

Nopales

8 prickly pear pads
3 T olive oil
Salt and pepper to taste

Hold the cacti from the base while using a sharp knife to carefully slice off all the spines. Rinse the pads and ensure all the spines are removed. Brush the pads with olive oil and season with salt and pepper.

Grill the cacti on an indoor grill pan, or outdoor grill, over a medium-high heat for 3 to 4 minutes per side. The pads will turn more of a yellow-green and begin to soften. If the pads begin to curl up from the heat, use a spatula to keep them flat on the grill. Serve immediately.

