

Chayote Squash Side Dish

Oscar · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

2

Description

This chayote recipe is a simple elegant and easy side dish made from an inexpensive squash Paired with chicken or fish it rounds out a weeknight supper

Ingredients

- - 1 tablespoon olive oil - 1 chayote squash
- cut into 1/2-inch strips - 1 clove garlic
- minced - ½ teaspoon salt
- or as needed - ½ teaspoon white sugar
- or as needed - ¼ teaspoon red pepper flakes (Optional) - ground black pepper to taste - 1 tablespoon red wine vinegar

Instructions

1. Heat olive oil in a medium skillet over medium-high heat. Cook and stir squash
2. garlic
3. salt
4. sugar
5. red pepper flakes
6. and black pepper in hot oil for 2 to 3 minutes. Pour in vinegar; cook and stir until squash is slightly wilted but still firm and crunchy
7. 2 to 3 minutes.