

Tacos de Nopales

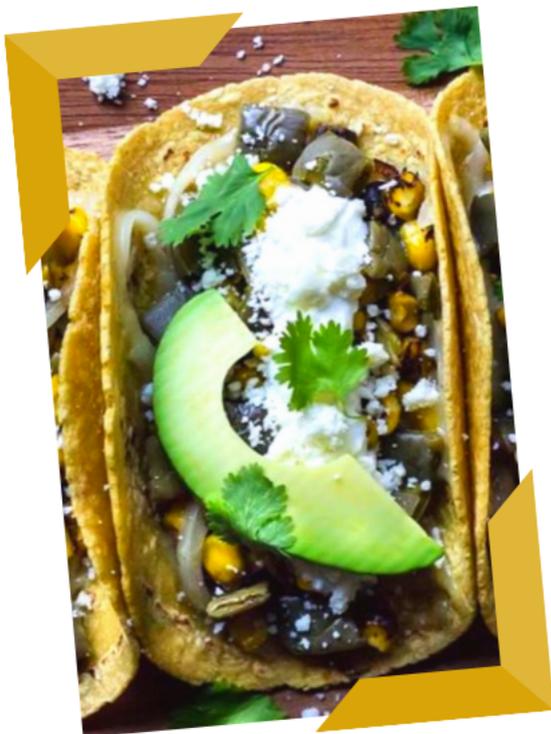
2-4 servings

Ingredients

- 1 jar of Nopales Doña Maria
- 1 can of black beans
- 1 can of corn
- 1 tablespoon olive oil (*or avocado/grape oil*)
- ¼ thinly sliced onion
- 1 diced fresh jalapeño pepper
- 1 pinch of salt (*or to taste*)
- 1 teaspoon of pepper
- 4-8 yellow corn tortillas (*may substitute for vegan garden tortilla wraps*)
- 1 lime or lemon (*to taste*)

Optional Fixing Ingredients

- 1 avocado (*sliced*)
- Sour cream (*to taste*)
- Cotija cheese (*crumbled*)
- Chopped cilantro (*to taste*)
- 1 diced fresh tomato (*to taste*)



Directions

1. Open up cans of Nopales, black beans, and corn. Strain each from jar and rinse under cold water.
2. Chop/dice onion and jalapeño pepper (optional fresh cilantro and tomatoes) and set aside.
3. Heat a large skillet with olive oil over medium heat. Add onion, jalapeño and Nopales to skillet and cook for 2-3 minutes until mixture is warmed through. Add ½ can of corn and cook until halfway roasted. Add black beans. Cook for another 3-4 minutes or until corn and Nopales are mostly roasted. Turn off heat and leave skillet on the stovetop to stay warm while you warm up tortillas.
4. Warm up corn tortillas on a separate griddle for 2-3 minutes or microwave for 1 minute.
5. Fill each tortilla with the Nopales, roasted corn, and bean mixture. Add optional fixings/ingredients to taste (avocado, sour cream, cheese, cilantro, lime).



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Fun Facts & Tips

- Nopal is commonly referred to as the "prickly pear cactus" in English.
- Nopales are loaded with essential nutrients, including Vitamin C, magnesium, and calcium. In fact, they were named the Food Literacy Center's 2016-2017 Veggie of the Year!
- Nopales can be eaten raw or cooked. They have citrus and tart flavor characteristics, making them easy to use in a side dish or to include in a main course.
- Nopal plants are an easy addition to any garden! All you need to do is find someone with a nopal plant, cut off a piece, and plant it in your own yard.

Visit www.choosemyplate.gov for more information on healthy eating.



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