

Sauteed Chocho (Chayote) and Carrots

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/cho-cho-chinese-food-recipe>

Ingredients:

- 2 chocho medium
- 1 medium carrot chopped
- 1 tablespoon olive oil
- 1 small onion cut in slices
- 2 cloves garlic chopped
- 1 green onion chopped
- 1/2 teaspoon dried thyme
- 1/4 cup vegetable broth
- 1/2 teaspoon salt or to taste
- 1 whole Scotch Bonnet pepper optional

Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 2 grams
3. Fat: 3.5 grams
4. Fiber: 1 grams
5. Sodium: 370 milligrams
6. Sugar: 1 grams

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