

Papaya

Papayas are similar to melons, but they are not in the melon family. The thin skin varies from green to orange to rose. The skin is not eaten. The flesh inside is yellow-orange. The center has seeds which are scooped out before eating.

Papayas are fruit which grow on plants which look like trees, but are not.

It is believed papayas originated in southern Mexico and Central America.

Most of the papayas grown in the United States are grown in Hawaii. Some are also grown in Florida and California. Papayas are available year round.

VARIETIES

There are two types of papayas:

- Hawaiian – the Hawaiian varieties are found most often in grocery stores. They are pear shaped, weigh about 1 pound and have a yellow skin when ripe. The flesh is bright orange or pink depending on the variety.
- Mexican – the Mexican varieties are much larger. They can be more than 15 inches long and weigh up to 20 pounds.



NUTRITION FACTS

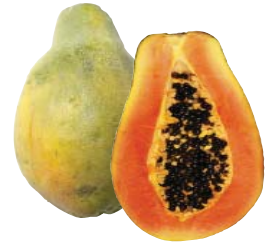
- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Very high in vitamin C
- Good source of folate, potassium and fiber

USES

Papayas are usually eaten raw. They can be eaten plain or added to smoothies, salsa and fruit salads.



Papaya Boats
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1

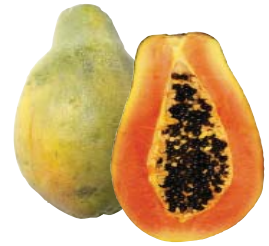


- 2 papayas
- 1 (11 oz.) can mandarin oranges, drained
- 1 banana, peeled and sliced
- 1 kiwi, peeled and sliced
- ½ c. blueberries
- ½ c. strawberries
- ¾ c. non-fat vanilla yogurt

1. Cut papayas in half lengthwise; scoop out seeds.
2. Place mandarin oranges, banana, kiwi, and berries in each papaya half.
3. Top fruit with yogurt.

Nutrition Information per Serving: Calories 170, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 40 mg (2% DV), Total Carbohydrate 40 g (13% DV), Dietary Fiber 5 g (20% DV), Sugars 28 g, Protein 4 g, Vitamin A 45%, Vitamin C 240%, Calcium 15%, Iron 4%.

Papaya Black Beans and Rice
Preparation time: 30 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 3



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|-------------------------------------|---|
| 2 tsp. olive oil | 1 c. red bell pepper, finely chopped |
| 1 c. red onion, chopped | 1 c. green bell pepper, finely chopped |
| ½ c. orange juice | 2 garlic cloves, minced |
| 2 T. cilantro, chopped | ¼ c. lemon juice |
| ½ tsp. cayenne pepper | 2 (15 oz.) cans black beans, drained and rinsed |
| 1 papaya, peeled, seeded, and diced | 6 c. cooked brown rice |

1. In a large skillet, heat oil over medium heat.
2. Add all ingredients except beans and rice.
3. Cook for 5 minutes, stirring occasionally until bell peppers are crisp-tender.
4. Stir in beans. Cook about 5 minutes or until heated through. Serve over rice.

Nutrition Information per Serving: Calories 410, Total Fat 5 g (7% DV), Saturated Fat 1 g (3% DV), Cholesterol 0 mg (0% DV), Sodium 440 mg (18% DV), Total Carbohydrate 78 g (26% DV), Dietary Fiber 14 g (56% DV), Sugars 8 g, Protein 13 g, Vitamin A 30%, Vitamin C 170%, Calcium 10%, Iron 25%.