

10 Days of Healthier

ROASTED TOMATILLO SAUCE

1.5-2 lbs. fresh Tomatillos
1/2 large white onion, sliced into rings
3 average size garlic cloves - skin left on (protects it while roasting)
1 chile pepper – jalapeno, serrano or habanero
1 poblano pepper
1 cup cilantro- rough chopped
1 lime, juiced
1 cup packed fresh spinach – rough chopped
salt and pepper
olive oil

Preheat oven to 375degrees. You can peel tomatillos or not. (they can be a pain to peel) Place all items on a sheet pan, except for spinach, cilantro and lime. Coat lightly with olive oil, salt and pepper. Roast for 25-30 minutes or until nicely browned.

Remove skin from tomatillos and garlic. Remove stem and seeds from poblano. Place all items including pan juices into a blender. REMOVE inner top from blender, place a folded paper towel over, with your hand holding it in place. Do not make the blender too full, it will blow its top if it's too full of hot items. TRUST ME. Begin to add the rough chopped cilantro, lime, and spinach. Puree slowly at first, you want it to be a bit chunky. Not a complete puree.

But most important - TASTE with a chip, for additional seasonings, more lime, more salt, little water, use your taste buds. Enjoy with chips, over fish, steak, chicken anything, its fresh, healthy and delicious.

For Enchilada Sauce:

Add, 1½ cups chicken or vegetable broth to the blender with sauce and puree. Heat a medium sauce pan over medium heat with a coating of olive oil, add sauce to pan, fry and few seconds and then continue to heat through and simmer. Taste for seasoning and you are ready to dip tortillas into sauce for enchiladas.

Notes: be aware of what type of hot chili pepper you are using, I like using a habanero, but they are one of the hottest. Be careful and wash your hands after using.

If you do not have a poblano, you can use a green bell pepper or no additional pepper.

Tomatillo Chicken for tacos, for tostados salads, for nachos, use your shredded cooked chicken and heat it up with some of the tomatillo sauce, thin out a bit if necessary with water.