RDN, supervisor

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Nopalitos Salad

Serves: 6
Cook time: 0 minutes
Ready in 20 minutes

Ingredients

- 1 jar (30 oz.) Nopales, drained and rinsed well
- 1 cup tomatoes, finely diced
- ¼ cup red or white onion, finely diced
- ½ cup fresh cilantro leaves, finely chopped
- 1 cup avocado, chopped
- 3 tablespoons fresh lime juice
- 2 Tbsp. olive oil
- ¼ cup Mexican Queso fresco, crumbled or feta cheese (optional)
- 1 tsp salt or to taste (not included in the Nutrition Facts below)

Directions

1. Place the cooked and rinsed Nopales in a medium bowl
2. Add the tomato, onion, cilantro leave, lime juice, avocado, olive oil, and salt to taste. Toss to combine.
3. Sprinkle with the crumbled Mexican Queso fresco (optional). Enjoy immediately or store in the refrigerator in a sealed plastic container.

Nutrition Facts

<table>
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<th>Serving Size (236g)</th>
<th>Servings Per Container</th>
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| Calories: 150       | Calories from Fat 100%
| % Daily Value       |                        |
| Total Fat: 12g      | 18%                    |
| Saturated Fat: 2g   | 10%                    |
| Trans Fat: 0g       |                        |
| Cholesterol: 3mg    | 2%                     |
| Sodium: 480mg       | 19%                    |
| Total Carbohydrate: 10g | 3%                    |
| Dietary Fiber: 6g   | 24%                    |
| Sugars: 3g          |                        |
| Protein: 4g         |                        |

Vitamin A 20%
Vitamin C 30%
Calcium 25%
Iron 6%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500
Fat 65g 72g
Saturated Fat 10g 12g
Cholesterol 300mg 375mg
Sodium 2,400mg 2,800mg
Total Carbohydrate 300g 375g
Dietary Fiber 26g 31g
Calories per gram:
Fat 9   Carbohydrate 4   Protein 4