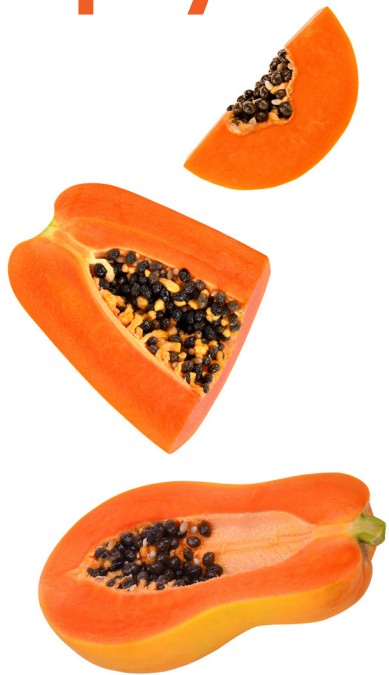


HARVEST OF THE MONTH:

Papaya



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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 RICH IN:

Vitamin A

- For healthy eyes

Vitamin E

- An antioxidant that keeps your body healthy

Potassium

- For healthy muscles

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

Papaya Recipes

EASY PAPAYA SMOOTHIE

INGREDIENTS

- 1 papaya, peeled and cut
- ½ banana, peeled and cut
- 1 cup milk, water, or your favorite 100% juice

DIRECTIONS

Place all ingredients in the blender. Blend until smooth.

PAPAYA BOATS

INGREDIENTS

- 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)

DIRECTIONS

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

INGREDIENTS

- 1 cup black beans, rinsed & drained
- ½ red onion, diced
- 2 ripe papayas, peeled, seeded and diced
- ¾ cup pineapple juice

DIRECTIONS

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

INGREDIENTS

- ½ small head cabbage, washed and finely shredded (about 4 cups)
- 2 small carrots, peeled and shredded
- 3 green onions, thinly sliced
- ¾ cup raisins
- ½ cup cubed papaya
- 3 tablespoons olive oil
- 2 tablespoons lime juice

DIRECTIONS

In a bowl, combine cabbage, carrots, onions, ½ 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

INGREDIENTS

- 1 cup papaya purée
- 2 cups flour
- ½ cup sugar
- 1 tsp baking soda
- ¼ tsp cinnamon
- ½ tsp salt
- ½ cup coconut flakes
- 1 large egg, beaten
- ½ tsp vanilla
- 2 tbsp melted margarine

DIRECTIONS

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 pureed 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.