

SDSU

Extension



In season:



Summer

# Tomatillo

## Pick it!

Should be dry and hard with tightly fitting husks and no mold.

Store in a refrigerator in a loose or open container in the crisper for 2-3 weeks.

## Try it!

Used much like tomatoes – baked, broiled, sliced, or braised.

Can be eaten raw but do have a citrus type tang.

Sweeter when cooked.

Main ingredient in a Mexican dish called salsa verde.



## Types of Tomatillo

**Toma Verde:** sweet, yet tart; great in southwestern dishes, bright green, turns yellow as it ripens.

**Purple:** sweet yet tart flavor, bright purple color.



## Did you know...

They contain vitamin C, which helps cuts, and bruises to heal, potassium which helps keep our heart healthy and fiber that helps with healthy digestion.

**Like it!**

## Tomatillo Salsa

### Ingredients

- 18 medium tomatillos (about 2 cups, husks removed, washed and finely chopped)
- ½ c onion, chopped
- ¼ c fresh cilantro, chopped
- 1 T lime juice
- ¼ t salt
- ¼ t sugar
- 2 serrano chilies (seeds removed and finely chopped)

### Directions

Put tomatillos and peppers in medium pot. Bring to a boil over high heat. Lower heat to low for 10 minutes, until tomatillos and peppers are tender. Remove tomatillos and peppers from heat and let cool. Reserve ½ cup of liquid. Put all ingredients in a blender container, cover with a tight fitting lid, and blend until smooth. Add reserved liquid, if needed. Serve or cover and refrigerate for up to 3 days.

Yields 4 servings.

Nutrition Facts per Serving:  
Calories 60; Fat 2g; Sodium 150mg; Carbs 13g; Fiber 4g;  
Sugars 1g; Protein 2g

Sources:

<https://eatfresh.org/recipe/side-dish/tomatillo-salsa>

## Tomatillo Vinaigrette

### Ingredients

- 1 tomatillo, chopped
- 2 Tablespoons vinegar (white wine or balsamic)
- 1 Tablespoon olive oil
- ½ teaspoon Dijon mustard

### Directions

Combine all ingredients and whisk to combine. Serve over salad greens and vegetables. Store leftover dressing in refrigerator.

Yields 4 servings.

Nutrition Facts per Serving:

Calories 35; Fat 3.5g; Sodium 15mg; Carbohydrates 1g;  
Fiber 0g; Sugars 0g; Protein 0g

Sources:

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

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