



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Summer

Tomatillo

Preschool Lesson Plan

Objectives

Participants will:

- identify tomatillos as a green, tomato-shaped vegetable with a papery husk.
- increase knowledge in growing, selecting, storing, nutrition and use of leafy tomatillos.
- prepare a recipe using tomatillos.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant Visual
- Tomatillo visuals
- Actual tomatillo if possible

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

Recipe

- Tomatillo Salsa

Cooking and Food Safety Skill Sheets

- Handwashing
- Knife Safety and Cutting Boards
- Measuring Liquid and Dry Ingredients

Other Cooking and Food Safety Skills

- Cooking terms - chop, vinaigrette and whisk
- How to whisk
- Cutting jalapeño peppers and safety precautions

Supplies for Tomatillo Lesson

- Tomatillo Salsa
 - » Cutting boards
 - » Knives
 - » Measuring cups
 - » Measuring spoons
 - » Bowl
 - » Spoon

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> • It is a member of the nightshade family. • It is native to Mexico and Central America and is often used in making Mexican foods. • It was first grown by the Aztecs as early as 800 B.C. • Its name means "little tomato." <p>(Answer: Tomatillo.)</p>	<ul style="list-style-type: none"> • Name off each clue, allow a few guesses before moving on to the next clue. • After someone guesses the answer, or you tell them, show them visuals of tomatillo.
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruits and vegetables each, every day.</p> <p>Kindergarteners should be eating 1 ½ cups of fruits and vegetables each, every day.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster.
<p>How many of you have seen a tomatillo before?</p> <p>How many of you have eaten a tomatillo before?</p> <p>Tomatillos are green, tomato-shaped vegetables. They are about one to two inches in diameter. They are covered by a papery husk.</p> <p>They are also known as "husk tomato" or "Mexican green tomato."</p> <p>Tomatillos may be green or purple. The green tomatillos have a tart flavor and they may turn yellow as they ripen. Purple tomatillos have a little bit of a sweeter flavor.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Show the tomatillo visuals or an actual tomatillo if possible.
<p>Different vegetables come from different parts of the plant. Vegetables are either a root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant do you think tomatillos are?</p> <p>(Answer: Fruit.)</p> <p>The fruit of a plant contains the seeds, which in turn are used to make new plants.</p>	<ul style="list-style-type: none"> • Show the Parts of a Plant visual. • Call on someone who would like to answer.
<p>When selecting tomatillos at the store, choose firm, green, shiny tomatillos that have tightly fitting husks. Look to make sure there's no mold on them, which would have an odd color and look a little fuzzy.</p>	<ul style="list-style-type: none"> • Show a tomatillo with the husk attached, pointing out the color and firmness.
<p>How should tomatillos be stored?</p> <p>Tomatillos can be stored in the crisper drawer of the refrigerator in a loose or open container for 2-3 weeks.</p> <p>Wash tomatillos when you are ready to use them.</p> <p>Tomatillos can also be frozen fresh or preserved by canning.</p>	<ul style="list-style-type: none"> • Allow for discussion

What You Say:	What You Do:
<p>What are some different ways that we can eat tomatillos?</p> <p>You can prepare tomatillos any way that you like to prepare tomatoes. They can be baked, broiled, sliced or braised. They can be used in salsa instead of tomatoes or even in enchiladas.</p>	<ul style="list-style-type: none"> Have participants name their favorite ways to eat tomatillos.
<p>Why would we want to eat tomatillos?</p> <p>Tomatillos contain vitamin C, fiber and potassium. Vitamin C helps heal our cuts and bruises and keep our gums healthy. Potassium keeps our heart healthy and fiber keeps our tummies healthy.</p>	
<p>Are you ready to try a recipe using tomatillos?</p> <p>What is the first thing that we need to do before preparing food?</p> <p>(Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> Review the Handwashing skill sheet.

Use this page if you are going to prepare Tomatillo Salsa

Equipment Needed

- Cutting board and knives
- Measuring spoons
- Spoon
- Measuring cups
- Bowl

What You Say:	What You Do:
Today we are going to be making tomatillo salsa. Let's read through the recipe together before we begin.	<ul style="list-style-type: none"> • Read through the recipe with the participants.
<p>The recipe calls for 18 medium tomatillos or about 2 cups.</p> <p>We will remove the husks, wash them and finely chop them.</p> <p>Remember from the lesson, the husks should be left on the tomatillos until they are ready to be used.</p> <p>How should we wash the tomatillos? (Answer: Under cool running water.)</p>	<ul style="list-style-type: none"> • Show the actual tomatillos with the husks on them. • Call on someone who would like to answer. • Review Washing Fruits and Vegetables skill sheet.
<p>We will also be chopping an onion, cilantro and serrano chilies.</p> <p>What does the cooking term "chop" mean? (Answer: To cut solids into pieces with a sharp knife or other chopping device.)</p> <p>We will be using knives and cutting boards to do the chopping. What are some things we want to remember when using knives?</p>	<ul style="list-style-type: none"> • Define the cooking term "chop". • Review Knife Safety and Cutting Boards skill sheet.
<p>Jalapeño peppers can be substituted for the serrano chilies.</p> <p>You want to avoid touching the seeds and flesh of the jalapeño pepper, as it can sting and burn your eye.</p> <p>How might we prevent this from happening? (Possible answers: Wear gloves, hold the pepper by the stem when cutting.)</p>	<ul style="list-style-type: none"> • Discuss ways to prevent peppers from stinging our skin.
<p>The lime juice, salt and sugar will be added to the chopped ingredients in a bowl and stirred to combine.</p>	<ul style="list-style-type: none"> • Demonstrate measuring the lime juice over a small bowl to prevent spills into the salsa. • Demonstrate leveling off the dry ingredients of salt and sugar. • Review Measuring Liquid and Dry Ingredients skill sheet.
<p>The salsa can be served right away or refrigerated before use.</p> <p>What are some ways that this salsa may be served? (Possible answers: With baked chips, carrots or celery, or as a dressing on salad greens.)</p>	<ul style="list-style-type: none"> • Share ideas on how to use the salsa.
<p>How should the leftovers be stored? (Answer: In a covered, air tight container in the refrigerator.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.

