



Caramel Fried “Apples”

Ingredients:

- 4 cups Chayote squash, peeled and cut into small cubes
- 2 tsp olive oil
- 3 packets of Splenda or Truvia
- 4 tbsp water
- 1 tsp lemon juice
- 1 tsp cinnamon (or apple pie spice or pumpkin pie spice)
- 2 tbsp Walden Farms Caramel syrup
- 2 tbsp Walden Farms Apple Butter (or WF pancake syrup)

Directions:

1. Place chayote in a microwave safe bowl, add 1” water. Cover and microwave for 8 minutes; drain.
2. Heat the oil in a medium sized frying pan on medium/medium high heat. Add Chayote and all remaining ingredients.
3. Stir fry the mixture until the chayote browns and softens. About 10 minutes.
4. Turn heat to low (add more water if necessary), cover and let sit for 5 minutes; stir occasionally. Turn off burner and cool; drain juice and discard.
5. Place the caramel “apples” in a container and refrigerate or freeze until ready to use.

Servings: makes 1 serving.

Each serving = 4 cups of Occasional Vegetables, 2 healthy fats, 4 extras

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