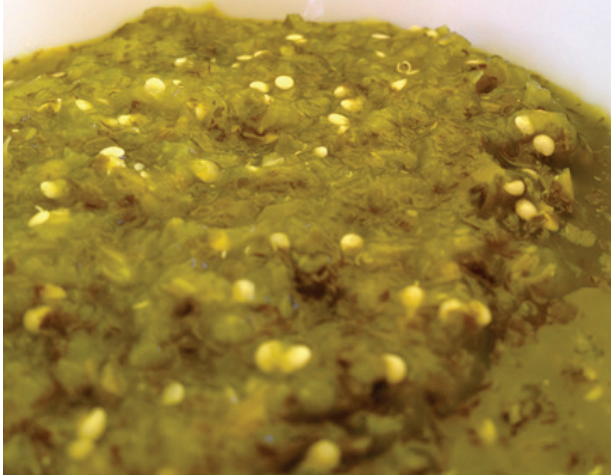


Nova's Salsa Verde

Salsa adds big flavor to dishes without a lot of fat or calories. Serve with chips, veggies, over fish or chicken.

Serves 8



Ingredients

- 1 pound tomatillos
- 1 bunch cilantro
- ½ onion, chopped
- 1 jalapeno
- ½ lime, juiced
- salt to taste

Nutrition Facts

Serving Size about 1/4 cup
Servings Per Container about 8

Amount Per Serving

Calories 20 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 1g

Vitamin A 2% • Vitamin C 15%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Wash tomatillos well.
2. Cut them into quarters and add to food processor with remaining ingredients.
3. Puree until smooth.
4. Pour into saucepan and simmer over medium heat, stirring occasionally, for about 15 minutes.
5. Add salt to taste.
6. Cool before using.