

SALSA VERDE

SERVES: 8 | SERVING SIZE: 3 tablespoons | PREP: 10 minutes | READY: 30 minutes

INGREDIENTS

- 1 pound (about 8 medium size) fresh tomatillos
- 1/2 tablespoon canola oil
- Parchment paper or vegetable oil cooking spray
- 2 jalapeño peppers, roughly chopped (keep ribs and seeds for additional heat)
- 1/2 cup roughly chopped onion
- 1/2 cup loosely packed fresh cilantro (leaves and stems)
- 1 to 2 roughly chopped garlic cloves
- 2 tablespoons fresh-squeezed lime juice
- 1 tablespoon distilled white vinegar
- 1 teaspoon granulated sugar
- 3/4 teaspoon kosher salt
- 1/4 teaspoon ground cumin



DIRECTIONS

Preheat oven to 400 degrees. Remove husks from tomatillos, rinse, and slice in half. Add halved tomatillos to a bowl, drizzle with oil and toss to coat. Place tomatillos, cut side down, on a large sheet pan lined with parchment paper or coated with cooking spray. Roast for 15 to 20 minutes or until skin begins to brown and flesh softens. Remove from oven and allow tomatillos to cool.

Place cooled tomatillo halves, jalapeño peppers, onion, cilantro, and garlic in a food processor or blender. Cover and process to desired consistency. Transfer salsa verde to a bowl and add lime juice, vinegar, sugar, salt, and cumin. Stir to combine and refrigerate until ready to use. Stir well before serving.

NUTRITION INFORMATION PER SERVING

36 calories, 1.5 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 182 mg sodium, 6 g total carbohydrate, 1 g dietary fiber, 3 g total sugars, 0.5 g added sugars, 1 g protein, 0 mcg (0%) vitamin D, 10 mg (0%) calcium, 0 mg (0%) iron, 188 mg (10%) potassium

