



Avocado Salsa

Ingredients

- 2 tsps avocado oil
- 4 medium tomatillos, husked
- 3 jalapeno chiles
- ½ white onion
- 2 large ripe avocados
- 3 garlic cloves
- ¼ cup chopped cilantro leaves and tender stems
- ¼ cup water
- Juice of one lime
- 1 tsp fine sea salt.

Instructions

1. In a large (cast-iron if you have it) skillet over medium heat, warm the avocado oil. Add the whole tomatillos, jalapenos and half onion and let sear, flipping every 2 to 3 minutes, for 6 minutes. Turn the heat to low and continue to cook, flipping periodically, 5-6 minutes more. You want the vegetables charred but not burned all the way. The char adds smoky flavor to the salsa. Remove from heat and set aside to cool.
2. When the chiles are cool, remove stem and seeds. Cut the tomatillos and onion in half to fit in the blender.
3. Halve, pit and peel the avocados.
4. In a high powered blender, combine all of the ingredients in the blender and blend about 20 seconds. Add more water if you think it is too thick. Don't overblend.
5. Transfer to a bowl and enjoy with tortilla chips, on tacos, quesadillas, really anything!

The story behind the recipe.

My son gave us the cookbook, [Provecho](#) by Edgar Castrejon, a couple of years ago. It provides 100 vegan Mexican recipes that are just outstanding - whether you are vegan or not! And the photos are so beautiful, the book could grace your coffee table. We have made this avocado salsa a few times and it never disappoints. Enjoy!

You can find more recipes at wholeheartedyoga.org/resources.