



A SWEET, TROPICAL TREAT

papaya

Papayas can be eaten just like a melon. After washing the papaya, cut it lengthwise, scoop out the seeds and eat the fruit with a spoon. One serving of papaya will provide you with the recommended daily intake of vitamin C.

DID YOU KNOW?

- The inner cavity of the fruit contains numerous small, black seeds encased in a gelatinous-like substance. The seeds of the papaya are edible and have a peppery taste.
- The papaya fruit contains papain, an enzyme that helps digest proteins and is used to tenderize meat.
- Papayas resemble melons in shape, size and texture. Their flesh is often orange in color with either yellow or pink hues.

WELLNESS TIP

Pay attention to your form when working out. Never sacrifice form for heavier weight.

SHOPPING, PREPARING AND STORING

- Look for papayas that are partly or completely orange or yellow in color, that give slightly to pressure and are free of blemishes.
- Slightly green papayas will ripen quickly at room temperature, especially if placed in a paper bag. As the papaya ripens, the color will change from green to yellow.

COOKING TIPS

- Papayas can be used in marinades, sauces, salads and smoothies.
- Adding lemon or lime juice to a fresh papaya can help enhance its flavor due to its lack of acidity.

MANGO PAPAYA SALSA

serves 4

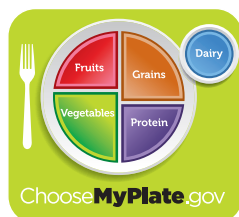
- 1 cup ripe papaya, cut into 1/2-inch cubes
- 2 cups ripe mango, cut into 1/2-inch cubes
- 3 tablespoons cilantro, finely chopped
- 2 jalapeño peppers, seeded and minced
- 2 tablespoons fresh lime juice, or to taste
- 1 tablespoon light brown sugar, or more to taste



1. Place all ingredients in a mixing bowl; chill.
2. Toss together 5 minutes before ready to serve.
3. Taste for seasoning, adding more lime juice and/or brown sugar as needed.

Recipe adapted from Chef Justin Timineri, C.E.C., Florida Department of Agriculture and Consumer Services

Calories: 91; Total Fat: 1 g; Saturated Fat: 0 g; Total Carbohydrates: 23 g; Protein: 1 g; Sodium: 3 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

