

Nopales Cactus Leaf



Cactus leaves or Nopales (noh-Pa-lays) are leaves which stem from the large Mexican cactus nopal. Often found growing throughout Mexico where they are a produce favorite, cactus leaves are generally diced or cut into small pieces or strips (called Nopalitos).

A staple vegetable in Mexican cuisine (as well as many other countries), cactus paddles are enjoyed from breakfast through dinner, atop eggs, as the base for a salad, in soup and as a simple side. Simmered in water until tender, cactus leaves can be added to a variety of dishes. Remember to be careful when handling, and to remove the thorns before cooking.

This succulent vegetable has just 15 calories per serving and is a good source of calcium.