

# sautéed cactus (nopales), peppers, and corn

## INGREDIENTS

SERVINGS: 4

- 2 large bell peppers
- 1 large onion
- 1 Tbsp butter or soft margarine (made with nonhydrogenated vegetable oil)
- 1 can (15 oz) corn, drained
- 1/2 lb fresh, firm edible cactus, de-prickered, cut in 1/4- to 1/2-inch dice
- finely minced cilantro or parsley
- low fat queso fresco, optional



Adapted from: foodreference.com



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## PROCEDURE

1. Halve peppers, then remove seeds and stems.
2. Cut into 1/4-1/2 inch squares.
3. Cut onions the same size.
4. Cook both vegetables in butter in a heavy pan over moderate heat until just softened.
5. Add edible cactus and corn to peppers and onion; stir over high heat until vegetables are cooked through, but firm-tender, about 5 minutes.
6. Sprinkle with herbs and queso fresco and serve hot.



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