





# Creamy Salsa Verde

 @dashofwellness  
 @family.finances.food

**Makes 7-1/2 cup servings**



**Tomatillos, peppers, & avocados are heart healthy options!**

## Ingredients

- 1-pound tomatillos, husks removed and washed
- 1 avocado, washed, peeled, pitted and chopped
- 2 jalapeno peppers, washed
- 2 garlic cloves
- 1/2 medium white onion, chopped
- 1/3 cup cilantro leaves, washed and chopped
- 1 lime, juiced
- 1 tsp. salt



## Directions

1. Wash hands with soap and water. Roast whole jalapenos and tomatillos at 400°F for 15 minutes. Let vegetables cool.
2. Add vegetables, garlic, cilantro, lime juice, avocado, and salt in a blender or food processor. Pulse until all ingredients are at a desired consistency.

*Nutrition Facts per 1/2 cup serving: 90 calories, 5 g. fat, 10 g. total carbohydrate, 4 g. dietary fiber, 2 grams protein, 340 mg. sodium*

**Wear gloves when handling jalapeno peppers**

## Storage



**Refrigerate in a covered container for up to 7 days**



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Nutrition Analysis completed using  
ESHA Food Processor 11.9®