

### Roasted Green Tomato Salsa (from the Weekly Dirt 10/27)



This roasted green tomato salsa recipe is simple and makes use of all those unripe tomatoes dangling on the vine that won't have time to ripen before the end of the season. Any size green tomato will work, because you will be chopping them up to make the salsa.

While your roasted tomatoes are cooling, finely chop up jalapenos and onions. Feel free to add more or less of these as you please. Bell pepper also works as a great substitute if you like the flavor that the pepper gives but aren't a fan of spicy hot peppers.

My seasoning choice includes Trader Joe's Chili Seasoning. This is a combination of chili powder, cumin, and garlic powder, so you can also use the individual spices, plus salt and pepper. I would definitely recommend experimenting with whatever spices you have at home. This is really a chance to customize the salsa to your own flavor pallet!

I topped some roasted potato tacos with the salsa, which worked out really nicely. I would also recommend enjoying your salsa with some tortilla chips or over anything that you would normally put salsa on!

**Ingredients:**

- 1 medium green tomato
- ½ of a jalapeno, finely chopped
- ¼ of a medium sized onion, finely chopped
- Chili seasoning (combination of chili powder, cumin, garlic powder)
- Salt and pepper

## Instructions:

1. Preheat the oven to 450° F
2. Wash your tomato and cut it in half
3. Place face down on a baking sheet and roast for 30 minutes. The skin of the tomato should start to turn brown. Let cool until you're able to touch it.
4. While this is cooling, prep the rest of your salsa ingredients by chopping the jalapeno and onion and placing them into a mixing bowl.
5. Finely chop the tomato and combine with the jalapeno and onion.
6. Add your spices and enjoy!

## Nutrition Corner: Green Tomatoes

Oftentimes, the flavor and nutritional potential of green tomatoes are overlooked. They're just seen as an unfortunate end of the season crop that has to go to waste. However, when this potential is explored, you're able to utilize an ingredient that can be made into many different things.

Since green tomatoes are simply unripe tomatoes, the nutrients within them will be less concentrated than their riper counterparts. When looking at the nutritional information for tomatoes, just keep in mind that the less ripe ones will still have the same nutrients and minerals, but they will be present in lesser quantities than the more ripe variety. More specifically for tomatoes, the amounts of [β-carotene and lycopene](#) really influence the fruit color, so the less ripe tomatoes will have less of these compounds which are related to [vitamin A production and anti-cancer qualities](#). But don't worry! These compounds are still present just in lesser quantities, so you are still able to reap some of the benefits of using produce that might have been discarded otherwise.

# Nutrition facts

Tomatoes, green ▾			
Sources include: <a href="#">USDA</a>			
Amount Per 1 medium (123 g) ▾			
Calories 28			
			% Daily Value*
Total Fat 0.2 g			0%
Saturated fat 0 g			0%
Cholesterol 0 mg			0%
Sodium 16 mg			0%
Potassium 251 mg			7%
Total Carbohydrate 6 g			2%
Dietary fiber 1.4 g			5%
Sugar 4.9 g			
Protein 1.5 g			3%
Vitamin C	48%	Calcium	1%
Iron	3%	Vitamin D	0%
Vitamin B6	5%	Cobalamin	0%
Magnesium	3%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			