

Savory Cactus Huarache

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About this recipe: Nopales (cactus) are a staple in Mexican households for centuries. They are rich in fiber which can help with digestive and heart health. Also rich in vitamins, and antioxidants (such as vitamin C, magnesium and potassium). Commonly known for their health benefits, especially aiding digestion and controlling blood sugar levels.

Often paired with panela cheese, another staple in Mexican households. This is a soft, fresh cheese with a mild flavor that is able to retain its shape when heated. A lower fat cheese compared to other options. Also a good source of protein, phosphorus, calcium, and vitamin B12, which are important for bone health, muscle function, and nerve health.

Can help with side effects: This recipe is high in fiber which can help with constipation. Nopales (cactus) are slimy (similar to aloe vera or okra), which can help with dry mouth.

Servings: 4 servings

Serving Size: 1 huarache

- 4 nopales (cactus)
- 1 block of panela cheese, sliced into 1/2-inch thick pieces
- 1 can (16 oz) refried beans
- 1 Avocado
- Optional toppings: Pico de Gallo, red or green salsa

Instructions:

1. Salt the nopales to draw out excess moisture and slime. Place in a bowl, sprinkle with salt and let them sit. After 10 minutes, rinse the salt off and pat them dry with paper towel.
2. Heat the beans. While nopales are sitting, heat up beans in pan on medium heat.
3. Grill nopales and panela cheese. Preheat the skillet to medium heat. When heated, add olive oil, Grill nopales for 5 minutes on each side, or until tender. Grill slices of panela cheese for 2-3 minutes per side.
4. Serve and enjoy. Place grilled nopales on a plate, then layer with beans, panela cheese and avocado. Can also be topped with Pico de Gallo or salsa.

*Modification for difficulty chewing/swallowing: if needing smaller bites, can cut up nopales into strips and panela cheese into cubes. Served with beans on the side.

Nutrient info per serving:

Calories: ~315 kcal

Protein: ~14 g

Fat: ~19 g

Carbohydrates: ~24 g

Fiber: ~9 g