

# TOMATILLO



- ◆ Tomatillos (toh-MAH-tee-YOS) are a small fruit (used as a vegetable) enclosed in a husk. This group has fruits that are commonly enclosed in papery calyxes and are called “Chinese lantern plants” because of this unusual formation.
- ◆ The Aztecs first grew tomatillos as far back as 800 B.C. Their word for them was “miltomatl”. They have been popular in Mexico and other Latin American countries for many years. In the US, they are mainly grown in Texas.
- ◆ Low in calories and provide a fair amount of vitamin A and K.
- ◆ Tomatillos are excellent in cooked salsas and sauces.

