

TOMATILLO

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Tomatillos are small, round, green fruits that have a tart flavor. They look like unripe green tomatoes that are wrapped in a dry, papery husk.
- Select tomatillos that are fresh, firm and bright green in color. Avoid sticky, yellow or purple tomatillos as they are overripe.
- 1 cup of raw diced tomatillos contains:
 - 26% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy.
 - 16% of your recommended daily value of vitamin K to help with the formation of bones, tissues, and hormones.



PREPARE

To prepare, peel the husk by hand and wash them thoroughly in cold water to remove sticky residue from the surface.

Try fresh tomatillos:

- *Raw*—Counteract the bitter flavor by eating them with sweet fruit.
- *Boiled* into soups, stews or for pureeing in a sauce.
- *Sautéed* with favorite oil and seasoning.
- *Blended* into a salsa.

STORE

- To store, place them inside the refrigerator vegetable compartment for up to 2 weeks.
- To preserve longer, remove the husk and store the green fruits inside the refrigerator in a sealed container.