Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

How to Make Nopal Salad and Vegan Macaroni Salad

In this video, we will show you how to make nopal salad (ensalada de nopal) and a Puerto Rican style vegan macaroni salad. These are two traditional salad recipes common in Latin cooking during the holiday season. This video is part of our Cooking with Karla series. Karla Giboyeaux is an registered dietitian nutritionist at the MSK Ralph Lauren Center. She helps people with cancer eat well before, during, and after cancer treatment.

Please visit www.mskcc.org/cancer-care/patient-education/video/how-to-make-nopal-vegan-macaroni-salad to watch this video.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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