

SDSU



Extension

Tomatillo

In season:



Summer

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

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