

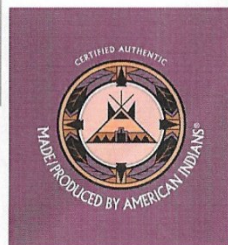
## TRADITIONAL SAUTÉED

### CIOLIM

(COURTESY OF FRANCES MANUEL)

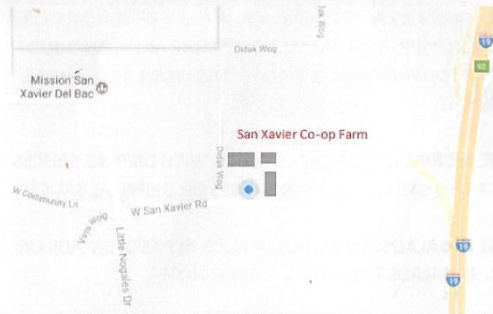
- ◆ 2 pieces broken dried chili's (optional)
- ◆ 1 Cup **boiled** cholla buds
- ◆ 1 Tsp olive oil or other oil
- ◆ 1 onion, chopped

In a frying pan, cook onion in oil until lightly browned. If using chili's, add them now & cook until the pepper darkness. Add cholla buds & cook for five minutes or until they have absorbed all the oil & are warmed through. If they seem dry, add more oil & continue cooking. If using beans, add these now & cook until they are warmed through.



CIOLIM—CHOLLA BUDS—HAVE SUSTAINED THE TOHONO O'ODHAM FOR COUNTLESS GENERATIONS. JUST BEFORE THE BUCKTHORN CHOLLA CACTUS FLOWERS IN THE SPRING, IT'S BUDS ARE HAND PICKED, CLEANED OF THEIR MANY THORNS & DRIED FOR USE YEAR ROUND. CHOLLA BUDS ARE INCREDIBLY HEALTHY, FOR EXAMPLE, TWO TABLESPOONS OF DRIED STAGHORN PROVIDES AS MUCH CALCIUM AS A GLASS OF MILK. BECAUSE CHOLLA BUDS CONTAIN SOLUBLE PECTIN'S, THEY SLOW DOWN DIGESTION OF SUGARS & OTHER CARBOHYDRATES. THE RESULT IS BETTER CONTROL OVER BLOOD SUGAR LEVEL, ELIMINATING THE HIGHS & LOWS.

TAKE I-19 SOUTH EXIT 92



San Xavier Co-op Farm

Store Hours:

Monday—Friday 8am—4:45pm

Saturday 8am—1pm

8100 S. Oidak Wog Tucson, AZ 85746

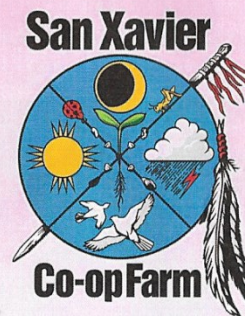
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## CHOLLA BUD RECIPES

### “CIOLIM”



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## RECIPES

### COOL BEAN SALAD WITH CHOLLA BUDS

- 2 CUPS COOKED, DRAINED GARBANZO BEANS
- 2 CUPS COOKED, DRAINED GREEN BEANS
- 2 CUPS COOKED, DRAINED PINK OR RED BEANS
- 1/2 CHOPPED GREEN PEPPERS (OPTIONAL)
- 1/2 CUP CHOPPED ONIONS (OPTIONAL)
- 1 CUP DE-SPINED, COOKED DRAINED CHOLLA BUDS
- 1/2 CUP OF SUGAR
- 2 CUPS CIDER VINEGAR TO TASTE
- 2/3 SALAD OIL
- 1 TEASPOON OF PEPPER
- 1/2 TEASPOON OF SALT

IN LARGE BOWL, DISSOLVE SUGAR AND SALT IN VINEGAR. ADD PEPPER AND SALAD OIL. ADD DRAINED BEANS AND CHOLLA BUDS, ONIONS AND GREEN PEPPERS, TURNING AND MIXING WELL. LET STAND IN COVERED BOWL, CHILLING IN REFRIGERATOR FOR 24 HOURS, TURNING AT LEAST ONCE.



