

Mexican - Cactus Salad (Nopalitos)

Why it's medicinal:

Nopales (cactus paddles) regulate **blood sugar**, reduce inflammation, and support digestion.

Ingredients:

- 1 cup chopped nopal (cactus)
- 1 tomato, diced
- ½ onion, diced
- 1 tbsp lime juice
- 1 tbsp olive oil

Instructions:

1. Boil nopal for 10 minutes, then drain.
2. Mix with tomatoes, onion, lime juice, and olive oil.
3. Serve chilled.