

## Chayote and Tomato Sauté

2 T. olive oil  
4 green onions, thinly sliced (use whites and greens)  
2 cloves garlic, minced  
6 chayote squash, peeled, seeded and cut into 1/2-inch pieces  
1/2 c. Imagine chicken stock  
2 medium tomatoes; remove seeds and dice  
2 T. chopped fresh oregano  
sea salt and fresh ground pepper to taste

In a sauté pan, heat the olive oil and sauté the green onions and garlic until fragrant (30 seconds). Add the squash and chicken stock and bring to a simmer. Cook covered for 5-7 minutes on medium heat or until chayote is tender.

Add the tomatoes and oregano and bring to a simmer. Season with salt and pepper and serve hot.

Calories: 70, Fat: 5g, Calories from fat: 53%, Protein: 1g, Carbs: 8g, Dietary fiber: 1g, Cholesterol: 0mg, Sodium: 138mg