

Octopus Salad (Ensalada de Pulpo)

Yield: 4 min
Total Time: 135 min

Recipe from: <https://www.recipeschoose.com/recipes/ensalada-de-pulpo-puerto-rico-recipe>

Ingredients:

- 2 pounds octopus cleaned
- salt
- 1 sprig fresh oregano
- 1 sprig fresh parsley
- 1 sprig fresh cilantro
- 1 cup cucumber seeded, chopped, peeled if the peels are thick and bitter, otherwise leave them on
- 1/2 cup finely chopped red onion
- 3 green onions sliced, including some of the darker green ends
- 1 fresh jalapeno seeded and minced, test for heat, if really hot, only use a small amount
- 1/2 cup chopped fresh cilantro loosely packed, including tender stems
- 1/2 teaspoon dried oregano
- 2 tablespoons lime juice
- 2 tablespoons cider vinegar
- 1/4 cup olive oil
- 2 cups tomatoes chopped, seeded

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 110 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 36 grams
7. SaturatedFat: 2 grams
8. Sodium: 200 milligrams
9. Sugar: 4 grams

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