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# SEAFOOD-STUFFED MIRLITON/CHAYOTE



★★★★★ (2)

Recipe by fluffernutter (<http://www.geniuskitchen.com/user/106506>)

(<http://www.geniuskitchen.com/user/106506>)

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This was fabulous! I think I'll use this recipe for stuffed mushrooms.

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READY IN: 1hr 5mins

SERVES: 4-6

UNITS: US

**INGREDIENTS**

Nutrition

- 
- 3** mirlitons (<http://www.geniuskitchen.com/about/chayote-437>), halved, cored
  - 1** onion (<http://www.geniuskitchen.com/about/onion-148>), chopped
  - 2** garlic cloves (<http://www.geniuskitchen.com/about/garlic-165>), minced
  - 1/2** cup chopped celery (<http://www.geniuskitchen.com/about/celery-216>)
  - 2** tablespoons chopped fresh parsley (<http://www.geniuskitchen.com/about/parsley-171>)
  - 3** tablespoons butter (<http://www.geniuskitchen.com/about/butter-141>)
  - 1** tablespoon olive oil (<http://www.geniuskitchen.com/about/olive-oil-495>)
  - 1** cup chicken broth (<http://www.geniuskitchen.com/about/broth-154>) (optional)
  - 1** cup small uncooked shrimp (<http://www.geniuskitchen.com/about/shrimp-297>), shelled
  - 6** ounces crabmeat (or more)
  - Italian seasoned breadcrumbs
  - butter (<http://www.geniuskitchen.com/about/butter-141>)

**DIRECTIONS**



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Steam or boil the mirlitons until the flesh is just tender -- try not to overcook or the shell will fall apart. (Seven minutes in the microwave, 10 minutes in salted boiling water on the stovetop.) Cool slightly and scoop out the flesh, leaving a 1/4-inch shell. Set the flesh aside.

Saute the onion, garlic, celery and parsley in the butter and olive oil over medium-low heat for about 20 minutes until very tender, adding chicken broth if the vegetables become dry and begin to stick. Add the squash and mash with a potato masher. Cook until squash liquid evaporates.

Stir in the shrimp and crabmeat and cook until most shrimp are pink, about 2 minutes. Add enough bread crumbs to absorb any liquid in the mixture. Fill the mirliton shells with the mixture. Sprinkle with additional crumbs and dot generously with butter.

Bake at 350 degrees for about 20 minutes until topping is crisp and golden.

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4/23/2011 (<http://www.geniuskitchen.com/recipe/seafood-stuffed-mirliton-chayote-296895/reviews/1212416>)

★★★★★

This dish was great!!! We have never had this type of veggie before so I followed the recipe to the T. The Italian bread crumbs gives the dish the extra kick of flavor. I will make this dish again. The recipe did not state when to put the crab in so I just put it in when I put the shrimp in.

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4/7/2008

A fairly simple and very authentic Creole recipe from New Orleans that I ate at the late, great Ugelsich's restaurant. (They prepared it with eggplant rather than chayote -- they're equally delicious.) Use crab meat or shrimp or a mixture of both. Two

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