



Nopal Cactus Corn Relish Salad with Orange Vinaigrette

Vinaigrette

2 oranges
2 Tablespoons red wine vinegar
1 teaspoon chopped onion
1 garlic clove, minced
2 large mint leaves
3 Tablespoons orange juice
1 Tablespoon lemon juice
1/2 cup olive oil
1/8 teaspoon red pepper
salt and pepper to taste

Corn Relish

1 Tablespoon olive oil
2 ears fresh sweet corn, kernels removed
1/4 cup chopped onion
5 teaspoons chopped cilantro
1/8 teaspoon cumin
Salt and pepper to taste

8 ounces baby greens
4 ounces baby spinach
1 medium cucumber, halved; sliced
1 pint cherry tomatoes, sliced
1 mango, peeled, sliced
2 to 3 prickly pears (nopal cactus), peeled' sliced or use leaves

Grate orange peel; remove orange segments, and orange juice. Set orange segments aside. Place grated orange zest and juice in small food processor. Add remaining vinaigrette ingredients to processor; blend ingredients until combined. Set aside.

Prepare Corn Relish: Heat 1 Tablespoon olive oil in 10 inch skillet over medium high heat. Sauté the corn kernels, onions, and cilantro. Season with cumin, salt, and pepper. Set aside.

Toss the baby greens and spinach with the vinaigrette. Place the dressed greens on 6 large salad platters. Arrange reserved orange segments, cucumbers, tomatoes, mango slices, prickly pear slices, and corn relish on greens. Drizzle with any remaining vinaigrette. Serves: 6 salads

*Note: If using cactus leaves, place on top of corn relish. Also, the seeds of the prickly pear are edible. If desired, strain the fruit, remove the seeds, and use the juice in the salad.

Recipe inspired by: Alvaro Chavez, the executive chef at Depot Nuevo restaurant in Wilmette, who shared this delightful Garden Chef Recipe that uses locally grown veggies and adds a surprise twist with some exotic fruits and cactus leaves.

About the Recipe: A light lemon orange taste of summer swirls through the crisp greens of this delightful salad. It is so attractive accompanied with the tender corn relish, juicy tomatoes, topical mango, crunchy cucumbers, and bright pink prickly pear slices. It uses local grown veggies and adds a touch of Mexico and Latin America.

About Nopal Cactus or Nopalaes:

Nopal cactus, known in Spanish as *nopales*, is an easy vegetable to add to a variety of recipes. The spines are cut off of the pads, the pads are chopped or sliced, then sautéed with scrambled eggs or added to omelets. Nopal cactus is often added to pico de gallo, a fiery Mexican raw vegetable medley made with tomatoes, onions, jalapeno peppers, and cilantro. It can be served grilled or sautéed with onions as a garnish for fajitas, or eaten raw in salads.

The neon red prickly pear, the fruit of the nopal cactus, tastes like a cross between bubblegum and watermelon. To prepare prickly pear, the spines are cut off and the skin is removed. This leaves the flesh and seeds of the fruit. Both are edible raw as is, or can be juiced and added to beverages and other recipes.

http://www.naturalnews.com/034996_nopal_cactus_antioxidants_blood_glucose.html