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Southwestern Chayote Casserole

A delicious casserole dish with a Southwestern twist. This dish is packed with flavor and is perfect for a hearty meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	chayote
200 g	Black Beans
200 g	corn kernels
150 g	Red Bell Pepper
150 g	yellow bell pepper
100 g	onion

10 g	garlic
2 tsp	cumin
1 tsp	chili powder
1 tsp	salt
0.5 tsp	black pepper
2 tbsp	olive oil
200 g	shredded cheese
20 g	Cilantro

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Peel and chop the chayote into small cubes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Sautéing

In a large skillet, heat olive oil over medium heat. Add onion and garlic, and sauté until translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Sautéing

Add the chopped chayote, black beans, corn kernels, red bell pepper, yellow bell pepper, cumin, chili powder, salt, and black pepper to the skillet. Cook for 5 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Transfer the mixture to a casserole dish and sprinkle shredded cheese on top.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Oven

Bake in the preheated oven for 20 minutes, or until the cheese is melted and golden brown.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Garnish with fresh cilantro before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 10 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Mexican

Course

Salads

Soups

Cultural

Chinese New Year

Cost

\$30 to \$40

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

Ketogenic Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Blood Type Diet

Low Sodium Diet

The Fast Metabolism Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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