



Chayote Squash

- ◆ Full of antioxidants
- ◆ Originated in Central America
- ◆ Entirely edible (raw or cooked)
 - ◆ Also called “Mirlitons”
 - ◆ Packed with folates



Did you know?

Chayote
Squash
belongs to the
Cucurbitaceae
family.



One Chayote
Squash has
almost 50% of
the
recommended
daily vitamin
B9!