

Roasted Tomatillo Salsa

This tangy Mexican salsa features roasted tomatillos, jalapeño peppers and fresh herbs. Serve with baked tortilla chips and vegetable sticks or try this as a dressing on your salad!

Prep time: 15 minutes plus 1 hour chilling time
Makes: 5 servings

Source: Produce for Better Health Foundation

Ingredients

- 7 medium tomatillos
- 1 jalapeño pepper, seeded and chopped
- 1 clove garlic, peeled and chopped
- 1 medium tomato, peeled, seeded and chopped
- 3 tablespoons chopped cilantro or parsley leaves
- 1/4 cup finely chopped onion
- 1 teaspoon lime or lemon juice
- 1/8 teaspoon salt

Directions

1. Preheat broiler to 425 degrees F.
2. Remove tomatillo husks, rinse under running water then wipe to remove stickiness.
3. Place tomatillos in a single layer on a baking sheet with sides.
4. Broil until slightly charred, turning once, about 7-8 minutes.
5. Cool on baking sheet.
6. Place tomatillos with juice in a large mixing bowl.
7. Add remaining ingredients and mash with a fork or potato masher into a chunky pureé.
8. Chill for at least an hour to allow flavors to blend.
9. Adjust seasoning as needed.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/5 of recipe	
Nutrients	Amount
Calories:	25 g
Total Fat:	0.6 g
Saturated Fat:	0.1 g
Cholesterol:	0 mg
Sodium:	61 mg
Total Carbohydrates:	5 g
Dietary Fiber:	1 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	1 g

Utensils Needed

- Cutting board and sharp knife
- Measuring cups and spoons
- Baking sheet with sides
- Large mixing bowl
- Fork or potato masher

SHOPPING LIST

Average total cost without oil and seasonings: \$12.23

Average cost/serving: \$2.45

Recipe makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 7 to cart
Fresh Tomatillo



Add 1 to cart
Jalapeno Pepper



Add 1 to cart
Fresh Garlic



Add 1 to cart
White Onion



Add 1 to cart
Red tomato



Add 1 to cart
Cilantro, 0.25 oz



Add 1 to cart
Lime Juice

My Cooking Notes

SAVE TIME, SAVE MONEY

Produce Tips:

- Choose tomatillos that have a husk covering the entire fruit. There should not be signs of a torn husk and the husk should fit tightly around the tomatillo.
- Tomatillos should be firm. If it is soft, this could be an indication it is overripe.
- Tomatillos can be stored for up to 2-3 weeks. Store in an unsealed paper bag.