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