

Salsa Verde

Yield: 8 servings

Ingredients

½ pound tomatillos
2 cloves garlic; peeled
½ onion, yellow
1 jalapeño pepper
¼ bunch cilantro
⅛ teaspoon kosher salt

Instructions


1. Remove the husk from the tomatillos, rinse until all sticky residue has been removed.
2. Optional: Remove seeds from the jalapeño for a milder salsa.
3. Place all tomatillos, garlic, onion, and jalapeño in a pot, cover with water and bring to a boil for 15 to 20 minutes.
4. Drain the water from the cooked ingredients.
5. Blend cooked ingredients, cilantro and salt in a blender until smooth sauce consistency.

Nutrition Information


Serving Size: 2 Tablespoons

Calories: 15
Total Fat: 0
Saturated Fat: 0
Monounsaturated Fat: 0
Polyunsaturated fat: 0
Sodium: 120.0 mg
Total Carbohydrate: 3.0 g
Dietary Fiber: 1.0 g
Sugars: 2.0 g
Protein: 0 g

Source: Health Meets Food



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Presented by
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