



## Salsa Verde

### U.S.

1/2 pound	Tomatillos
2 cloves	Garlic, peeled
1/4 each	Onion, yellow
1 each	Jalapeno
1/4 bunch (about 1/4 cup of leaves)	Cilantro
1/2 tsp	Kosher Salt

### Metric

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

### **Preparation:**

1. Gather all ingredients and equipment.
2. Remove the husk from the tomatillo, rinse until all sticky residue has been removed.
3. Optional: Remove seeds from the jalapeno for a milder salsa.
4. Place all tomatillos, garlic, onion, and jalapeno in a pot, cover with water and bring to boil for 15-20 minutes.
5. Drain the water from the cooked ingredients. Reserve 1/4 cup of the cooking water.
6. Blend cooked ingredients, cilantro and salt in a blender until smooth sauce consistency. If the salsa is not blending, add some cooking water as needed.

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## Nutrition Facts

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8 Servings

**Serving size**                      **2 Tablespoons**

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**Amount per serving**

**Calories**                              **15**

Calories from Fat                      0

**Total Fat**                              0 g

    Saturated Fat                      0 g

    Trans Fat                            0 g

    Monounsaturated Fat              0 g

**Cholesterol**                          0 mg

**Sodium**                                120 mg

**Total Carbohydrate**                3 g

    Dietary Fiber                      1 g

    Total Sugars                        2 g

        Includes 0g Added Sugars

**Protein**                                0 g

Vitamin D                              0 %

Calcium                                 0 %

Iron                                      6 %

Potassium                              0 mg

Phosphorus                             0 mg

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