

# Vegetable of the Month

## TOMATILLO!



### Nutrition Facts

Serving Size (34g)  
Servings Per Container

Amount Per Serving

**Calories 10**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

**Cholesterol 0mg**      **0%**

**Sodium 105mg**      **4%**

**Total Carbohydrate 2g**      **1%**

Dietary Fiber 1g      **4%**

Sugars 1g

**Protein 0g**

Vitamin A 2%      • Vitamin C 0%

Calcium 2%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Tomatillos are small fruits (used as a vegetable) enclosed in a husk. The fruit resembles a small unripe tomato and is usually green or yellow. The yellow color indicates ripeness, but tomatillos are most often used when they are still green. Green tomatillos are firmer and easier to slice. The husk that holds the fruit is paper-like and is light brown. The flesh is slightly acidic with a hint of lemon. Tomatillos belong to the same family as tomatoes.

The Aztecs first grew tomatillos as far back as 800 B.C. and they have been popular in Mexico and other Latin American countries for many years. In the US, they are mainly grown in Texas.

### Selection

The condition of the husk is often a good indicator when selecting tomatillos. If the husk is dry or shriveled then the fruit is probably not in good condition. Select tomatillos that have an intact, tight-fitting, light brown husk. If you peel back a small part of the husk, the fruit should be firm and free of blemishes.

Canned tomatillos are available at specialty markets and are often used when making sauces. Tomatillos are available year round in supermarkets and specialty markets. Domestically grown tomatillos are available from May through November.



### **Storage**

Fresh tomatillos with the husk still intact may be stored in the refrigerator for up to two weeks. They are best stored in a paper bag. Tomatillos last a week longer in the refrigerator if the husks are removed and the fruit is placed in sealed plastic bags. Tomatillos may also be frozen after removing the husks.

### **Preparation**

The husks must be removed before preparing, but tomatillos in the husk are often used as decoration. Wash the fruit with soap and water to remove the film left by the husk. Tomatillos may be used raw in salsas or salads or cooked for sauces. Cooking enhances the flavor and softens its skin, but the result is a soupy consistency since the fruit collapses after a few minutes.



### **Make Tomatillos Part of Your 5 A Day Plan**

- Slice tomatillos into salsa to add color and flavor.
- Add diced tomatillo to guacamole for an extra crunch.
- Top tacos with sliced tomatillos for a change.
- Liven up your soup with some chopped tomatillos.

# Recipes

## **Mango and Tomatillo Salsa**

Makes 8 servings

Each serving equals one 5 A Day serving

2 mangos, peeled and diced  
10 tomatillos, husked and sliced  
1 jalapeno pepper, seeded and sliced  
 $\frac{1}{4}$  cup lime juice  
 $\frac{1}{4}$  cup onion, diced  
 $\frac{1}{4}$  cup cilantro, chopped  
 $\frac{1}{2}$  cup tomatoes, diced

Combine all of the ingredients in a large bowl. Cover and let sit for at least 2 hours before serving.

Nutritional analysis per serving: Calories 54, Fat 0g, Calories from Fat 0g, Protein 0g, Carbohydrates 13g, Fiber 2g, Cholesterol 0mg, Sodium 3mg.

## Corn & Tomatillo Soup

Makes 8 servings

Each serving equals two 5 A Day servings

- 1½ cup tomatillos
- 1½ cup onion, chopped
- 2 garlic gloves, diced
- 1 tsp margarine
- 3¾ cup whole kernel corn
- 1 cup frozen peas
- 4 cups low sodium chicken broth
- 1 Tbsp cilantro, chopped
- 4 oz diced green chilies
- ¼ cup spinach, chopped
- 1 tsp sugar



Sauté tomatillos, onion and garlic in with margarine for five minutes. Remove to food processor and add peas and cilantro. Puree to chunky. Pour in pan and add chicken stock, diced green chilies, chopped spinach, corn, and sugar. Heat and serve.

Nutritional analysis per serving: Calories 127 Fat 2g, Calories from Fat 14%, Protein 6g, Carbohydrates 25g, Fiber 4g, Cholesterol 2mg, Sodium 113mg.

## **Mahi-Mahi With Corn & Tomatillo Salsa**

Makes 6 servings

Each serving equals two 5 A Day servings

6 mahi-mahi filets, 3 oz. each

1/3 cup pistachios, ground

### Salsa:

5 ears fresh corn

24 tomatillos

1 red pepper

1 tomato

½ jalapeño, seeded

2 Tbsp cilantro

### Sauce:

1 cup fresh squeezed orange juice

1 tsp lemon juice

2 Tbsp pistachio nut oil

Salsa, Prepare a hot grill. Remove silks from ears of corn and pull husks back to cover. Place on grill and char on all sides until corn is cooked, about 5 minutes. At the same time, remove the husks from tomatillos and place on grill with red pepper and char on all sides. When vegetables are cool enough to handle remove the husks from the corn and cut off the cob. Finely dice the tomatillos and tomato. Peel, seed and dice the red pepper. Place them all in a stainless steel bowl and mix with the jalapeño and cilantro and season with salt and pepper. Reserve.

Sauce, Place orange juice in a stainless steel saucepan and reduce by half over high heat until lightly thickened. Add the lemon juice and pistachio nut oil and reserve.

To serve, Heat a non-stick skillet over high heat. Roll fish filets in ground pistachios. Spray oil on skillet and cook filets on both sides to lightly brown and cook through. Divide salsa between six plates, place fish on top and drizzle sauce around the fish.

Nutritional analysis per serving: Calories 340, Fat 11g, Calories from Fat 28%, Protein 26g, Carbohydrates 40g, Fiber 7g, Cholesterol 74mg, Sodium 114mg.

## **Roast Chicken with Tomatillo Sauce**

Makes 4 servings

Each serving equals one 5 A Day serving

$\frac{1}{2}$  pound fresh tomatillos, husks removed and quartered

4 cloves garlic, minced

2 ounces diced green chilis

$\frac{1}{2}$  bunch fresh cilantro, chopped

1 small onion, chopped

$\frac{1}{2}$  tsp black pepper

2 whole chicken breasts, halved, skin and fat removed

1 red bell pepper, sliced into rings

Puree the first six ingredients. Place in a 9 inch quiche pan or pie plate, cover with microwave plastic wrap, and microwave on high for 5 minutes. To cook on top of stove, place pureed ingredients in a saucepan and simmer 20 minutes.

Spoon the sauce over the chicken, cover, and bake in a preheated 350 degree oven for 35 to 40 minutes.

Nutritional analysis per serving: Calories 112, Fat 1g, Calories from Fat 12%, Protein 15g, Carbohydrates 10g, Fiber 3g, Cholesterol 34mg, Sodium 72mg.