



Aurora's Beans with Cactus

(Frijoles con Nopales)

From the kitchen of Aurora Rodriguez, Eagle Pass

Preparation time: 35-40 minutes

Number of servings: 6

Ingredients:

1 ½ cups cactus (nopales)

1 ½ cups cooked pinto beans

1 medium onion, cut small

1 large tomato, cut small

1 teaspoon margarine

1 tablespoon cilantro

½ cups shredded mozzarella cheese (optional)

Preparation:

1. Boil cactus in ½ cup of water for 15 minutes. Drain and set aside.
2. Sauté onion in margarine in a non-stick frying pan until browned (about 5 minutes).
3. Add tomato and sauté another 5 minutes.
4. Add cooked beans, cactus, and cilantro. Continue cooking over low heat for 10 minutes.
5. Pour mozzarella cheese on top (optional).



Nutrition information per serving:

FAT: 22% of calories from fat (low)

FIBER: 2 grams (high)

CALORIES: 101