

Chayote Salad with Lemony Hot Sauce

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<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&cId=7&rId=219&AspxAutoDetectCookieSupport=1>

Note: Malagueta peppers are a pickled hot pepper used in traditional Brazilian cooking. They can be found in some Latin American markets.

Ingredients

- 2 malagueta peppers, drained and finely chopped
- ½ C finely chopped onion, divided
- 1½ tsp minced garlic, divided
- ¼ C lemon juice
- 2 tsp olive oil
- 3 small chayote squash or yellow summer squash, peeled, seeded, and sliced
- ½ C red bell pepper, seeded and chopped
- ½ C green bell pepper, seeded and chopped
- ¼ tsp ground black pepper
- 2 medium plum tomatoes, diced

Instructions

1. Combine the malagueta peppers in a food processor or blender, and process them until the mixture is a thick paste. Add farro, cover, and reduce heat to simmer.
2. Gradually add half of the onion and half of the garlic and continue to process, scraping the sides of the container to blend all ingredients into the paste. Add the lemon juice and process again to mix.
3. Transfer the sauce to a glass bowl, cover with plastic wrap, and allow the mixture to stand for 30 minutes.
4. In a large heavy skillet, heat the olive oil over medium heat. Add the remaining onion and garlic. Saute for 2 minutes, add the chayote or summer squash, and continue to saute, stirring occasionally, for about 5 minutes.
5. Add the red and green bell peppers and allow to cook for another 5 minutes. Add the black pepper and remove the pan from the heat.
6. Place the sauteed vegetables in the refrigerator and chill for 2 hours.
7. When ready to serve, arrange the vegetables on a large platter and drizzle with a small amount of sauce. Sprinkle with the chopped tomato for added color. Add additional black pepper as desired.

Makes about 6 servings, one cup each

Nutrition information per serving

Calories: 68	Dietary Fiber: 5 g
Total Fat: 2 g	Sodium: 332 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol: 0 mg	Carbohydrates: 12 g