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*“When my great-grandmother died, she didn’t leave written recipes,” says Poppy. “So I cooked everything I remembered eating at her table, including these mirlitons, and had my daddy taste it until he said, ‘Yes, this is just like Mamman’s.’ ”*

*Tip: If you can’t find mirlitons (also called chayote squash), bake the stuffing in a shallow baking dish, using two medium eggplants (peeled, cubed and boiled until tender) in place of the mirliton flesh. This casserole-style version is how mirlitons are often served in NOLA, too!*

## Stuffed Mirlitons

- 4 mirlitons (chayote squash)
- ½ cup (1 stick) butter
- 1 onion, finely chopped
- ½ lb. shrimp, shelled, deveined and chopped
- ½ lb. claw crabmeat
- 1 bunch scallions, thinly sliced
- ½ cup seasoned dried bread crumbs
- 2 Tbsp. diced ham
- Salt and pepper



1. Preheat the oven to 350°F. Halve each mirliton lengthwise. In a large pot of boiling salted water, cook the mirliton until just tender, 15 to 20 minutes. Remove and discard the seed. Scoop out the flesh with a spoon, carefully preserving the shell. Coarsely chop the flesh.
2. Measure out 2 tablespoons of the butter. Melt in a small saucepan or the microwave and set aside.
3. In a large skillet, melt the remaining 6 tablespoons butter. Add the onion and cook until translucent, 8 to 10 minutes.
4. Add the mirliton flesh and toss to coat. Stir in the shrimp and cook until just pink, 5 to 7 minutes. Remove from the heat and stir in the crabmeat, scallions, ¼ cup of the bread crumbs and the ham. Season with salt and pepper to taste.
5. Place the mirliton shells on a baking sheet. Fill with the stuffing. Sprinkle with the remaining ¼ cup bread crumbs and drizzle with the reserved butter. Bake for 20 to 25 minutes, until heated through.

Makes 8 servings

Total time: 1 hour 30 minutes

Per serving: 226 calories, 13 g fat, 12 g carbohydrates (2.7 g fiber), 15 g protein, 325 mg sodium

