

Chayote

- Can be refrigerated in a plastic bag for about 4 weeks.
- Described as tasting like cooked cucumber and squash.
- Technically a fruit, but is eaten like a vegetable. All parts of the gourd are edible, including the seeds, skin, and flowers. The chayote's pale green flesh is crisp when raw and softens when cooked.
- Raw chayotes can be thinly sliced 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, but you can also deep-fry, mash, roast, or stuff and bake them like a potato.



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Chayote

Chayote contains vitamin C, folate, and fiber.

These nutrients may help support immune health, healthy pregnancies, heart health, and digestive health.



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