

Enjoy!

NOPALITOS WITH TOMATOES AND ONIONS

MATERIALS

Colander
Skillet
Stirring spoon

YIELD

Four 1-cup servings

INGREDIENTS

1 tablespoon olive oil
2 large cloves garlic, minced
1/2 red onion, roughly chopped
1 jalapeño pepper, stem and seeds removed, chopped
1 pound nopalitos (cactus paddles), stripped of spines, cleaned, and chopped
1 medium tomato, roughly chopped
Salt and pepper

DISH: **SIDE**

FOOD GROUP(S):
VEGETABLE



NUTRITION FACTS PER SERVING

Calories: 60, Total fat: 4g, Sodium: 320mg, Cholesterol: 0mg,
Total carbohydrates: 7g, Fiber: 3g, Protein: 2g

DIRECTIONS

1. Heat a tablespoon of olive oil (enough to coat the bottom of the pan) in a large pan on medium-high heat.
2. Add garlic, red onion, and jalapeño. Cook for 1 minute, stirring occasionally, and then add nopalitos. Cook for several more minutes.
3. Add the chopped tomato. Continue to cook until all the vegetables are cooked through.
4. Season with salt and pepper to taste. Serve immediately.

Recipe selected from the *2013 Dinner Tonight Cookbook*. For more recipes like this one, visit <http://dinnertonight.tamu.edu/>.

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