

# Tomatillo Sauce

*Any leftover sauce will keep in the refrigerator for several days. Serve it with fish, chicken, tortilla chips, scrambled eggs or an omelet.*

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## INGREDIENTS:

- 1 pound fresh tomatillos
  - 1 jalapeno about 2 inches long; use serranos or a larger jalapeno for more heat
  - 2 tablespoons vegetable or olive oil
  - 1 cup chopped yellow onion
  - 2-3 teaspoons chopped garlic
  - 1-1½ cup low-salt chicken broth
  - ½ teaspoon Asian fish sauce (optional)
  - Salt and pepper to taste
  - Pinch sugar, if needed
  - Chopped cilantro to taste
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**INSTRUCTIONS:** Remove the papery husks from tomatillos and rinse. Place tomatillos and jalapeno in a foil-lined sheet pan or ovenproof skillet. Broil on top rack until slightly soft and skins are barely charred, turning as needed, about 10 minutes. Remove from broiler and allow to cool slightly. Remove stem and charred skin

from pepper.

Meanwhile, heat 1 tablespoon oil in a medium skillet over medium heat; add onions and cook until slightly browned. Add garlic and cook until garlic is aromatic.

Place tomatillo, jalapeno, and onion-garlic mixture in a food processor; pulse until ingredients are well chopped but still chunky. In the same skillet over medium-high, heat the remaining tablespoon of oil until very hot. Add sauce back to the pan and cook until aromatic, stirring frequently, about 5 minutes. Add broth; cook to desired consistency.

Season to taste with fish sauce and/or salt. If sauce is too tart, balance with a bit of sugar. Stir in chopped cilantro just before serving. Refrigerate leftover sauce for another use.

Yields 1¼-1½ cups sauce

**PER TABLESPOON:** 25 calories, 1 g protein, 2 g carbohydrate, 2 g fat (0 saturated), 0 cholesterol, 18 sodium, 1 fiber.