

ENSALADA DE NOPALITOS Y JICAMA (Cactus and Jicama Salad)

Ingredients:

2 tbsp oil
4 paddles of nopal cactus, cut into strips 1/2 inch wide
6 cups peeled and grated jicama
1/2 cup fresh lime juice
2 tsp salt
12 tbsp olive oil
6 tbsp red wine vinegar
1 tsp salt
1/2 tsp freshly ground pepper
ground chile pequin (optional)
4 cups watercress, stems removed and rinsed
4 avocados, peeled, pitted and cut into strips
6 tomatoes, cut into wedges

Directions:

☀️ Heat the oil in a skillet, add the cactus and sauté for 3 minutes. Cover and cook over low heat for 8 minutes or until crisp-tender. Set aside.

☀️ In a bowl, combine the jicama, lime juice and salt. Set aside.

☀️ Combine the oil, vinegar, salt and pepper. Stir well and correct the seasonings.

☀️ To serve, place the jicama in the center of a platter, sprinkle lightly with chile pequin and arrange the watercress, avocados, and tomatoes around it. Place a circle of cactus strips around the edge of the platter. Pour the vinaigrette dressing over the salad and serve.