

PAPAYA

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Papayas are melon-like tropical fruit with an orange-colored sweet, soft flesh and edible seeds.
- The fruit's flesh contains papain, an enzyme that is a powerful digestive aid.
- Papaya skin typically yellows as it ripens. To determine if a papaya is ripe, press your thumb against its skin. It's ripe if you can press down easily.
- 1 small papaya contains:
 - 106% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy.
 - 30% of your recommended daily value of vitamin A to keep eyes and skin healthy and to protect the body against infections.



PREPARE

To prepare papaya, cut in half lengthwise. Use a spoon to scoop out the seeds. Keep seeds for consumption if desired. Peel papaya using a knife or vegetable peeler. Cut as desired. You can eat the fruit raw or cooked.

Try papaya:

- *Raw* dressed in lime juice
- *Blended* in a smoothie
- *As part of a marinade* for meat— papaya are natural meat tenderizers
- *Baked* in the oven with cinnamon and sugar for a healthy dessert

STORE

- To refrigerate: Papayas ripen best in room temperature. Once ripe, store the papaya in a plastic bag in the refrigerator for up to a week.
- To freeze: Place cubed papaya on a cookie sheet and place in the freezer. Once frozen, place cubes in plastic containers or freezer-safe plastic bags.