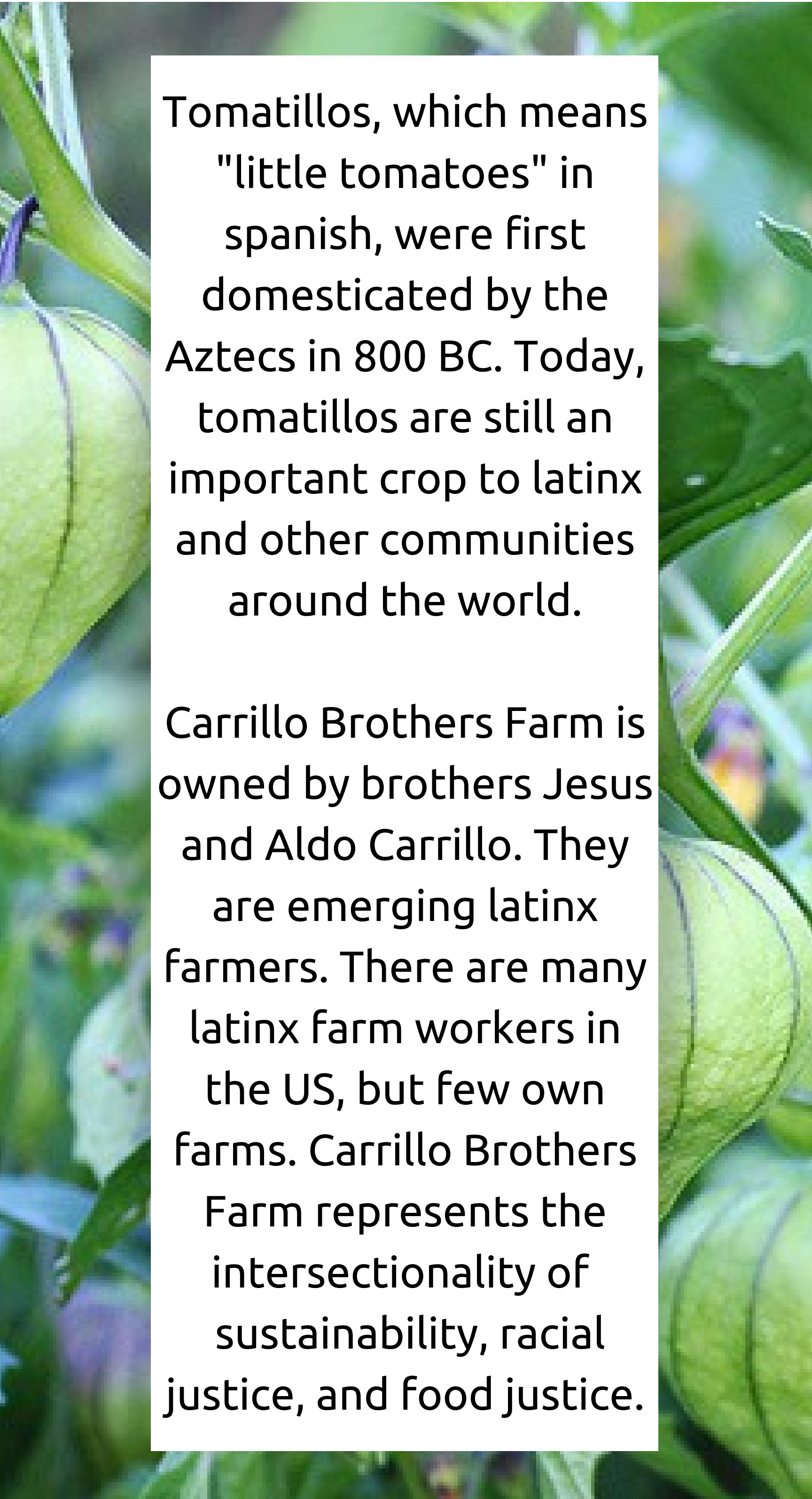


# Food for Health: Tomatillos

Carrillo Brothers - Foley, MN

The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.



Tomatillos, which means "little tomatoes" in Spanish, were first domesticated by the Aztecs in 800 BC. Today, tomatillos are still an important crop to Latinx and other communities around the world.

Carrillo Brothers Farm is owned by brothers Jesus and Aldo Carrillo. They are emerging Latinx farmers. There are many Latinx farm workers in the US, but few own farms. Carrillo Brothers Farm represents the intersectionality of sustainability, racial justice, and food justice.

Tomatillos grow within an enclosed papery husk. Although they are often used in savory dishes, tomatillos are considered fruit.

Tomatillos come in varieties of yellow and purple, but green are the most commonly used.

Tomatillos are a good source of fiber, vitamin C, vitamin K, vitamin B6, potassium, and phosphorus.

Potassium helps to regulate muscle contractions, fluid balance, and blood pressure.

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"We use all organic methods."

- Carrillo Brothers Farm

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## Very Verde Tacos

### Directions

1. Preheat oven to 450 F. Roast tomatillos and jalapeno in the oven for 10 minutes.
2. Blend tomatillos, jalapeno, onion, and parsley in a blender. Add lime juice and salt.
3. Sauté 1 Tbsp of oil, green pepper, zucchini, corn, garlic, and seasonings in a pan over medium heat for 10 minutes.
4. In a bowl, combine cabbage, 1 Tbsp oil, and vinegar.
5. Serve veggies, cabbage, and salsa in tortillas and enjoy.

Storage: Keep husks intact and refrigerate in a paper bag

To learn more, visit the  
Sprout website at  
[www.sproutmn.com/recipes](http://www.sproutmn.com/recipes).

### Ingredients

#### Salsa:

- 1 jalapeno pepper
- 6 tomatillos
- ½ onion, chopped
- ¼ cup parsley
- 1 lime, juiced
- Salt to taste

#### Tacos:

- 2 Tbsp olive oil
- 1 green pepper, diced
- 1 zucchini, diced
- 2 sweet corn, cut off cob
- ½ Tbsp garlic
- ½ tsp cumin
- Salt and pepper to taste
- 2 cups green cabbage, thinly sliced
- 1 Tbsp rice vinegar
- Flour or corn tortillas

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