Salsa de Tomatillo

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience

Tomatillos start out tart, but once they're stewed or roasted, the natural sugar in the fruit develops, striking a nice balance in the sauce. You can use this as a dipping salsa instead of a cooking salsa if you omit most of the water in the recipe!

About the Recipe

76 Calories · 2 g Protein · 5 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 2 Servings

- 1 yellow onion, diced
- 3 cloves garlic, minced
- 8 large tomatillos, paper husks removed and cut in half
- 1/8 tsp (0.6 mL) iodized salt
- 1/2 tsp (2.5 mL) ground cumin
- 3 tbsp (45 mL) chopped fresh cilantro
- 2 juice of limes (optional) **optional*

Directions

1. Over medium-high heat, saute the onion until it is lightly browned. Reduce the heat to medium.
2. Add the garlic and saute for 1 minute.
3. Add the tomatillos, water, salt, and cumin.
4. Simmer until the tomatillos have turned into a chunky sauce.
5. Remove from the heat and add the cilantro and optional lime juice.

Nutrition Facts

Per 1-c serving:

Calories: 84 kcal
Fat: 2 g
- **Saturated Fat:** <0.5 g
- **Calories From Fat:** 20%

Cholesterol: 0 mg
Protein: 3 g
Carbohydrates: 16 g
Sugar: 9 g
Fiber: 4 g
Sodium: 153 mg
Calcium: 36 mg
Iron: 1.6 mg
Vitamin C: 24 mg
Beta-Carotene: 171 mcg
Vitamin E: 0.7 mg