

Mark's Kitchen

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Roasted Broccoli with Tomatillo Salsa

Sugar free dips and salsas are hard to come by, but we've got you covered with this beautiful tomatillo salsa served with roasted broccoli. It's nice and spicy (you can adjust the heat) and perfect to serve with additional veggies or gluten free crackers. Plus tomatillos are a good source of fiber, vitamins and minerals such as niacin, potassium and vitamin C!

Serves: 2 cups of salsa

Ready in: 1 hour

Ingredients:

For the salsa

- 1 pound tomatillos
- 1-2 jalapeno peppers
- 1/2 white onion
- 2 cloves of garlic
- 1 pound tomatillos
- 2 tablespoons extra-virgin olive oil
- 1/2 cup roughly chopped cilantro
- a squeeze of lime juice
- 1 teaspoon sea salt

For the Broccoli

- 1.5 pounds broccoli
- 2-3 tablespoons extra-virgin olive oil

Step 1: To make the salsa: Preheat the oven to 400°F. Chop the onion into large pieces, then place the peppers, tomatillos, onion, and garlic in a heavy bottomed pan. Drizzle with the oil, and place in the oven.

Step 2: Roast for 30 minutes, or until the tomatillos turn brown, soften and even burst.

Step 3: Remove the pan from the oven, allow to cool slightly, then transfer ingredients to a food processor and blend until desired consistency. Pour contents into a bowl, stir in the cilantro, and season with the salt and lime juice. Place in the fridge to cool for [how long]?

Step 4: Now roast the Broccoli. Lower the oven to 375°F. Cut the broccoli into florets then place in a bowl. Add a few tablespoons of olive oil and toss. Place on a baking dish, put the dish in the oven and roast until brown, about 10-12 minutes.

Step 5: Serve the roasted broccoli alongside the salsa.

Nutritional analysis per serving (about 3 tbsp)

Calories 85 • Total Fat 6 g • Protein 2 g • Fiber 3 g • Sugar 2 g • Sodium 70 mg