What are Tomatillos?
Tomatillos, also known as husk tomatoes or Mexican green tomatoes, are a green and tomato shaped vegetable covered in a papery husk. They are often used to make salsa verde (green salsa).

Health Benefits
- Packed with nutrients!
  - Vitamin C, Vitamin K, Niacin, and Potassium
  - Fiber in tomatillos helps with digestion and feeling fuller for longer

Choosing Tomatillos
- Choose tomatillos that are firm, green, shiny, and attached to their husk
- Avoid tomatillos that are yellow or feel sticky

Ways to Enjoy Tomatillos
- Salsas
- Guacamole
- Salads
- Grill
- Soups
- Stews

Try this "Avocado Salsa" using tomatillos: https://eatfresh.org/recipe/side-dish/avocado-salsa#.Xtlmpud7lPZ