

GREEN TOMATILLO SALSA*

SALSA VERDE CRUDA

Yield: 1 ¼ Cups

Ingredients	Amounts
Chile serranos, de-stemmed	1-2 ea.
Tomatillos, husks removed, rinsed, quartered	10 ea.
Garlic, small, peeled	1 ea.
Onion, 1" slice	1 ea.
Cilantro	½ cup
Salt	as needed

Method

1. Place chiles, tomatillos, garlic, and onion in the blender, process until smooth; add cilantro and season with salt to taste. Serve.

Variation: Cut an avocado in half, remove the pit and scoop the pulp with a spoon into the blender along with the chiles and tomatillos mixture. Process until smooth; serve immediately. Avocado oxidize quickly, a tip to prevent this is by placing plastic wrap on the surface of the salsa.

Nutrition Information (per portion/serving)

Calories: 25 / Protein: 1 g / Carbohydrate: 5 g / Fiber: 1.5 g / Carbohydrate to fiber ratio: 3.5
Saturated fat: 0 g / Polyunsaturated fat: 0.5 g / Monounsaturated fat: 0 g
Trans fat: 0 g / Sodium: 115 mg / Potassium: 210 mg / Added sugar: 0 g

**This recipe meets 6 of 7 HKHL Recipe Nutrition Goals for a side dish.*

Source: Iliana de la Vega, as served at the 2020 Healthy Kitchens, Healthy Lives® conference.
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