



ABUELA MAMA Y YO

FORTALECIENDO LA SALUD DE TRES GENERACIONES

Nopales Salad

Ingredients for 5 portions:

- 5 Nopales without thorns, diced
- 2 tomatoes, diced
- ½ onion finely chopped
- 1-2 Jalapeño peppers diced
- 1 cup of fresh cheese grated
- ½ bunch of fresh cilantro
- 2 tablespoons olive oil
- Salt and pepper to taste



Nopales Salad

Preparation:

1. Boil the nopales in salted water.
2. Once cooked, (about 20 minutes) strain and let cool.
3. Combine all the ingredients.

Enjoy with some boiled beans or to accompany any dish.

Nopales are an ancient food that provides a lot of fiber for good digestion.



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