



# 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 and Community Health.



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