

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Grilled Salsa Verde

Serves 4 people

- 1 pound tomatillos or green tomatoes, peeled and rinsed
- 1 jalapeno, cut in half and seeded
- 1 small red onion, cut into 1/2 inch slices
- 1/2 cup chopped cilantro
- 1/4 cup chopped parsley
- 1 tablespoon olive oil
- Salt and pepper
- Lime juice, if desired, to taste

Directions

Heat a grill to medium-high heat. Toss tomatillos, jalapeno, and onion with olive oil, salt and pepper. Place vegetables on the grill and cook until well charred and tender. Roughly chop the onions. Place the tomatillos and jalapeno in a food processor and blend until roughly chopped. Add the onions and pulse just a few times to blend. Add cilantro and parsley and pulse one or two times. Add salt and pepper if needed and lime juice if desired.

**For more healthy recipes,
please visit Your Healthy Kitchen
via www.yrmchealthconnect.org**

NUTRITION INFORMATION

PER 1/4 OF RECIPE:

Calories	95
Fat	5 g
Saturated Fat	1 g
Sodium	11 g
Carbohydrate	13 g
Fiber	3 g
Protein	2 g
Potassium	437 mg

Also a good source of Vitamin A, Vitamin C, and manganese

Cost per Serving: \$.75