

For Information call: 321-633-1702
bshephar@ufl.edu

Fact Sheet # FS 6025 FCS
Date: June 2006

Chayote

Elizabeth C. Shephard

Many people are unfamiliar with the Chayote – fruit, some considerate in the squash family. Here are a few tips to help add a new food to your diet.

When looking for a Chayote, select firm, unblemished chayote. Those that are smaller in size are tender. This is an indication of immaturity and poor quality.

Nutritionally, the Chayote offers a good source of potassium and fiber.

Following harvest the fruits may be stored in edible condition for several weeks if wrapped in newspaper and kept cool (50-55°F). At room temperature, the fruit will shrivel and sprout.

The chayote is served in many ways: creamed, buttered, fried, stuffed, baked, frittered, boiled, mashed, pickled, in salads, or in pies. Commercially, the biggest market appears to be for pickling.

Here is a quick recipe to get you started.

Stuffed Chayotes

1/2 small onion
1/4 cup grated carrot
1/2 cup grated cheese
1/4 cup cooked, leftover spaghetti noodles or orzo, if you prefer
herbs and seasonings

Finely chop the onion. Chop the spaghetti into about 1/2 inch lengths. Saute the onion in butter with the grated carrot until soft. Remove and mix together with the spaghetti, grated cheese and finely chopped fresh herbs from the garden. Halve chayotes, scoop out the nut and enough flesh to make a cavity to hold your stuffing. You may want to cut a small piece of the underside of the chayote so they sit nicely in the baking dish and on the plate. Fill the chayote cavities about 1/4 cup of the mixture in each cavity. Bake in a moderate oven until vegetable is cooked. Serve on its own as an entree or as a vegetable accompaniment to a main dish.

Distributed by Elizabeth C. Shephard