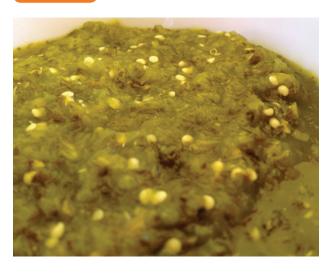
Nova's Salsa Verde

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

Servings Per Container about 8			
Amount Per Se	rving		
Calories 20	Ca	alories fro	m Fat 5
% Daily Value*			
Total Fat 0.5		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%	6 •	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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grat Fat 9 • (65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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.

