



SPOTLIGHT RECIPE

CACTUS AND CALABACITAS WITH ESPAGUETI ROJO

Cactus (nopales) and calabacitas (Mexican zucchini/squash) with espaguete rojo is a comforting, vegetable-forward Mexican meal pairing sauteed squash and tender cactus (sometimes with corn, onions and tomatoes) with a creamy, tomato-based spaghetti.

SERVES 6



Chef Spotlight
Celebrating Foods of the World



For ingredients and
cooking directions, please
scan the QR code.

SPOTLIGHT RECIPE

CACTUS AND CALABACITAS WITH ESPAGUETI ROJO

INGREDIENTS

- 1 tablespoons olive oil
- 2 cups cactus, diced
- 1/2 onion, diced
- 1 clove garlic, minced
- 2 Mexican squash (calabacitas)
- 1 1/2 cups corn kernels
- 1 Roma tomato, diced
- 1 poblano pepper, roasted and diced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 gallon water
- 1 pound spaghetti
- 4 medium plum tomatoes, boiled
- 1 cup heavy cream
- 1/2 red onion, diced
- 2 teaspoons cloves of garlic, minced
- 1 teaspoon chicken base
- 1/2 cup cotija cheese

DIRECTIONS

In a large pan, heat the oil and sauté the cactus, onion and garlic for 4 minutes. Add the squash and the corn. Cook 8 to 10 minutes until the squash is tender, and then add the Roma tomato and poblano. Season with the salt and black pepper. In a large pot, add the water and spaghetti and cook the spaghetti until al dente. Drain the pasta, discarding all of the liquid.

For the sauce, broil or roast the plum tomatoes. Blend the tomatoes, heavy cream, onion, garlic and chicken base until smooth. Toss together the tomato sauce with the pasta and cactus mix and sprinkle the cotija cheese on top.