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Like chocolate, corn, tomatoes, potatoes, and chile, prickly pear cacti are one of the true treasures of the Americas. As a food, prickly pear is delicious

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Sep 15, 2014 I got this from The Prickly Pear Cookbook by Carolyn Niethammer. I can't wait to try it with this year's crop of prickly pears!

Nopal frittata | texas monthly

Adapted from The Prickly Pear Cookbook, Carolyn Niethammer. Nopal Frittata. November 2004

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Specific Details. Softcover: 120 pages Illustrated Title: The Prickly Pear Cookbook Author: Carolyn Niethammer Publisher: Rio Nuevo Publishers Date: 2004

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Beef with prickly pear and port sauce - cheri's

Recipe. By noted New York author and cooking teacher Perla Myers, Featured in the Prickly Pear Cookbook by Carolyn Niethammer . Ingredients: 1 shallot, minced (2 to 2

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Carolyn Niethammer: she's another writer who can make you come alive to the wonders of what's around you. Prickly Pear cookbook? Yes, and the New Southwest Cookbook

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