

Reggie's Chile Chayote

Serving size: approximately ½ cup

Makes: 8 servings

Ingredients

3 cup	chayote squash
1 cup	baby carrots
3 cup	Water
2 cup	chopped onion
2	chopped green chilies
1 tbsp	oil
4oz	grated cheddar cheese
24	crushed crackers

Directions:

1. Cook squash in water; drain and set aside.
2. Saute onion and chilies in oil until tender.
3. In a 1 1/2-quart casserole dish alternate layers of onions, squash and cheese.
4. Top with cracker crumbs. Bake at 350 degrees F for about 30 minutes until bubbly throughout.

Exchanges per serving:

½ Starch; ½ Lean Meat; 1 ½ Vegetable; 1 Fat

Nutrients per serving:

Calories: 144

Total Fat: 6g

Cholesterol: 15mg

Sodium: 217mg

Total Carbohydrate: 16g

Dietary Fiber: 2g

Protein: 6g