

Prickly pear cactus (English), sabra
(Hebrew), cactus du figue barbare
(French, Haiti), Kāṇṭāḍāra pi'ara
(સિંટીલર પર્ચર) (Gujarati)



Nopal

a taste of Latin America on the Floridian table

Nopal is an edible cactus indigenous to Mexico, South America and the south-west regions of the U.S. It was a principle part of Aztec cuisine, and it remains a popular ingredient in Mexican and Texan dishes today. Introduced to Florida by restaurants catering to immigrant populations, the nopal is gaining popularity in the Sunshine State because it is nutritious, delicious and easy to grow in the Florida garden.

To learn more about Florida's
culinary history, visit
floridaheritagefoods.com

Mother and son harvesting nopal



ENSALADA DE NOPALES

25
MINUTES
TOTAL

7
TOTAL
SERVINGS

INGREDIENTS

five cleaned and washed nopal pads
1 tsp salt
1 bunch parsley
three peppers (preferred variety)
green onions
tomatoes
cilantro
oil

DIRECTIONS

1. Slice pads into thin strips.
2. Heat oil in heavy pan, add nopal strips and cover over low flame for ten minutes. Stir occasionally.
3. While nopales are cooking, chop onions, tomatoes, cilantro and parsley.
4. Uncover pan, add salt to taste and stir until liquid disappears. (Nopal strips should have the texture of cooked green beans.)
5. In salad bowl, mix nopal strips with chopped tomatoes, onion and peppers.
6. Add salt to taste, squeeze lime or lemon juice on top.
7. Add crumbled cheese on top.
8. Serve alone or alongside grilled meat, beans, tacos or eggs.

For more Florida heritage recipes, visit floridaheritagefoods.com



FACTS

The name 'nopal' comes from the Nahuatl word nopalli which means 'fruit of the earth.'

Nopal is rich in vitamin C and fiber.

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