

Leaf Preparation

The fresh cactus leaf should be rid of any spines before attempting to eat it. We recommend wearing dishwashing gloves or handling the leaves with tongs until they are scrubbed.

Ours clean up easily with the scrubbing pad. We then slice off the base a little to make a clean cut, and slice off a thin strip along the outside edge of the leaf. Wash again to clean thoroughly.

Once prepared the leaf is generally sliced french-fry style, or diced into 3/8" dimensions.

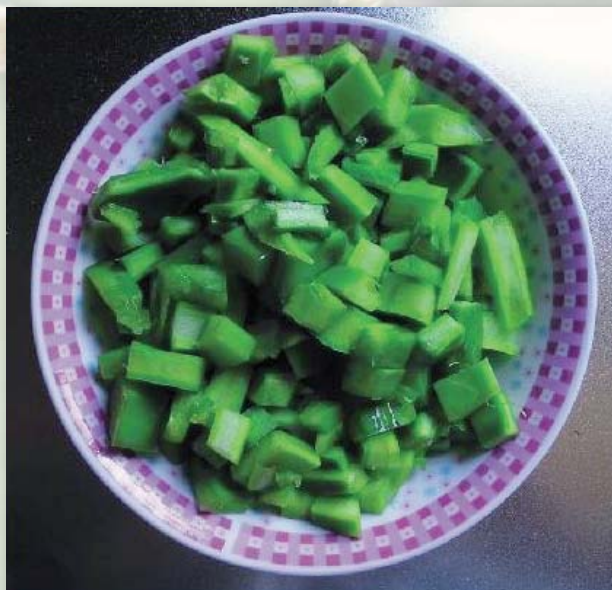
The leaves can be eaten raw after preparation, or added to cooked ingredients.



Scrubbing a Nopal Leaf



Diced Nopal Cactus



Cactus Salsa

- 1 lb diced cactus
- 2 cans of diced tomatoes
- 3 pickled or fresh jalapeno peppers(or to taste)
- 3 cloves or more of garlic
- one-half medium onion
- 1 can of black beans
- 1 can of sweet corn
- To taste of cumin & cilantro
- 1/8 cup of olive oil
- 2 dashes of salt
- ground black pepper
- ¼ cup shelled sunflower seeds, shelled pumpkin seeds, or pine nuts, or any mix of them

For a real crowd pleaser at a picnic or party make this cactus salsa ahead of time and allow it to blend its flavors in the refrigerator for a few hours or more.

More cactus recipes are available at www.rivenrock.com/recipes.html



Nutritional Information

Nopales, Raw: *Nopalea cochenillifera*

Nutrient Value per 100 grams

Water	93.93g	Calcium	163mg
Energy	16kcal	Iron	0.68mg
Energy	67kj	Magnesium	58mg
Protien	1.28g	Phosphorus	17mg
Total Lipids	0.12g	Potassium	319mg
Carbohydrate	3.39g	Sodium	22mg
Fiber	2.3g	Zinc	0.29mg
Ash	1.27g	Copper	0.056mg
		Manganese	0.505
		Selenium	0.7mcg

Vitamins

Vitamin C	13.4mg	Riboflavin	13.4mg
Thiamin	0.012mg	Niacin	0.524