

PRICKLY PEAR FEST RECIPES



PRICKLY PEAR LEMONADE

1 qt. water
1 C. freshly squeezed lemon juice
1 C prickly pear juice

PRICKLY PEAR SMOOTHIES

1 C vanilla or plain yogurt
1 C prickly pear juice
1 banana

PRICKLY PEAR SALSA

3 large tomatoes, chopped
3 medium golden delicious apples, grated
1 C diced cactus pads (thoroughly rinsed)
2 small zucchini, grated
1 medium onion, chopped
Juice of 2 lemons

Mix thoroughly and refrigerate before serving



FRESH CUT PRICKLY PEAR "TUNAS"

Cut off ends, slice cleaned tunas in half. Scoop out seeds with a small spoon. Turn inside out and pull fruit from skin...eat, dry or freeze. Feed skin and seeds to the quail!

DEHYDRATE

Put strips of skinned fruit into a fruit dehydrator Keep dehydrated fruit for a year or more! Because it lowers cholesterol and triglycerides, eat a small piece every day!



PRICKLY PEAR SALAD

from "*Foods of the Superstitions*" by Jean Groen

1 C chopped cactus pads (rinsed)
8-10 radishes, chopped
1/2 C green olives, chopped
1/2 C sour cream
1 bunch green onions, chopped

Mix together, serve on lettuce leaves

MORE PRICKLY PEAR FOODS TO TRY!

FROZEN PRICKLY PEAR MARGARITAS

4 peeled & seeded pears blended or 3/4 C PP juice
3/4 C tequila
1/2 C triple sec (Cointreau or others)
1/4 C + 1 TBSP fresh lime juice
2 C ice add agave nectar if needed

BLEND together

NAPOLITO SOUP

from "*Foods of the Superstitions*" by Jean Groen

1 TBSP olive oil
1 small onion, chopped
2 tsp minced garlic
1 can (26 oz) nopalitos (drained, rinsed & chopped)
1 qt. broth (vegetable or mesquite)

Sauté onions and garlic until crisp tender. Stir in Napolitos and cook for several more minutes. Add broth. Cook until all is blended and hot.

PRICKLY PEAR JELLY

courtesy Bernadine McCollum, Wickenburg Conservation Fdn.

1 pkg. Sure-Jel
2 1/2 C. prickly pear juice
3 1/2 C sugar
3 Tbsp. lemon or lime juice

Combine pectin and juice in a stainless steel pot and bring to a fast boil. Add lemon juice and sugar and bring to a hard boil and boil to 220 degrees. Remove from heat and skim off foam. Pour into sterilized jars, wiping off rims with a sterile cloth. Seal and process in a hot water bath for 15 minutes.