

# ENCHILADAS CON NOPALES



Nopal is a common name in Spanish for *Opuntia cacti* (known in English as prickly pear). The cactus pads can be eaten raw or cooked, used in marmalades, soups, stews and salads, and are also used as traditional medicine or as fodder for animals. Nopales are generally sold fresh in Mexico, cleaned of thorns, and sliced to the customer's desire on the spot.

## INGREDIENTS

- |                               |   |
|-------------------------------|---|
| 1 Tbsp. vegetable oil         | 1t onion powder   |
| 1 large onion, finely chopped | 1t cumin  |
| 1 Tbsp. sugar                 | 1 jar (28-30 oz.) nopales cactus strips,<br>rinsed and drained (about 3 cups) |
| 2 cloves garlic               | 1 1/2 cups shredded Monterey Jack<br>cheese or queso fresco                   |
| 1 can (29 oz.) tomato sauce   | 8 corn tortillas  |
| 3/4 cup sour cream            |   |
| 2T Chili Powder               |   |
| 1t garlic powder              |   |

## DIRECTIONS

Preheat oven to 400°. Grease 11 x 7-inch glass baking dish; set aside.

Heat oil in a large nonstick skillet over medium heat and cook 1/2 of the onion, until caramelized, about 6 minutes, stirring occasionally. Stir in sugar. Stir in garlic and cook 30 seconds. Stir in tomato sauce and bring to a boil. Reduce heat and simmer 12 minutes. Stir in sour cream and spices and set aside to cool slightly.

Combine remaining onion, nopales, and 1 cup cheese in a medium bowl. Dip a tortilla in the sauce mixture to coat, then fill with 1/8 of the nopales mixture, roll and place seam-side down in the baking dish. Top with remaining sauce and cheese.

Bake for 20 minutes or until cheese is melted. If desired, garnish with chopped cilantro and drizzle with additional sour cream.