Visuals



Tomatillo growing on the plant



Photo by Craig Cloutier, [flic.kr/p/9cn8dX](https://www.flickr.com/photos/9cn8dX/)

Green tomatillo



Photo by Jason Wilson, [flic.kr/p/oxbGxf](https://www.flickr.com/photos/oxbGxf/)

Purple tomatillos

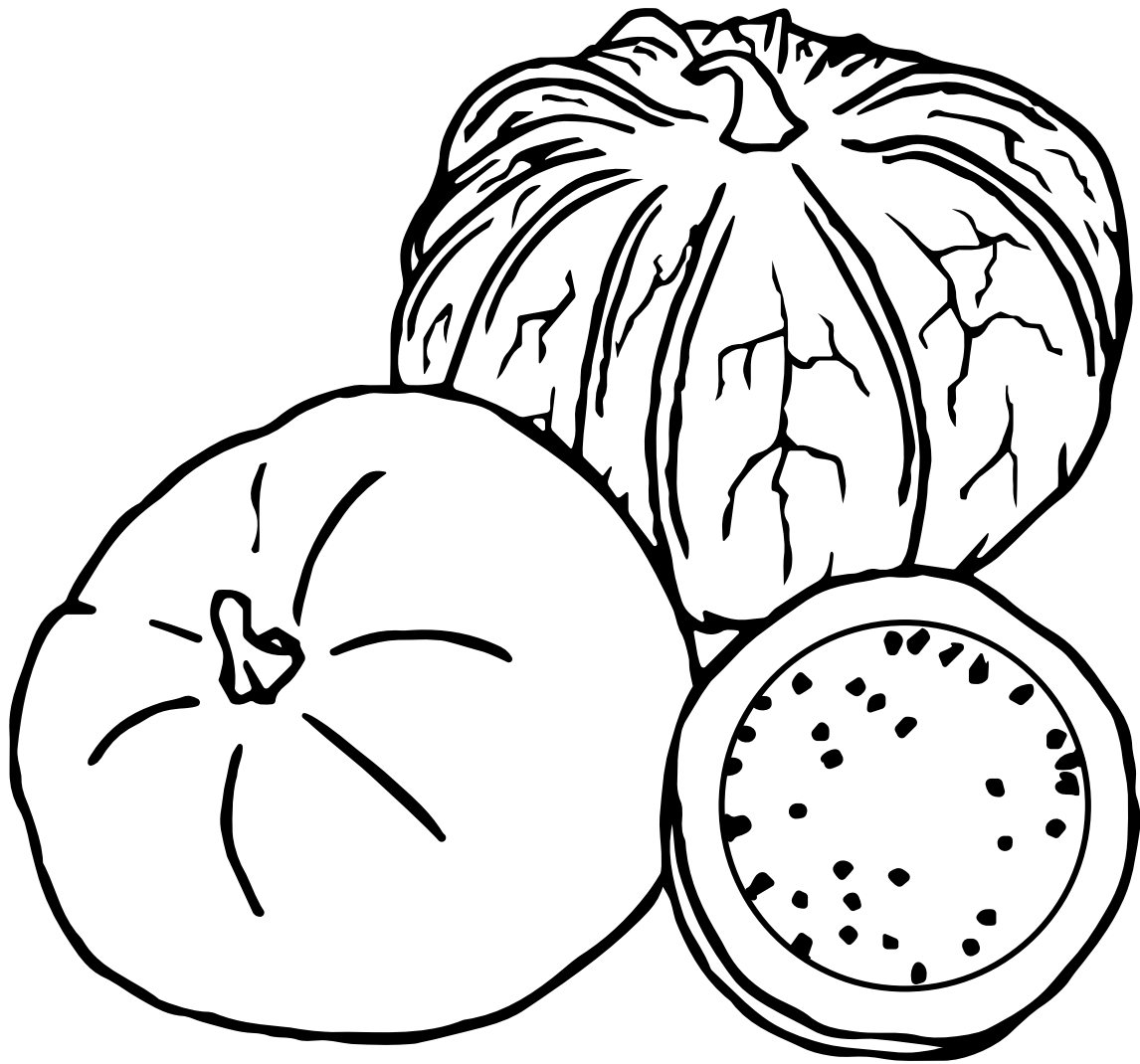
Tomatillo Nutrition Information

Types	Serving Size/ Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Tomatillo, 1 med.	34	10	1	1%	4.0	91	2.4
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-2 cup servings of fruit and 1-4 cup servings of vegetables per day depending on age.	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



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TOMATILLO



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

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Tomatillo Sources

Recipe

- eatfresh.org/recipe/side-dish/tomatillo-salsa

Information

- eatfresh.org/discover-foods/tomatillos
- fruitsandveggies.org/
- ucanr.edu/sites/SD-NFCS/Nutrition_Education_EFNEP

Clues

- specialtyproduce.com/produce/tomatillos

Cooking Terms

- reallifegoodfood.umn.edu/kitchen-skills-and-tips/cooking-terms-glossary

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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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