

## Budin Azteca with Roasted Cactus Leaves

“Aztec Lasagna con Nopales”

Vegetarian

“A Recipe as Rich in History as it is in Flavor”



Our vegetarian version of Arcadia's Kitchen Aztec Lasagna layered with roasted cactus leaves (Nopales) goat cheese, corn tortillas and Arcadia's Kitchen Salsa Verde!

Nopales are a fundamental ingredient of Mexican cuisine and used as a vegetable since Pre-Columbian times and have the subtle flavor and tartness of asparagus and green beans with a chewy texture.

Young, thin cactus are the most succulent and delicate flavored.

They are a great addition to grilled meat dishes, served with eggs or in salads as well as this ancient recipe known as Budin Azteca or the Aztec Lasagna

Traditionally tortillas are passed through hot oil but we skip that step to reduce the amount of fat, we also use goat cheese and Arcadia's Kitchen Salsa Verde to create a perfect combination of flavors.

Broiler first for roasting the Cactus

Then oven heated at 450 F for baking the Budin

## Ingredients:

1 16 Oz Arcadia's Kitchen Salsa Verde

2 Lbs of fresh Cactus/Nopales (thorns removed)

Notes: The canned version is acceptable substitute for fresh, but it has an inferior texture.

Substitutes: okra, green beans or roasted green bell peppers

2 Medium size onions, sliced

1 1/2 Cups of plain goat cheese or a blend of half ricotta and half mozzarella

20-24 Corn tortillas, trimmed into squares ( Avoid using flour tortillas, it would turn into a soggy mess) Quantity may vary depending on the size of the tortillas.

10" x 10" deep baking dish

Aluminum foil

Potato peeler

4 Tablespoons of Extra Virgin Olive Oil

Sea Salt

Wash the cactus and remove the thorns with a potato peeler, cut them in half or in three pieces.



Place the cactus pieces on a baking sheet and brushed them with olive oil and season with sea salt



Place the cactus under the broiler, turning on both sides, no more than 5 minutes on each side.



On a 10x10 baking dish begin with the first layer of raw onions, drizzle the remaining olive oil on top and start layering the tortillas



Your first layer of tortillas should cover the onions completely



Add some raw onions and some of the roasted cactus



Add the goat cheese and some of the salsa verde



Cover with another layer of corn tortillas and repeat one more time, by now you should have two covered layers filled with onions, cactus, cheese and salsa



Top your last layer of tortillas with some cheese, onions and salsa to prevent the tortillas from becoming too dry



Cover with aluminum foil and insert a knife in the middle to create a vent; that's needed to let some of the moisture out. Bake for 35 minutes at 450. Let it set before serving



No part of this work may be reproduced in whole or in part in any manner without the permission of the copyright owner.