



### **Creamy Tomatillo Salsa**

*This silky salsa is perfect as a dip or served with your favorite Mexican dish.*

- ½ small onion
- 8 oz (250 g) tomatillos (about 4 medium), husks removed
- 4 garlic cloves
- 1 jalapeño pepper, seeded (see **Cook's Tip**)
- 1 medium firm, ripe avocado
- ½ cup (125 mL) loosely packed fresh cilantro
- ¾ tsp (4 mL) salt
- Tortilla chips (optional)

1. Cut onion into wedges. Place onion, tomatillos, garlic, jalapeño and enough water to cover in **Large Micro-Cooker**<sup>®</sup>. Microwave, covered, on HIGH 5 – 7 minutes or until tomatillos and jalapeño are softened. Drain and refrigerate 20 – 30 minutes or until completely cooled.
2. Peel and remove pit from avocado. Place tomatillo mixture, avocado, cilantro and salt into **Manual Food Processor**; cover and pump handle until smooth. Serve with tortilla chips, if desired.

Yield: 16 servings (about 2 cups/500 mL)

U.S. Nutrients per serving (about 2 tbsp/30 mL, excluding optional ingredient):  
Calories 25, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 110 mg,  
Carbohydrate 2 g, Fiber 1 g, Protein 0 g

**Cook's Tip:** For a spicier salsa, do not remove the seeds from the jalapeño before using.