

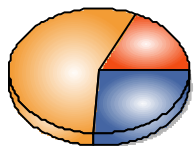


Stuffed Merlitos (A Cajun Recipe)

By: Modified by DrJez

Recipe grams: 1923.51g/67.9oz

Serves 8 240.44g/8.5oz per serving



Protein: 47%

Carbohydrates: 35%

Fat: 17%

INGREDIENTS

4 chayotes CHAYOTE, RAW
 1/2 tbsp BUTTERY VEGETABLE OIL SPREAD, OMEGA PLUS, 67%
 8 oz SHRIMP, RECIPE READY
 8 oz HAM, COOKED, LOWFAT
 4 oz CRABMEAT
 4 cloves GARLIC, RAW
 2 tsp PAPRIKA
 1 tsp OREGANO, DRIED
 2 tsp THYME, FRESH
 1 tsp CAYENNE PEPPER, GROUND
 1/2 tsp PEPPER, BLACK, GROUND
 1/2 tsp PEPPER, WHITE, GROUND
 1/2 cup MILK, COW'S, NONFAT, EVAPORATED (SKIM)
 1/2 cup ONION, SPRING OR SCALLIONS, RAW
 1/2 cup ONION, RAW
 1/4 cup BREAD CRUMBS, GARLIC & HERB
 1 cup FISH STOCK, HP

DIRECTIONS

In a large pot, boil the Chayote Squash (mirlitons) in water to cover for 1/2 hour, or until soft. Drain the water and set them aside to cool. While they're cooling, heat oven to 350°F and grease a 8 inch square baking dish with butter.

When the mirlitons have cooled, scoop out the small seeds and carefully and discard them. Then scoop out the "meat", leaving about 1/4" all around. Chop the "meat" and put it in a bowl, setting the mirliton shells aside.

Melt the butter in a large skillet over medium heat. Add the shrimp, ham, garlic, crabmeat and seasonings. Cook for 5 minutes, stirring frequently. Add the mirliton "meat", milk, onion, green onion, and 1/2 cup of the bread crumbs. Cook for 5 more minutes, stirring well. Remove the skillet from the heat and spoon the mixture into the mirliton shells. Top each of the filled shells with about 1 tablespoon of the bread crumbs.

Put the mirlitons in the baking dish and carefully pour the stock into the dish around them.

Bake, uncovered for 1/2 an hour. Eat and enjoy.

Nutrition Facts

Serving Size: 1 serving (240.4g)

Servings: 1

Amount Per Serving

Calories 130 Calories from Fat 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0.5g **2%**

Trans Fat 0g

Cholesterol 80mg **25%**

Sodium 570mg **25%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **10%**

Sugars 5g

Protein 16g

Vitamin A 10%

• Vitamin C 20%

Calcium 10%

• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.