

Creamy Vegan Nopales Dip

Ingredients

- 1 cup raw cashew pieces (unsalted)
- 1 tbsp. nutritional yeast
- 1 tbsp. white miso paste
- 2 tbsp. olive oil
- 1 tsp. cumin seeds
- 1 jalapeño pepper
- 1 small onion
- 2 cloves garlic
- 1 cup chopped nopales pieces
- 1 tsp. soy sauce
- ½ cup corn kernels (fresh, canned or frozen is fine)
- ½ tsp. Mexican oregano
- Salt and pepper, to taste

Steps

1. First soften your cashews, either by soaking them overnight, or boiling them in plenty of water for 20 minutes. You can also get them super soft by pressure cooking them for 15 minutes if you have an instant pot or pressure cooker. Once softened, drain the liquid. Put the cashews in a food processor, along with the nutritional yeast, miso paste, and ¼ cup of water. Process until smooth.
2. Mince the jalapeño and garlic, and dice the onion and nopales (please see notes for additional steps if using fresh nopales). Heat oil in a medium-sized skillet. Add the cumin seeds, and once they pop add in the garlic, jalapeño, and onion, sautéing until the onions have softened. Add the nopales, and cook for another couple minutes. Finally add the soy sauce, corn, and Mexican oregano. Sauté until the corn is tender (and warm, if it started frozen). Remove from the heat.
3. Transfer the contents of the skillet to the cashews in the food processor. Pulse several times to integrate well. You want it to remain nice and chunky, with visible pieces of nopales and corn in it. Season with salt and pepper to taste, and refrigerate to chill. Serve with chips, or as a spread on sandwiches.



Notes: Nopales can be bought fresh, or pre-processed in jars. Jarred nopales should only need to be rinsed and chopped to size. To process fresh nopales, start by running a knife back and forth across the cactus paddle to remove the spines (don't prick your fingers!). Cut the paddle into pieces (a dice, for this recipe), and place in a pot, covering the cactus with water. Boil with a little salt for about 15 minutes, until the nopales are tender. Drain, rinse, and they're ready to use!