



Meatless Monday: Nopal salad from Farmer's Bottega

Enjoy the Nopal salad from Farmer's Bottega for a great meatless dish (Courtesy Photo)

[Liz Bowen](#) Contact Reporter



What is it? Nopal salad

Where is it from? Farmer's Bottega in Mission Hills

What's in it? Cactus, red onion, pulled cilantro, tomatoes, radish, red onion, chile poblano and avocado. The dish is topped with queso fresco, tortilla strips and a bloody Mary vinaigrette.

How much will it cost me? \$10

Why we love it? If you've never had the pleasure of enjoying grilled cactus, it tastes like a bell pepper met a zucchini and had a delicious and earthy vegetable baby. Cactus is common in Mexico, usually served in an omelet or as a side dish. The cactus, paired with fresh radish, tomatoes and cilantro, creates a unique, Mexican-style salad that gives you a larger variety of flavors and textures. It's topped with tons of fresh sliced avocado, and there's also that necessary crunch from the tortilla strips. Bonus points: Cactus is full of fiber, making this dish both healthy and extremely filling.

Farmer's Bottega, 860 W Washington St., Mission Hills. farmersbottega.com