



Salsa Verde

U.S.

1/2 pound	Tomatillos
2 each	Garlic cloves, peeled
1/2 each	Onion, yellow
1 each	Jalapeno
1/4 bunch	Cilantro
1/8 tsp	Salt, kosher

Metric

225 g
2 each
1/2 each
1 each
1/4 bunch
1 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.
6. Blend cooked ingredients, cilantro and salt in a blender until smooth sauce consistency.

Nutrition Facts

8 Servings

Serving size **2 Tablespoons**

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
