

Prickly Pear Cactus Salsa

INGREDIENTS

- 4 ripe prickly pears
- 1/2 white onion, finely diced
- 1/2 cucumber, diced
- 2 jalapenos, finely diced (remove seeds from jalapeno for less spice)
- 1 cup cilantro, finely chopped
- Juice from 1-2 limes
- 3 tablespoons olive oil
- Salt and pepper, to taste

SERVING SIZE: 1/2 CUP
TIME: 45 MINUTES



ADAPTED FROM:
LIFELIMONYSAL.COM



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

This institution is an equal opportunity provider.

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PROCEDURE

1. Peel prickly pears and roughly chop them into small pieces
2. In a medium bowl, place chopped prickly pears, diced onion, cucumber, jalapenos, lime juice, olive oil, salt, and pepper. Mix everything to combine.
3. Place in refrigerator for 30 minutes before serving

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