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

Ingredients

Makes 2 Servings

- yellow onion, diced (1)
- garlic, minced (3 cloves)
- large tomatillos, paper husks removed and cut in half (8)
- water (1/2 cup)
- salt (1/8 tsp.)
- ground cumin (1/2 tsp.)
- chopped fresh cilantro (3 tbsp.)
- juice of limes (2)

Directions

1. Over medium-high heat, sauté the onion until it is lightly browned. Reduce the heat to medium.
2. Add the garlic and sauté 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-cup serving*

- **Calories:** 76
- **Protein:** 2 g
- **Carbohydrate:** 14 g
- **Sugar:** 6 g
- **Total Fat:** 2 g
- **Calories from Fat:** 18%
- **Fiber:** 5 g
- **Sodium:** 109 mg