



Chayote Squash

3 Prep and cooking tips

- The whole chayote squash is edible: the roots, shoots, seeds, fruits, flowers, and leaves.
- Chayote can be used in cold or hot recipes, such as soups; roasted or sautéed with other vegetables; add them to salads or they can also be pickled.
- Chayote that is spiny, tiny hairs on the rind, can be removed by gently scrubbing them away.

2 Shopping and storage

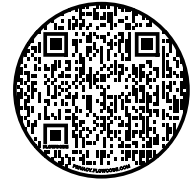
- Select firm and bright green chayote squash. Deep lines are normal but not too many wrinkles. Chayote can be smooth or spiny (tiny hairs on the rind).
- It is recommended to use chopped chayote squash immediately, since it can absorb other flavors in the refrigerator.

1 Nutrition Fact:

- Chayote is an excellent source of Vitamin C and folate! Vitamin C acts as an antioxidant and can help prevent some cancers and heart disease. In pregnancy, folate is very important in developing babies' brain and spinal cord.

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