### CHOLLA BUD SALAD

(COURTESY OF CANYON RANCH)

- 1 CUP DRAINED CHOLLA BUDS
- 1/4 CUP MINCED, RED ONIONS
- 1/4 CUP MINCED, RED BELL PEPPERS
- 1/3 CUP DICED TOMATOES
- 2 TABLESPOONS FRESH, CHOPPED CILANTRO
- 2 TABLESPOONS LIME JUICE
- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- 2 TEASPOONS MINCED, JALAPENO PEPPERS
- 1 TEASPOON OF SEA SALT

IN A LARGE SAUCEPOT FILLED WITH WATER, ADD DRIED CHOLLA BUDS AND BRING TO A BOIL. REDUCE HEAT TO A SIMMER UNTIL BUDS ARE SOFT (ABOUT 1 1/2 TO 2 HOURS) DRAIN CHOLLA BUDS, CHILL AND CHOP. COMBINE ALL REMAINING INGREDIENTS WITH CHOPPED BUDS AND TOSS TOGETHER.

### *“CHOLLA RECIPE IDEAS”*

**USE FRESH AS APPETIZERS:** ADD A DASH OF SEA SALT OR LEMON PEPPER OR BALSAMIC VINEGAR AND SERVE BUDS WITH TOOTHPICKS FOR AN OFF -THE -WALL SOUTHWEST DELIGHT.

**USE A DIPPERS:** USE CHOLLA BUDS WITH DIPPING SAUCES LIKE BBQ SAUCE, MEXICAN SAUCES OR ORIENTAL SAUCES.

**USE IN SALADS:** TOSS CHOLLA BUDS IN PASTA SALADS OR FRESH SALADS FOR A NEW FLAVOR NOTE!

**SOUPS:** IN VEGETABLE SOUP, CHICKEN & MEAT SOUPS. CHOLLA BUDS ADD GREAT TEXTURE AND FLAVOR.

**PICKLED:** PLACE FRESH OR RECONSTITUTED CHOLLA BUDS IN YOUR FAVORITE PICKLE JUICE TO MARINATE FOR A FEW DAYS. THEN SERVE AS A *hors d'oeuvre*, OR AS A GARNISH, OR TOSS THEM WITH OTHER VEGGIES IN GREEN SALAD OR PASTA SALAD.

**STIR-FRIED:** IN OLIVE OIL, STIR FRY CHOLLA BUDS WITH OTHER LEAFY VEGGIES SUCH AS CABBAGE, KALE, CELERY, OR WITH ROOT FOODS LIKE CARROTS, AND TOP WITH SOY SAUCE FOR AN ORIENTAL FLAVOR.

**STIR-FRIED:** IN OLIVE OIL, STIR FRY CHOLLA BUDS WITH ONIONS, GARLIC, GREEN CHILES FOR A SOUTHWESTERN FLAIR.

**AS A TANGY VEGETABLE:** CHOLLA BUDS TASTE GREAT JUST STEAMED AND SERVED WITH BUTTER AND SALT, OR SAUTÉED ONIONS. THEY ARE A LITTLE LIKE ASPARAGUS TIPS WITH A TANG!

**IN QUINCHES:** ADD CHOLLA BUDS TO YOUR FAVORITE BAKED QUICHE DISH.

**IN SCRAMBLED EGGS:** SCRAMBLE YOUR EGGS WITH BUDS AND A DASH OF PARMESAN FOR AN ELEGANT BREAKFAST.

**IN STEWS:** TOSS IN CHOLLA BUDS INTO YOUR FAVORITE MEAT STEWS FOR EXTRA THICKENING AND FLAVOR.

**IN CASSEROLES:** BAKE BUDS INTO YOUR LASAGNAS; VEGETABLE, MEAT OR CHEESE CASSEROLES.

**WITH ROASTS:** ADD CHOLLA BUDS TO YOUR ROAST WITH CARROTS, CELERY, ONIONS AND POTATOES!

**IN CORNBREAD:** ADD CHOLLA BUDS TO YOUR CORN-BREAD BATTER AND FIND DELECTABLE SURPRISES.

**AS A GRAVY OR SAUCE THICKENER:** GRIND DRIED CHOLLA BUDS IN MORTAR OR COFFEE MILL AND USE POWDERED BUDS AS A HEALTHY THICKENING AGENT FOR YOUR GRAVY OR SAUCES.

