

Salsa Verde

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Servings: 2

1 tablespoon vegetable oil
6 tomatillos, peeled and chopped
1 onion, chopped
1 large poblano pepper, roasted, peeled, seeded and chopped
1 large jalapeno pepper, roasted, peeled, seeded and chopped
4 cloves garlic, finely chopped
2 teaspoons honey
3 teaspoons finely chopped cilantro leaves or 1 tsp ground coriander or 1 tsp ground cumin
salt
juice of one lime

Heat the oil in a skillet over medium to medium-high heat.

Add the tomatillos, onion, poblano, jalapeno, garlic, honey and cilantro to the skillet and bring to a boil.

Lower the heat to medium-low and simmer for 20 minutes.

Using a blender or food processor, puree' the mixture with the lime juice and season with salt.

Per Serving (excluding unknown items): 158 Calories; 8g Fat (42.6% calories from fat); 3g Protein; 22g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 3 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.