

CACTUS SALAD



Ingredients

¾ Cup Chopped Fresh Tomato (about 1 small)
 ¼ Cup Chopped Fresh Onion
 2 Cups Chopped Nopales (Cactus), Jarred*
 ¼ Cup Finely Chopped Cilantro
 2 Tablespoons Olive Oil
 2 Tablespoons Lime or Lemon Juice
 1 Tablespoon Dried Oregano
 ½ Teaspoon Salt
 3 Ounces Crumbled Feta Cheese
 1 Small Avocado, cut into thin strips

Directions

1. Drain and rinse nopales.
2. Mix nopales with tomato, onion and cilantro.
3. In a separate bowl, make the dressing by whisking together olive oil, juice, oregano and salt.
4. Pour the dressing over the vegetable mix and stir well to combine.
5. Cover bowl and refrigerate for at least an hour.
6. Gently fold in crumbled cheese before serving.
7. Garnish with avocado slices.

**Substitute fresh, frozen or canned green beans if nopales are unavailable in your area.*

Crediting

Provides a Vegetable and Meat/Meat Alternate at Snack.

Toddler
½ Cup

Preschool
½ Cup

School Age
¾ Cup

Adult
½ Cup