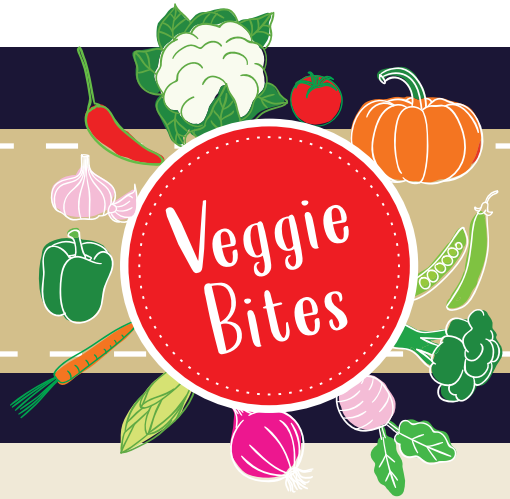


Tomatillos



Try It!



Selection

When choosing tomatillos, open the husk slightly to inspect the fruit. It should be free of damage. A healthy fruit is also firm and bright colored.

Uses

Known as “husk tomatoes,” tomatillos are a key ingredient in fresh and cooked Mexican dishes, including stews, moles, and salsas. There are several varieties and colors of tomatillos, but many associate it with a green color and tart flavor.

TOMATILLO AND CHILE PEPPER SALSA SALAD

Ingredients

- 2 medium golden or red beets, washed and trimmed
- 1 cup finely chopped, peeled cucumber
- 3 oz. tomatillos (finely chopped)
- 1 1/2 oz. reduced-fat Monterey Jack or mozzarella cheese, cut into 1/4 cubes
- 1 medium Anaheim pepper (seeded, ribs discarded, finely chopped)
- 1/4 cup snipped, fresh cilantro
- 2 Tbsp. finely chopped green onions (green and white parts)
- 3 to 4 tsp. fresh lime juice
- 1/8 tsp. salt

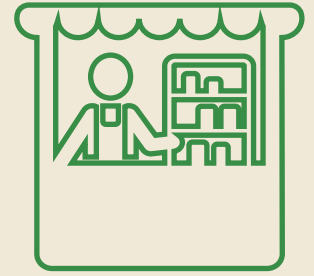
Instructions

1. In a medium bowl, combine all the ingredients.
2. Let stand for 10 minutes to allow the flavors to blend.
3. Serve immediately or cover and refrigerate for up to 2 hours.

History & Fun Facts

Native to Mexico, this vegetable has been grown for hundreds of years. They were domesticated in Mexico before the arrival of Europeans.

They played an important part in the culture of the Aztecs and Mayans. It is now exported around the world, including India, Australia, and Africa.



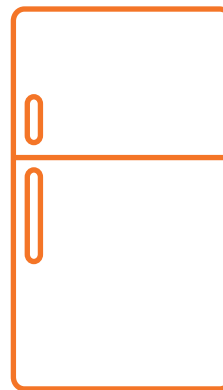
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Fresh tomatillos in their husks keep in the refrigerator in a paper bag for up to 2 weeks.
- To store them for up to 3 months, remove the husks and refrigerate the fruit. They can also be frozen or canned.



NUTRITION FACTS

Low fat

High in Potassium

High in Vitamin C



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



VISA



AMERICAN EXPRESS



Swipe & Shop



FOR MORE INFORMATION...

Amanda Miller | Extension Fond du Lac County
FoodWise Coordinator and Health & Wellbeing Educator
P: 920-929-3174 | E: amanda.m.miller@wisc.edu

Amber Bodart | Downtown Fond du Lac Partnership, Inc.
Director of Communication and Special Events
P: 920-322-2006 | E: market@downtownfdl.com

Primary Sources: University of Nebraska—Lincoln Extension; Iowa State University, 2003; 5 to 9 a Day for Better Health program at www.5aday.gov; <https://recipes.heart.org/>
FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.