

Traditional Food Recipe

Cholla Bud Pico de Gallo



INTER TRIBAL COUNCIL OF ARIZONA, INC.

Recipe courtesy of AJO Farmer's Market, adapted from "From I'toli's Garden" Tohono O'odham Food Traditions

Ingredients:

- 1/2 cup dried cholla buds
- 1/4 cup chopped **red** and **green onions**
- 1/4 cup chopped any color **bell pepper**
- 1/3 cup diced **tomatoes** (fresh or canned)
- 2 Tb fresh, chopped **cilantro**
- 2 Tb fresh squeezed **lime** juice
- 2 tsp minced, **jalapeno peppers** (optional)
- 1 tsp salt

Directions:

Servings: 6-8

- Gather all ingredients.
- Add dried cholla buds to a pot big enough to cover the cholla buds with a few inches of water and bring to boil.
- Reduce heat to a simmer and simmer until buds are soft (1 1/2 - 2 hours, you may need to add more water during this time).
- Drain cholla buds, chill until cool and chop.
- Combine all other ingredients with the chopped cholla buds and mix together.
- Season with salt, **lime** juice, **cilantro** and **jalapeno** (optional) to your preference.

 Foods in **pink** can be purchased with WIC benefits

 Traditional foods are underlined

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Nutritional Highlights:

- Cholla buds are high in fiber and an excellent source of calcium.
- 3.5 oz of cooked cholla buds have about 3 times the daily requirement of calcium for pregnant and breastfeeding people.
- Fiber helps regulate blood sugar and calcium is great for strong teeth and bones.

Other Uses for Cholla Buds:

- Once rehydrated and cooled, eat as a snack.
- Add to salads, guacamole, soups or pasta.
- Marinate for 24-48 hours in left over pickle juice for a pickled flavor.

