

# The Wellness Kitchen

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## Tomatillo Salsa



Tomatillos look like small green tomatoes covered in a tan, papery husk. If you can't find fresh tomatillos, substitute 2 cups of canned tomatillos, but omit step 2 and blanch 3 cloves of garlic in a small saucepan of water, then add to the food processor in step 3 along with the canned tomatillos. Serve the salsa with grilled meats, chicken, vegetables, or chips.

### **Makes 3 cups**

2 pounds fresh tomatillos

3 cloves garlic, peeled

1 large red bell pepper, roasted

½ cup cilantro, finely chopped

2 scallions, thinly sliced

3 tablespoons fresh lime juice

½ teaspoon cumin

½ teaspoon salt

- 1** Remove the papery husks covering the tomatillos. Wash the tomatillos.
- 2** In a large saucepan, combine the tomatillos, garlic, and cold water to cover by 1 inch. Bring to a boil and boil for 2 minutes. Drain, rinse under cold water, and drain again.
- 3** Cut the tomatillos into large pieces, then transfer to a food processor along with the garlic. Pulse until the tomatillos are finely chopped. Transfer to a large bowl.
- 4** Meanwhile, preheat the broiler. Roast the pepper. When it's cool enough to handle, peel and coarsely dice.
- 5** Add the pepper to the tomatillos along with the cilantro, scallions, lime juice, cumin, and salt, and stir to combine. Store the salsa in the refrigerator.

per  $\frac{1}{4}$  cup: 30 calories, 0.8g total fat (0.1g saturated), 0mg cholesterol, 2g dietary fiber, 6g carbohydrate, 1g protein, 99mg sodium. [good source of:](#) vitamin C.

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