

## **Casserole for Chayotes (*Sechium edule*)**

Chayote is a light green pear shaped vegetable with a delicate, nutty taste, that was grown by the Aztecs and Mayas. It is related to squash.

2 – 3 Chayotes

1/2 lb. ground turkey (chicken, tofu, or another vegetable can be substituted)

1/2 C. half and half

1 med. clove garlic, minced

1/2 tsp. salt

1 T. Chipotle chili in adobo sauce

Mozzarella Cheese Slices

- 1) Boil the chayotes in salted water until tender 45-60 minutes depending on size.
- 2) Brown the turkey. Drain fat. Remove from heat.
- 3) Combine the half and half, Chipotle, garlic, and salt.
- 4) When the chayotes are tender, slice in half, remove the seed, and peel. Then slice the chayote about 1/4 inch thick.
- 5) Arrange in a baking dish layers of chayote, meat, and cheese. Add the chipotle liquid between layers.
- 6) Bake 25 minutes at 350 degrees.