

Chayote Salad

1- 3 chayote, pitted and thinly sliced
1 serrano chile pepper, seeded and finely chopped
¼ cup chopped fresh cilantro
Juice of 1 small lemon, strained
1/3 cup extra virgin olive oil
2 tbs apple cider vinegar
Kosher salt to taste
Freshly ground pepper
½ cup sliced jicama if desired
Cilantro sprigs for garnish

Nutritional Facts:

Calories = 222
Fat= 18g Sat. Fat = 4g
Protein = 1g Carbs =7g
Fiber = 3g

Instructions:

In a large bowl, combine the chayote, and jicama if desired, chile pepper, cilantro, lemon juice, oil vinegar. Toss to coat well. Sprinkle with salt and pepper to taste. Garnish with cilantro sprigs.

Let stand for at least 15 minutes to allow flavors to blend.

Makes 4 - 8 servings

Source: South Beach Diet Cookbook

