

Tomatillo

Except for the thin, parchment-type covering that surrounds the tomatillo (pronounced tow-mah-TEE-oh), this fruit (belonging to the nightshade family) resembles a small, green tomato in size and shape.

Used most often when semi-soft and green, the somewhat sweet and sour flavor of the tomatillo can be enjoyed either raw or cooked. A necessary ingredient for a favorite Southwestern dish called salsa verde, the tomatillo, can also be roasted and added to other recipes or used to make salads and shish-kebabs. Simply peel off husks and wash fruit before using.

Choose firm fruit with dry husks. Avoid any that are bruised or shriveled. Can be refrigerated in a paper bag for up to one month.

tomatillo, (*Physalis philadelphica*), also called **Mexican ground cherry** or **Mexican husk tomato**, annual species of ground cherry of the nightshade family (Solanaceae) and its tart edible fruits. The plant is native to Mexico and Central America, where it has been an important food crop for millennia. The fruits can be eaten raw and are sometimes made into soups, jams, or chutneys . In Mexico and Guatemala, tomatillos and spicy peppers are commonly roasted and then ground together to form *salsa verde*, a green sauce used as a condiment on meats and other foods. Tomatillos are a good source of dietary fibre, vitamin C, vitamin K, and niacin.

Cited: Petruzzello, M. (2023, March 2). tomatillo. Encyclopedia Britannica.
<https://www.britannica.com/plant/tomatillo>