



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Tomatillo



Pick it!

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

Try it!

Can be eaten
raw for a citrus
type tang or
cooked for a
sweeter flavor.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

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SOUTH DAKOTA STATE
UNIVERSITY 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, for up to 2-3 weeks.

Try it!

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

Can be eaten raw.

Can have a tangy citrus flavor when eaten raw.

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 Vinaigrette

Ingredients

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

Directions

1. Combine all ingredients and whisk to combine.
2. Serve over salad greens and vegetables.
3. 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: fruitsandveggies.org/

Roasted Tomatillo Salsa

Ingredients

- 18 tomatillos, husks removed
- ½ cup onion, chopped
- ½ cup fresh cilantro, chopped
- 1 Tablespoon lime juice
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 2 serrano chile peppers, stems removed
- 1 tablespoon olive oil

Directions

1. Preheat oven to 450°F.
2. Put tomatillos, onion and peppers on a non-stick baking sheet. Drizzle with olive oil and season with salt. Toss to coat. Roast for 15 minutes or until vegetables are tender.
3. Remove vegetables from heat and let cool.
4. Put all ingredients in a blender container, cover with a tight fitting lid, and blend until smooth. Add 1-2 tablespoons of water to achieve the desired consistency.
5. 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; Protein 2g

Sources: eatfresh.org/recipe/side-dish/roasted-tomatillo-salsa/

**Find more recipes
and videos at
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S-0001-39

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Tomatillo

- Should be dry and hard with tightly fitting husks and no mold.
- Store in the refrigerator, in a loose or open container in the crisper, for 2-3 weeks.
- Used much like tomatoes – baked, broiled, sliced or braised.
- Can be eaten raw.
- Can have a tangy citrus flavor when eaten raw.
- Sweeter when cooked.
- Main ingredient in a Mexican dish called salsa verde.

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Directions

1. Preheat oven to 450°F.
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3. Remove vegetables from heat and let cool.
4. Put all ingredients in a blender container, cover with a tight fitting lid, and blend until smooth. Add 1-2 tablespoons of water to achieve the desired consistency.
5. 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; Protein 2g

Sources: eatfresh.org/recipe/side-dish/roasted-tomatillo-salsa/



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Tomatillo

In season:



Summer

Sampling Display Instructions

Tomatillo Vinaigrette

Ingredients	24 samples	32 samples	48 samples
Samples: 1 teaspoon vinaigrette over ¼ cup lettuce			
Tomatillo, chopped	2 medium	3 medium	4 medium
Vinegar (white wine or balsamic)	3 Tablespoons	4 Tablespoons	5 Tablespoons
Olive oil	1½ Tablespoons	2 Tablespoons	3 Tablespoons
Dijon mustard	¾ teaspoons	1 teaspoon	1½ teaspoons
Romaine, spinach, iceberg lettuce or mixed greens	6 cups	8 cups	12 cups

Directions:

1. Put all the ingredients except the lettuce into a large bowl.
2. Using a whisk, combine all the ingredients.
3. Put into a sealable container, place in a cooler over ice, and transport quickly to your destination.
4. Serve 1 teaspoon over ¼ cup of lettuce or mixed greens on a paper plate with a plastic fork.
5. Store leftover dressing in refrigerator.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates, plastic forks
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)

[youtube.com/watch?v=Kv4K-3GHU4Mw](https://www.youtube.com/watch?v=Kv4K-3GHU4Mw)



Notes:

- Prepare tomatillo vinaigrette. Transport in an airtight container and place in a cooler.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time on small plates with forks. Ask parent's permission before children sample.
- Ask if they use tomatillos often in their meals or snacks. Ask if they could use this recipe. Remind that leftovers can be stored in the refrigerator for 3-4 days.

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Tomatillo

In season:



Summer

Sampling Display Instructions

Roasted Tomatillo Salsa

Ingredients	24 samples	32 samples	48 samples
Samples: 1 Tablespoon salsa, 1 whole grain chip			
Tomatillo; husks removed	18 medium	24 medium	36 medium
Onion; chopped	½ cup	⅔ cup	1 cup
Fresh cilantro; chopped	½ cup	⅔ cup	1 cup
Lime juice	1 Tablespoon	1 Tablespoon, 1 teaspoon	2 Tablespoons
Salt	¼ teaspoon	⅔ teaspoon	½ teaspoon
Sugar	¼ teaspoon	⅔ teaspoon	½ teaspoon
Serrano chiles; stems removed	2	2 ⅔	4
Olive Oil	1 Tablespoon	1 Tablespoon, 1 teaspoon	2 Tablespoons

Directions:

1. Preheat oven to 450°F.
2. Put tomatillos, onion, and peppers on a non-stick baking sheet. Drizzle with olive oil and season with salt. Toss to coat. Roast for 15 minutes or until vegetables are tender.
3. Remove vegetables from heat and let cool.
4. Put all ingredients in a blender container, cover with a tight fitting lid, and blend until smooth. Add 1-2 tablespoons of water to achieve the desired consistency.
5. Serve or cover and refrigerate for up to 3 days.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates
- Spoon for serving
- Pick It! Try It! Like It! Preserve it! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/play-list?list=PLlIdDb7lZYqIWYg_nH3tCtQgNv0DcsstO



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Post Allergy Alert Sign.
- Place only a few samples out at a time on paper plates.
- Ask parent's permission before children sample.
- Ask if they use tomatillos often in their meals or snacks. Ask if they could use this recipe. Remind them that leftovers can be stored in the refrigerator for up to 3 days.

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