

Stuffed Chayote



*Another delicious recipe from
www.SimpleBrunchIdeas.com*

Ingredients

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| 4 medium chayote | 2 slices whole grain bread, toasted and cut into cubes |
| 1 cup mushrooms, chopped | 1 cup shredded cheese (Parmesan or Mexican blend) |
| 1 cup red bell pepper, chopped | 1 egg, beaten |
| 1 cup onion, chopped | 2 tablespoons snipped cilantro |
| 2 cloves garlic, minced | ¼ teaspoon chicken bullion granules |
| 1 tablespoon butter | |

Directions

1. Slice the chayote in half along the seam and remove the seed. Cover with water and bring to a boil. Reduce heat, cover and simmer for 12 to 15 minutes, until tender. Then drain them on a towel.
2. When cool enough to handle, scoop out the pulp leaving about a quarter inch of the shell all around. Chop the pulp and let drain (or squeeze out excess moisture with towel). Set shells in baking dish.
3. Sauté the peppers, onion, mushrooms and garlic in butter.
4. Add the bread crumbs, chayote pulp, egg, cilantro, salt, pepper and bouillon. Combine well and spoon the mixture into the chayote shells. Cover with cheese.

This recipe can be made ahead up to this point and refrigerated overnight. Let stand at room temperature about 30 minutes before baking.

5. Cover with foil and bake at 350 degrees for about 25 minutes. Uncover, add more cheese and bake an additional 3 to 5 minutes for the cheese to melt. Best served hot, but chilled leftovers are also yummy.