

Nopales (Cactus)



- Choose
 - Choose thick, even leaves with no soft, cracked, wrinkled or bruised spots
 - Pick leaves that are medium to dark green
- Store
 - Wrap tightly in plastic and store in fridge for 1 week
- Cook
 - Use a large knife to scrape off all of the spines. Trim spines off the side and cut into strips.
 - Boil in 4 quarts of water for 15-18 minutes. Once done cooking, they are ready to use in a variety of recipes, on salads or cooked into scrambled eggs.

Nopales contains fiber, vitamin C, and antioxidants.

These nutrients may help to support digestive health, immune health, and reduce inflammation.



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This institution is an equal opportunity provider. This material was funded in part by SNAP.