



Tomatillos

Health Benefits of Tomatillos

Also known as husk tomatoes, tomatillos are a food staple in Mexican cultures. They have a light husk that falls away when ripe, and they remain bright green and firm.

1/2 cup raw tomatillos provides:

- 32 calories, <1 gm protein, 1 gm fiber, 1 gm fat, no cholesterol

Potential benefits of tomatillos:

- Provide antioxidants vitamin C and beta-carotene to boost immunity and reduce risk of cancer; Lutein and zeaxanthin help maintain eye health
- Contain B vitamins folate and B6 for metabolism, and vitamin K for healthy blood clotting
- Anti-tumor *withanolides* are known to be toxic to cancer cells
- Minerals include potassium, magnesium, phosphorus and calcium for healthy blood pressure and bones
- Although they look like tomatoes, they have a distinct citrus flavor and firm texture
- Toss in soups or stews, use raw in salads, salsa or on sandwiches



Brought to you by the Coos County Food and Nutrition Group, advanced Health and OSU Extension Family & Community Health.

