



# Tomatillo

## Fun Facts:

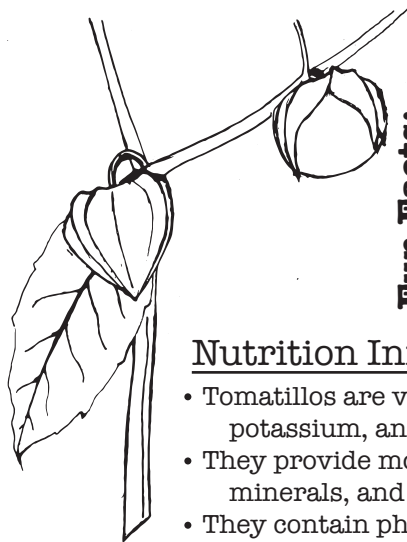
- Known as the Mexican Husk Tomato, tomatillos are in the Nightshade family.
- Tomatillos are ripe when they have filled the husk, often splitting it open.
- Tomatillos come in green, purple, and yellow varieties.

## Nutrition Information:

- Tomatillos are very good sources of dietary fiber, niacin, potassium, and manganese, as well as vitamin C and K.
- They provide more calories, fat, protein per ounce, antioxidants, minerals, and vitamins than tomatoes.
- They contain phytochemicals that possibly prevent cancer.

## Preparation:

- Remove husks and any remainder of the stem before using. If using raw, core the tomatillo with a paring knife as you would a tomato, or simply cut the top off and trim around where the stem attaches to the fruit.
- Rinse tomatillos and let dry. Their skin feels sticky under the husk, but that's normal and you don't need to rinse that off.



## Cooking:

Learn more at [www.thelandconnection.org](http://www.thelandconnection.org)

**Raw:** slice and sprinkle with lime juice and salt; chop or slice and toss on a spring salad; chop and make a chunky salsa verde (green) with onion, lime, cilantro, poblano pepper, jalapeño, and garlic; or eat whole.

**Grill/Roast:** leave whole, toss with olive oil, and place on a grill and cook until soft and skin is charred, or, place in a baking dish, roast at 400°F for 8 minutes, and then flip and roast for another 5 minutes. Grill or roast with poblano peppers to make a traditional salsa verde.

**Sauté:** slice or chop and lightly sauté with other summer vegetables for delicious stir-fries, fajitas, or taco toppings.

**Puree:** core, cut in half, and puree in a food processor or blender. Add lime juice or watermelon for a delicious margarita base, add onion and garlic for a bloody Mary base, or experiment using in cold summer soups.

**Sauce:** chop and cook down with onions, jalapeños, and lime, or green tomatoes, cardamom, and cayenne. These variations of tomatillo sauce can be used in pies or cakes, on savory dishes, or canned as a preserve.

## Storage:

- Tomatillos can be stored at room temperature (with or without husks) for up to 1 week or refrigerated for up to 2 weeks.
- For longer-term storage remove husks and refrigerate in a plastic bag for 3-4 weeks. The husk breaks down quickly so removal is necessary.
- Tomatillos can be frozen (whole, sliced, chopped, or pureed) in air-tight containers or freezer bags. They can also be canned as salsa or sauce.