



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Nopalitos Fritos

Hero Vegetable: Nopales

Ingredients

- 4 c nopales, cleaned and diced
- Oil, fill the saucepan $\frac{1}{4}$ " – $\frac{1}{2}$ " full
- $\frac{1}{2}$ -1 c corn starch, for dredging
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper
- 1 tsp oregano, optional
- $\frac{1}{2}$ lime, juiced
- Chili powder
- Salt, to taste
- Herb Crema
 - $\frac{3}{4}$ - 1 c yogurt or ricotta
 - 1 c herbs of choice
 - 1 $\frac{1}{2}$ tbsp citrus juice
 - 1 tsp lemon zest
 - Salt, to taste

Allergies: Dairy, Capsaicin

Directions

While dicing nopales, bring water to boil with a pinch of salt. Place the diced nopales in the boiling water, and boil for 4-6 minutes to reduce slime and then strain and dry well.

In a saucepan heat oil on medium-high heat (350°F).

In a bowl, mix salt, black pepper, oregano (optional), and corn starch and then toss the dried nopales and shake off any excess. Carefully toss into the oil and turn occasionally, for about 3-5 minutes, or until crispy. Strain any excess oil.

Toss with a little lime juice, chili powder, and salt and serve immediately.

Herb Crema

In a food processor, blend all ingredients until combined and herbs of choice are broken down.