

Healthy Low Carb Mexican Salsa Verde

Description

A delicious dressing for any time of the year. Great on salads and roasted vegetables

Prep time: Ten minutes

Total time: Fifteen minutes

Servings: One liter

Ingredients

- 2 lbs. of tomatillos
- 1 white onion (7.1 oz)
- 2 fresh jalapeños (1 oz)
- 2 cloves of garlic
- 1/2 cup of cilantro (0.4 oz)
- Juice of 1 lime
- A pinch of sea salt or pink Himalayan salt, to taste

Instructions

1. First, preheat the broiler to high heat. Raise the rack about three inches from the flame. Then line a baking sheet with some foil.
2. Slice the tomatillos in half and organize with the cut side down on the lined baking sheet. Also add in the jalapenos and onion. Place the baking tray in the broiler and broil until charred, about five minutes.
3. Place into a blender and process with the rest of the ingredients until it smooth. Season with salt and serve.
4. It can be stored in the refrigerator for about two weeks.