

Nopales tacos/Tacos de nopales (cactus) with ancho chile puree

Servings: 3-4

Recipe Ingredients

- 6-7 small cactus paddles, previously cleaned (spines removed)
- 1 Tbs vegetable broth
- 1 tsp oregano, dried
- 1 tsp garlic powder
- 2-3 Roma tomatoes, diced
- One small white or red onion, chopped
- ½ bunch cilantro, chopped
- ½ - 1 jalapeno finely chopped (optional)
- Juice from 1 lime
- Salt and pepper to taste
- Six corn tortillas

Ancho chile puree

- 1 dry ancho chile, seeds removed
- 3 Tbs water
- Salt to taste

Cooking Instructions

For the nopales:

1. If you can't find cleaned nopales (without the thorns/spines), the best way to do it is with a small paring knife; you want to keep the paddle flat and take/scrape off the spines and spiny nodes and cut off the ends from both sides. Wash the cactus leaves with water.
2. Cut the cactus into small squares or strips.
3. Warm a medium skillet/ saucepan and add the cactus, the oregano, garlic powder, little salt, and vegetable broth.
4. Cook nopales in their own juice, stirring once or twice until all the liquid has evaporated and the nopales begins to sizzle (about 10 minutes).

5. Spread onto a large plate to cool.
6. In a medium bowl, combine the cooled nopales with the chopped Roma tomatoes, onions, cilantro, and jalapeño. Season with lime juice, salt, and pepper to taste. Set aside.

For the ancho chile puree:

1. Place a pan over medium heat and lightly toast the chile. Turn the heat off and add the water. Cover and let the chile soak for 15 minutes.
2. Transfer the chile with the water to a blender and process until smooth.
3. Add salt to taste.

For the tacos:

1. On a warm corn tortilla, spread a thin layer of the ancho chile puree, and arrange a thin layer of nopales over the ancho chile puree. Eat cold or warm.

Notes:

- You can eat this salad by itself as well. Buy small cactus paddles, they are the most tender. Large ones tend to be more fibrous.
- Some links with information about nopales:
 - History: <https://survivingmexico.com/tag/history-of-nopal/>
 - Health benefits: <https://www.webmd.com/diet/health-benefits-cactus>

Potatoes with Plant-based Chorizo/Papas con chorizo basado en plantas

Recipe Ingredients

- 4 russet golden potatoes, washed, peeled, and cut into ¼-inch cubes

- 1/2 bag plant-based chorizo
- 1/2 white onion, chopped
- Salt to taste

Cooking Instructions

1. Bring about 6 cups of water to boil in a deep pot with salt. Add potatoes. Boil over medium heat for about 15 minutes or until the potatoes are tender but firm. Don't overcook them.
2. Meanwhile, cook the chorizo following the product's cooking instructions. Add the onions and cook for another 5 minutes or until the onions are translucent.
3. When potatoes are ready, strain them with a colander and add them to the skillet with the chorizo.
4. Season with salt to taste and gently combine. Do not stir too much, or the potatoes will get mushy.
5. Serve warm.

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Avocado Salsa/salsa de aguacate

Recipe Ingredients

- 10 tomatillos, husks removed and washed
- 1/2 white onion
- 2 garlic gloves
- 1/2 bunch of cilantro washed
- 1 avocado
- 1 jalapeño pepper (optional)
- Lime juice from 1 lemon
- Salt to taste

Cooking Instructions

1. Place all the ingredients in a blender or food processor and pulse until smooth and creamy. Adjust salt and lemon juice as needed.

2. Serve with chips or as a salsa accompaniment to Mexican dishes like tacos.

Notes:

- Some links with information about tomatillos:
 - History: <https://www.britannica.com/plant/tomatillo>
 - Health benefits: <https://www.webmd.com/diet/what-are-the-health-benefits-of-tomatillos>