



## **Oven-Roasted Tomatillo Salsa**

6 servings

- 1 pound fresh tomatillos, husked, gently rubbed under running water\*
- 2 jalapeños, scrubbed with clean vegetable brush under running water\*\*
- 3 cloves garlic OR 1 teaspoon garlic powder
- ½ cup onion, scrubbed with clean vegetable brush under running water, chopped
- 1 Tablespoon lime juice
- 1 teaspoon salt (optional)
- 1/4 cup fresh cilantro, gently rubbed under cold running water (optional)
- 1. Wash hands with soap and water.
- 2. Set your oven to broil. Spray a large baking sheet with non-stick cooking spray.
- 3. Remove husks from the tomatillos. Rinse with water and dry with a clean towel or paper towel.
- 4. Cut tomatillos and jalapeños in half. Place cut side down on the prepared baking sheet. If using garlic cloves, place these on the tray to roast as well.
- 5. Roast in the oven for 8 minutes, or until the tomatillo and jalapeño skins start to blacken.
- 6. Remove the tray from the oven, and let cool for 10 minutes.
- 7. Place roasted vegetables in a blender. Add chopped onions, lime juice, salt, and cilantro if desired. Blend until all the ingredients are finely chopped and mixed.
- 8. Serve with tortilla chips, tacos, burritos, meat, chicken, or fish.
- 9. Store leftovers in a sealed container in the refrigerator for up to four days.

USDA.

Notes: Alternatively to the oven roasting method, tomatillos can also be toasted on the stovetop. Place husked and washed whole tomatillos in a large pan and toast over medium-high heat until skins brown and tomatillos soften.

Nutrition Information per Serving: Calories 30, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrates 6g, Fiber 2g, Total Sugars 4g, includes 0g Added Sugars, Protein 1g, Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 6%.

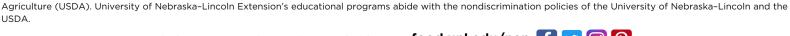
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<sup>\*</sup>Green tomatoes can be used in place of tomatillos.

<sup>\*\*</sup>For less spicy salsa, remove the seeds from the jalapeño.