

Chayote Squash

This summer squash is stocked with nutrients that benefit both your body *and* mind.

A member of the gourd family, this versatile produce item from Mexico is quickly becoming a produce department standard. Roughly pear-sized in shape and light apple-green in color, Chayote Squash has a smooth skin with slight ridges running from stem to end. The average Chayote weighs about 1/2 pound and measures approximately 5 inches in length. Though similar to summer squash, Chayote usually requires a longer cooking time because of its firmer texture. Chayote makes a wonderful addition to soups or stir-fries and may be sliced or chopped and used raw like a cucumber. The seeds are also edible.

Choose squash that are heavy for their size and have hard green skin, free of blemishes or moldy spots. Tender skin indicates immaturity or poor quality. Store Chayote Squash at 45°-50°F. At home, Chayote Squash stays freshest lightly wrapped and refrigerated for up to one week. No need to peel before using.