Quick Tomatillo Salsa

INGREDIENTS

7 medium tomatillos, husked and rinsed
2-4 jalapeños or serrano chiles, seeded for a milder salsa
¼ cup chopped onion
¼ cup cilantro, coarsely chopped
Salt to taste

PEAK SEASON

July–September
Nutrition tip:
Tomatillos are high in Vitamin A and contain antioxidants that help protect vision and prevent macular degeneration. Cilantro has detoxifying properties- it helps rid the body of heavy metals.

Recipe provided by Shayna Danto