

# Chayote

## What is Chayote?

- Chayote (chah-YO-tay) is part of the gourd family and has a firm, crisp crunch, with delicate notes of cucumber.
- Chayote can be prepared in any way you might use summer squash, raw or cooked.



## How to Prepare Chayote:

- Their subtle sweetness pairs with assertive flavors like red pepper flakes, fresh chiles, garlic, cilantro, scallions, lemon or lime juice, and warming spices like curry powder, cumin, and coriander. Chayote is also delicious with rich ingredients like coconut milk, butter, cheese, and bacon.
- Chayote skin is edible but not as tender as its flesh, so peeling is usually a good idea. The seed in the center of the fruit is also edible. It's firm, not crisp like the surrounding flesh, and has a slightly nutty flavor.
- Prepare chayote the same way you might summer squash or cucumbers. Raw chayotes can be thinly sliced, julienned, or diced and added to salads, slaws, or salsas; they can also be pickled. Quick-cooking them in sautés and stir-fries keeps chayotes crisp and juicy. You can also deep-fry, stew, mash, roast, or stuff and bake them like a potato.

# Spicy chayote Vegetable Tacos

## Ingredients:

- 6-7 yellow corn tortillas
- 1 tablespoon vegetable oil
- 1 chayote squash, diced
- 1 tomato, diced
- 1 serrano chilli, thinly sliced (remove the seeds for less spicy)
- ¼ yellow onion, thinly sliced
- 2 cloves of garlic, finely diced
- 2 heaping tablespoons cilantro, chopped
- 1 cup black beans (rinse and drained if from can)
- Salt and pepper



1. Prepare and chop all vegetables.
2. In a large pan, heat oil over medium-to-high heat. Then add all the vegetables to the pan and season with salt and pepper. Cook for about 12-15 minutes or until the chayote squash is well cooked (should be soft).
3. Once they are cooked, turn off the heat and add the cilantro.
4. Heat the corn tortillas on a skillet and begin assembling your tacos.