

GUISADONG SAYOTE

INGREDIENTS

- 2 **chayote squash**
- 1 tablespoon **vegetable oil** + additional oil for hands
- 1 clove **garlic**
- 1 small **round onion**
- 2 medium **tomatoes**
- ½ pound **shrimp**, shelled
- 1 tablespoon **patis** (Filipino fish sauce)
- ¼ teaspoon **salt**
- ¼ teaspoon **black pepper**

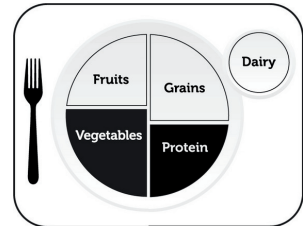
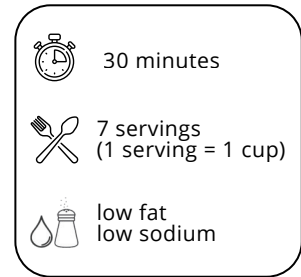
DIRECTIONS

Always practice food safety when cooking.

- 1) Use gloves or rub hands thoroughly with vegetable oil when preparing chayote to avoid potential skin irritation.
- 2) Peel chayote skin with a vegetable peeler.
- 3) Cut chayote in quarters, taking out seed core.
- 4) Cut quartered pieces into ¼ inch slices. Set aside.
- 5) Mince garlic. Set aside.
- 6) Cut onion into ¼ inch slices. Set aside.
- 7) Cut tomatoes into wedges. Set aside.
- 8) In a medium pan over medium heat, sauté garlic in oil until lightly browned.
- 9) Add onion and sauté for about 3 minutes or until onion is slightly wilted.
- 10) Add tomatoes and chayote slices, patis, salt, and black pepper. Cover and simmer over medium heat for 15 minutes, stirring occasionally until chayote is tender but not limp.
- 11) Add shrimp and cook for 3 minutes or until shrimp turns orange and chayote is soft.

NOTES

- Chicken or pork could be used in place of the shrimp.



Nutrition Facts	
7 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 380mg	17%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 449mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.