

Chayote Squash Salad

TIME: 15 MINUTES
PORTIONS: 4



INGREDIENTS:

- 300 grams of chayote squash
- 1 pack of asparagus
- 1 red onion (finely cut)
- 30 grams of parsley (finely cut)
- 15 grams of nuts
- 100 ml of olive oil
- 40 ml of red wine vinegar
- 15 grams of Dijon mustard
- 1 large garlic clove
- Black pepper and salt

Preparation

- Rinse and cut the chayote squash in half or in cubes and place them in a large pot with water and boil. Finally, when the water begins to boil, lower the heat to cook for 15 more minutes or until the fork can easily go into the chayote squash.
- Additionally, in a separate pot put water to boil, and cook the chayote squash for roughly 3 minutes. Then submerge them into a cup of water with ice until cold. Afterwards, drain the chayote squash and add them to a bowl with half of the chayote squash, mix well. Afterwards, add asparagus, diced red onion, diced parsley and nuts. Mix with the chayote squash and serve.
- To prepare the chayote squash, you must combine olive oil, red wine vinegar, Dijon mustard, chopped garlic, and black pepper and salt.

