

# TOMATILLO



## *Quick Tomatillo Salsa*

### INGREDIENTS

- 7 medium tomatillos, husked and rinsed
- 2-4 jalapeños or serrano chiles, seeded for a milder salsa
- ¼ cup chopped onion
- ¼ cup cilantro, coarsely chopped
- Salt to taste

PEAK SEASON

*July–September*

## DIRECTIONS

- 1** Boil halved tomatillos in saucepan with water. Reduce to a simmer for 8-10 minutes.
- 2** Remove from heat. Place in blender with chiles, onion, cilantro and add water as needed.
- 3** Serve atop salad, with chips, or over meat!

*Nutrition tip:*

*Tomatillos are high in Vitamin A and contain antioxidants that help protect vision and prevent macular degeneration. Cilantro has detoxifying properties- it helps rid the body of heavy metals.*

*Recipe provided by  
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