

Tomatillo Salsa

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Start to Finish Time: 20 minutes

8 tomatillos, husks removed
1 medium tomato, quartered
1 small onion, cut into chunks
1 jalapeno pepper, seeded
3 tablespoons fresh cilantro leaves
3 cloves garlic, peeled
1 tablespoon lime juice
1/2 teaspoon salt
1/4 teaspoon ground cumin
1/8 teaspoon pepper
tortilla chips

In a large saucepan, bring four cups of water to a boil.

Add the tomatillos.

Reduce heat and simmer, uncovered, for 5 minutes. Drain.

Place the tomatillos, tomato, onion, jalapeno, cilantro, garlic, lime juice, salt, cumin and pepper in a food processor.

Cover and process until blended.

Serve with chips.

Yield: 2 1/4 cups

Per Serving (excluding unknown items): 180 Calories; 4g Fat (15.7% calories from fat); 6g Protein; 37g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 1087mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 6 1/2 Vegetable; 0 Fruit; 1/2 Fat.