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Cactus
Leaves





Cactus Leaves

SHOPPER'S TIPS

- Look for small to medium cactus leaves that feel firm and have a glossy skin ranging in color from pale to dark green.
- Avoid cactus leaves that are overly soft or wrinkled.

FUN FACTS!

- A cactus plant can bear fruit for up to three years without a single drop of water.
- Edible cactus leaves are called nopales when whole and nopalitos when chopped.

WHAT IS IN IT FOR YOU?

One cup of cactus leaves is:

- An excellent source of calcium.
- A source of fiber, vitamin A, vitamin C, vitamin K, and magnesium.

SERVING IDEAS

- Combine chopped cactus leaves, diced tomatoes, corn, and hot peppers for a spicy salad.
- Stir-fry or sauté chopped cactus leaves, onions, and chili peppers. Sprinkle with lowfat cheese for a warm side dish called nopalitos con queso.

PEAK SEASON

California grown varieties, available from late summer to late fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Carefully remove any needles with a sharp knife and wrap whole cactus leaves in plastic wrap. Store in the refrigerator for up to one week.