



Roasted Nopales

Yield: 3-4 servings

Serving size: 1 cup

Ingredients

2-3 each	Nopal cactus pads
1-2 Tablespoon	Olive oil (or canola)
½ teaspoon	Garlic powder
½ teaspoon	Onion powder
¼ teaspoon	Black pepper
½ teaspoon	Paprika (optional)
¼ teaspoon	Oregano

Equipment

- Chef knife
- Cutting board
- Large bowl
- Sheet pan
- Parchment paper

Method

1. Preheat oven to 400°F (or 375°F on convection) and prepare a sheet pan with parchment paper.
2. Prepare nopales by carefully trimming edges and removing spines with the back of your knife.
3. Rinse well, pat dry, and slice into equal size strips.
4. Toss nopales in a large bowl with olive oil, garlic powder, onion powder, pepper, paprika (if using), and oregano.
5. Spread nopales evenly on a sheet pan and roast for 20-25 minutes until slightly browned and dry.

Helpful Tips

- For extra freshness, squeeze some lime on top
- Make this recipe your own by switching up the spices