

Chayote



- ◆ Chayote fruit is defined by its pear-like shape, its pale lime green coloring and deep linear indentations. The tendrils, flowers, and even the roots of a chayote squash are also edible.
- ◆ The Chayote Squash originally defined culinary elements of the Aztecs in central Mexico, then spread throughout Mexico, Central America and eventually Spain.
- ◆ It has a crunchy texture and mild taste almost similar to butternut squash or pumpkin.
- ◆ Choose firm chayote with smooth, unblemished skin.
- ◆ Chayote Squash is actually a fruit used as a vegetable. It is related to the cucumber and zucchini. It is in season from September to May. The largest producer of Chayote are Costa Rica and Mexico.
- ◆ Chayote is low in calories and full of vitamins, such as A, C and B complex, as well as other nutrients.