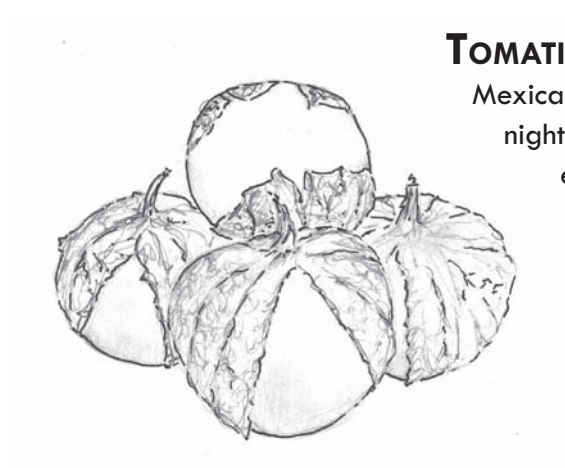


TOMATILLO



TOMATILLO, also called jamberry or Mexican green tomato, belongs to the night shade family along with the tomato, eggplant and cape gooseberry.

Native to Mexico, the tomatillo was first cultivated by the Aztecs and played an important role in their cuisine and culture. It has a tart lemon flavor and is available in the Northeast during the summer months.



STORAGE

◆ **Do not remove the husks.** Tomatillos can be stored like a fresh tomato on a counter top or in the refrigerator drawer in a sealed plastic bag. They can keep for up to **two weeks** in the refrigerator. The husk will turn a brownish green color when the fruit is losing its freshness.

PREPARATION

- ◆ Remove husks. The tomatillos may have a sticky surface. Wash in cold water to remove the residue before eating.
- ◆ Tomatillos can be eaten **raw or cooked**.
- ◆ Add tomatillos to **salads, soups, or make into a salsa**.
- ◆ **Steam or stir-fry** tomatillos.
- ◆ Tomatillos contain a pectin-like substance and can be used to **thicken soups or sauces**.

Nutritional Information

Tomatillo is a good source of Vitamin C. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption.

Tomatillo Recipes

Salsa Verde

- 10 small tomatillos, golf-ball size
- salt
- 1/2 onion, chopped
- 1 garlic clove
- 1/2 large jalapeno or other hot pepper
- 1 tablespoon fresh cilantro
- 1/2 medium lime



Husk and wash the tomatillos. Put in a pot, cover with cold water and add a pinch of salt. Bring to a boil and let the tomatillos boil until they are tender, 5-10 minutes. Remove from pot and drain. Put tomatillos, onion, garlic, jalapeno, a pinch of salt into a blender and blend until almost smooth. Add lime and salt to taste. Stir and serve.

Recipe adapted from www.eeecoooks.com/recipes/2002/07/21/green_salsa.html.

Tomatillo Stir-Fry

- 1 tablespoon olive oil
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 15 tomatillos, halved or chopped
- 1 bell pepper, diced
- 1 zucchini, cut in rounds or half-rounds
- 8 mushrooms, chopped
- salt and pepper
- hot sauce (optional)



In a skillet, saute onions and garlic in olive oil until the onions start to become translucent. Add other vegetables and saute until tender, 5-10 minutes. Feel free to be creative and add any other vegetables that you desire. Season with salt and pepper to taste. Add hot sauce or spice if desired. Serve.

Recipe contributed by Abby Bell, Just Food intern, 2003.

Corn and Tomatillo Soup

- 10 to 15 Tomatillos, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon butter
- 4 cups corn kernels, frozen (thawed) or fresh
- 1 cup green peas, frozen (thawed) or fresh
- 4 cup vegetable or chicken broth
- 1 tablespoon cilantro
- 1 green chili pepper
- 1/4 cup chopped spinach
- 1 teaspoon sugar
- 4 tablespoons sour cream



Sauté tomatillos, onion, and garlic in butter for five minutes. Remove from heat and put into a blender or food processor. Add peas, 3 1/2 cups corn, and 1 cup broth. Puree until chunky. Pour into pot and add the rest of the broth, chilies, spinach, corn and sugar. Heat and serve topped with a dollop of sour cream.

Recipe adapted from <http://www.recipesource.com/text/soups/soups/recipe1609.txt> courtesy of Mission at Turtle Creek.