



## Chayote Salad

*Serves 6*

### Ingredients

- 4 chayotes
- ½ green habanero
- ¼ cup [coleslaw salad dressing](#)
- 1 large carrot (diced ⅓ inch)
- ¼ cup cilantro leaves (chopped)

### Instructions

Cut the chayotes in half and peel, then remove the “pits” (like in a pear) with a spoon or knife. Dice into ½ inch. It is imperative to peel the chayote under running water or wear gloves - there is a slimy substance just under the peel that will coat and dry out your fingers otherwise. Trust me on this! The peel is very thin and easy to remove with a potato peeler.

Slice up the habanero. If you thickly slice it, you’ll see it if it lands in your dish and then you won’t bite down on this hot pepper unless you choose to do so.

Let the cubed chayote and sliced habanero (including the seeds) marinate in the dressing, refrigerated, for at least four hours, stirring it every hour or so.

Before serving add the carrots and cilantro. The dressed salad keeps for three days in the refrigerator if you manage to keep from eating a lot of it.