

# Nopalito Salad served with Greek Yoghurt Salad Dressing



*Recipe developed by Taylon Colbert*

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## **INGREDIENTS:**

### **Nopalito Salad**

- 1 red leaf lettuce, washed and outer leaves removed
- 1-2 nopalitos, smaller than 18 cm, cleaned and glochids removed and cut into 2 cm x 0.5 cm strips
- 1 english cucumber, shaved lengthwise
- ½ red onion sliced thinly
- 100 g baby tomatoes cut in half
- 1 yellow pepper sliced
- 100 g Kalamata olives
- 100 g croutons
- 1 disk feta cheese broken apart

### **Greek yoghurt dressing**

- 30 ml lemon juice
- 10 ml castor sugar
- 125 ml Greek yoghurt
- 5 ml Dijon mustard
- 60 ml extra virgin olive oil
- 2 ml salt
- 5 ml black pepper (freshly ground)

## **METHOD:**

### **Nopalito Salad:**

- Tear the lettuce leaves and place them in a large serving bowl.
- Scatter the nopalitos strips, cucumber, onion, tomatoes, yellow pepper and olives and toss well.
- Just before serving, scatter with the croutons and feta cheese to garnish the salad.

### **Greek yoghurt dressing:**

- Combine all the dressing ingredients in a jug or bowl and whisk them together well, tasting to check the seasoning.
- Serve the dressing separately or drizzle over the salad.
- Serve immediately