

# Sautéed Chayote Squash

Yield: 4 min  
Total Time: 27 min

Recipe from: <https://www.recipeschoose.com/recipes/chayote-japanese-recipe>

## Ingredients:

- 4 chayote squash or mirliton, about 2 to 2 1/2 pounds
- 3 tablespoons butter
- 4 shallots thinly sliced, about 3/4 cup
- 4 cloves garlic minced, about 1 heaping tablespoon
- kosher salt to taste
- black pepper freshly ground, to taste
- chopped chives optional
- parsley optional
- grated Parmesan cheese optional

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 25 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 6 grams
8. Sodium: 330 milligrams
9. Sugar: 2 grams

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