

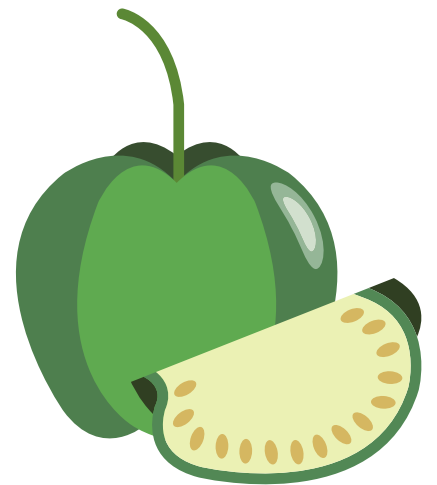
TOMATILLOS



Fuel Your Family

What are Tomatillos?

Tomatillos, also known as husk tomatoes or Mexican green tomatoes, are a green and tomato shaped vegetable covered in a papery husk. They are often used to make salsa verde (green salsa).



Health Benefits

- Packed with nutrients!
 - Vitamin C, Vitamin K, Niacin, and Potassium
- Fiber in tomatillos helps with digestion and feeling fuller for longer

Choosing Tomatillos

- Choose tomatillos that are firm, green, shiny, and attached to their husk
- Avoid tomatillos that are yellow or feel sticky



Ways to Enjoy Tomatillos

- Salsas
- Guacamole
- Salads
- Grill
- Soups
- Stews



Try this "Avocado Salsa" using tomatillos:

<https://eatfresh.org/recipe/side-dish/avocado-salsa#.XtImpud7lPZ>

Source: <https://eatfresh.org/discover-foods/tomatillos>
http://sonomamg.ucanr.edu/Food_Gardening/Feature_Vegetables/Tomatillo/

K-STATE
Research and Extension

Douglas County



Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.