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Papaya



Nutrition Facts	
Serving Size 140 g	
Amount Per Serving	
Calories 55	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	10%
Sugars 8g	
Protein 1g	
Vitamin A 31%	Vitamin C 144%
Calcium 3%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

140 grams = 1 cup papaya

Fun Fact: In Australia, the papaya is called the Paw Paw fruit.

Healthy Serving Ideas

- One of the easiest ways to eat papaya is to eat it like a melon. Cut it lengthwise, scoop out the seeds and then eat it with a spoon.
- The big black seeds are actually edible. Blended into a creamy salad dressing, they add a peppery flavor.
- Papaya is considered a dessert fruit, so serve fresh pieces after supper.
- Mix diced papaya with other diced fruit (pineapple, pear, coconut, etc.) add some water, or juice, and blend into a healthy smoothie.
- Serve a papaya salsa at a party!
- Papayas can be eaten fresh, or added to salads.

Produce Tips

- To buy a fresh papaya to eat, choose a fruit that has reddish-orange skin and is slightly soft to the touch.
- A few black spots on the surface of the papaya will not affect the taste, but avoid bruised or overly soft fruit.
- Ripe papayas should be stored in the refrigerator and consumed within one or two days.
- Partially yellow papayas should be left at room temperature to ripen.
- Papayas that are green and unripe can only be used for cooking, or in Asian salads.

Benefits of Eating Papaya

- Papayas are good for you and can potentially lower the risk of many diseases, including heart disease and colon cancer.
- One cup of papaya exceeds the daily recommended dose of **vitamin C**, which supports the immune system and prevents colds.
- Papayas are also rich in:
 - vitamin A**, for healthy eyes
 - vitamin E**, an antioxidant that keeps your body healthy
 - potassium**, for healthy muscles



Papaya Recipes



Easy Papaya Smoothie

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| 1 papaya, peeled and cut | 1/2 banana, peeled and cut |
| 1 cup milk, water, or your favorite 100% juice | |

Place all ingredients in the blender. Blend until smooth.

Papaya Boats

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| 2 papayas, ripe | 1 cup mandarin oranges, fresh/canned |
| 1 banana, sliced | 1 kiwi, sliced |
| 1 cup vanilla non-fat yogurt | 2 tsp. chopped mint (optional) |

Cut papayas in half lengthwise; scoop out seeds. Place orange, banana, and kiwi slices in each papaya half. Combine yogurt and mint; mix well and spoon over fruit before serving. Garnish with mint sprigs, if desired.

Black Bean and Papaya Salsa

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| 1 cup black beans, rinsed & drained | 1/2 red onion, diced |
| 2 ripe papayas, peeled, seeded and diced | 3/4 cup pineapple juice |
| 1 bell pepper, red or green, diced | 1/2 cup lime juice |

In a large mixing bowl, combine black beans, papaya, bell pepper, red onion, pineapple and lime juice. Mix together well and serve, or store chilled. This Caribbean-inspired salsa is great with grilled fish. It is also good as a summer-salad side, or lunch dish.

Papaya Coleslaw

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| 1/2 small head cabbage, washed and finely shredded (about 4 cups) | |
| 2 small carrots, peeled and shredded | 3 green onions, thinly sliced |
| 3/4 cup raisins | 1/2 cup cubed papaya |
| 3 tablespoons olive oil | 2 tablespoons lime juice |

In a bowl, combine cabbage, carrots, onions, 1/2 cup of the raisins, and papaya. Drizzle with olive oil and lime juice and stir to mix thoroughly. Garnish with remaining raisins and serve.

Tropical Muffins

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| 1 cup papaya purée | 2 cups flour |
| 1/2 cup sugar | 1 tsp baking soda |
| 1/4 tsp cinnamon | 1/2 tsp salt |
| 1/2 cup coconut flakes | 1 large egg, beaten |
| 1/2 tsp vanilla | 2 tbsps melted margarine |

Preheat oven to 325°. Puree papaya in a blender until smooth. Combine flour, sugar, baking soda, cinnamon and salt in a large bowl and mix. Add coconut and mix. In a medium bowl, mix eggs, melted margarine, vanilla and puréed papaya. Add to the flour mixture and stir until just blended. Pour batter into muffin tins and bake at 325° for 25 minutes, or until a toothpick inserted in the center comes out clean. Cool for 10 minutes.

Add papaya pieces to your oatmeal, pancakes, French toast, or waffles for a healthy breakfast boost!