

Recipes from the Demo Team



Nopalitos and Tomato Salad

8 servings

- 1 jar Embasa Nopalitos drained and rinsed
- 2 cups coarsely chopped tomatoes
- 1 cup coarsely chopped red onion
- 1 hard-cooked egg, chopped
- 4 ounces crumbled Queso Fresco or Monterey Jack cheese
- ½ cup Italian
- ½ cup chopped fresh cilantro (may substitute oregano)

Combine ingredients in a large salad bowl.

Notes:

- Nopalitos are cactus paddles, used in Southwestern and Latin cooking. When cooked, nopalitos look similar to cooked bell peppers, but they also have a viscid consistency similar to okra. They have a flavor something like bell pepper and artichoke or asparagus or okra —unique and delicious.
- Canned nopalitos should be drained and rinsed before use. They are available in International Aisle 13.
- Fresh cactus paddles are available in the Ethnic Produce Dept. They are large, flat, fleshy, oval green pads. Select paddles that are about 4 inches wide and under ¼ inch thick. They have already had the “prickers” removed. Choose paddles that are bright colored and somewhat stiff. Store in a perforated plastic bag in the refrigerator crisper.