

# Salsa de Tomatillo

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience

Tomatillos start out tart, but once they're stewed or roasted, the natural sugar in the fruit develops, striking a nice balance in the sauce. You can use this as a dipping salsa instead of a cooking salsa if you omit most of the water in the recipe!

## About the Recipe

**76 Calories · 2 g Protein · 5 g Fiber**  
**Sauce/Dressing/Topping**

## Ingredients

***Makes 2 Servings***

- 1 yellow onion, diced
- 3 cloves garlic, minced
- 8 large tomatillos, paper husks removed and cut in half
- 1/8 tsp (0.6 mL) iodized salt
- 1/2 tsp (2.5 mL) ground cumin
- 3 tbsp (45 mL) chopped fresh cilantro
- 2 juice of limes (optional)

## Directions

1. Over medium-high heat, saute the onion until it is lightly browned. Reduce the heat to medium.
2. Add the garlic and saute for 1 minute.
3. Add the tomatillos, water, salt, and cumin.
4. Simmer until the tomatillos have turned into a chunky sauce.
5. Remove from the heat and add the cilantro and optional lime juice.

# Nutrition Facts

*Per 1-c serving:*

**Calories:** 84 kcal

**Fat:** 2 g

**Saturated Fat:** <0.5 g

**Calories From Fat:** 20%

**Cholesterol:** 0 mg

**Protein:** 3 g

**Carbohydrates:** 16 g

**Sugar:** 9 g

**Fiber:** 4 g

**Sodium:** 153 mg

**Calcium:** 36 mg

**Iron:** 1.6 mg

**Vitamin C:** 24 mg

**Beta-Carotene:** 171 mcg

**Vitamin E:** 0.7 mg