MEXICAN · SAUCE

Roasted Tomatillo Salsa Verde

30 min · Makes 12 × 2 tbsp · 14 kcal a portion · Video 9:08 · Rick Bayless

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Charred tomatillos, chilli, garlic and herbs with no oil or sugar: 2 tbsp have about 13 kcal and 2 g of net carbs, a light way to add lots of flavour to tacos, eggs or grilled meat.

Diet notes: Low carb (2 g net carbs) but not keto: 20% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0 g, 0% of the energy); DASH-friendly (160 mg sodium a serve).

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Ingredients

7 · MAKES 12 × 2 TBSP

- [ ] 12 oz (12 oz, 6–8 medium) **tomatillos**, husked and rinsed
- [ ] 4 **garlic** cloves, unpeeled
- [ ] 1 large **jalapeño** (or 1–2 serranos), stemmed
- [ ] ½ medium **white onion**, finely chopped and rinsed
- [ ] 6–8 sprigs **fresh coriander** (cilantro), sliced with stems
- [ ] a scant tsp **salt**
- [ ] 1–2 tbsp **water** to thin, if needed

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the grill (broiler) with a shelf about 4 inches below it. Spread the tomatillos, unpeeled garlic and the stemmed jalapeño (halved, cut side down) on a baking tray. 0:33
2. Grill for about 6 minutes until blackened in spots, turn everything over and grill another 6 minutes, until the tomatillos are soft and olive-coloured and the garlic is soft. Let cool. 2:43
3. Peel the garlic and scrape everything, juices included, into a blender. Pulse to a coarse purée that still has some texture, then pour into a bowl. 3:19
4. Chop the white onion into small dice, rinse it under cold water in a sieve to tame its bite, and shake dry. Slice the coriander, stems and all. 6:03
5. Thin the salsa with a spoonful or two of water if it's too thick, season with salt, then stir in as much onion as you like and the coriander. 5:15

> **Tip** Makes about 1½ cups (12 portions of 2 tbsp). Keeps a few days in the fridge; stir in the onion and coriander just before serving if making ahead. Boiling the tomatillos instead of roasting gives a brighter, tangier salsa.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
14 kcal	0.4 g	2.7 g	0.7 g	0.3 g	160 mg
60 kJ	1% of a day	2 g net · 1.5 g sugars	3% of a day	0 g saturated	7% of a day
		1% of a day		0% of a day	

Energy from net carbs 65% · protein 13% · fat 22%

Recipe and video: Rick Bayless (@rickbayless) on YouTube — youtube.com/watch?v=Vxsyulfdr1w, published 7 November 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/roasted-tomatillo-salsa-verde