



Salsa Verde

U.S.

1/2 pound	Tomatillos
2 cloves	Garlic, peeled
1/2 each	Onion, white, diced small
2 each	Serrano or jalapeno pepper
1/4 bunch (~ 1/4 cup)	Cilantro
1/2 tsp	Salt
1 Tbsp	Olive oil

Metric

225 g
2 cloves
1/2 each
2 each
1/4 bunch
3 g
15 mL

Preparation:

1. Gather all ingredients and equipment.
2. Remove the husks from tomatillos, rinse until all sticky residue has been removed.
3. Optional: Remove seeds from the peppers for a milder salsa.
4. Place tomatillos, garlic, onion, and jalapeno in a pot, fill with water until ingredients are just covered. Boil for 10 - 15 minutes.
5. Blend cooked ingredients, cilantro and salt with 1/4 cup of cooking water for 30 seconds until ingredients are blended but sauce has texture. Add more water 1 Tbsp at a time if mixture is too thick.
6. Heat oil in a medium saute pan over medium-high heat. Once hot, slowly pour the salsa into the pan. Reduce to medium-low heat and simmer stirring occasionally for 15 minutes.
7. Serve and enjoy!

****Nutrition Facts on Reverse**

9/3/20

Nutrition Facts

12 Servings

Serving size **2 Tablespoons**

Amount per serving

Calories **20**

Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	80 mg
Total Carbohydrate	2 g
Dietary Fiber	1 g
Total Sugars	1 g
Includes 0g Added Sugars	
Protein	0 g
Vitamin D	0 %
Calcium	0 %
Iron	6 %
Potassium	70 mg
Phosphorus	10 mg
