

CHICKEN QUESADILLAS WITH PAPAYA SALSA

- 1 small papaya, peeled, seeded, chopped
- 1 nectarine, pitted and chopped
- 1 hot red or jalapeno pepper, seeded, chopped
- 2 tbs cilantro or parsley
- 2 lime
- 2 tsp honey
- 12 ounces chicken
- 2 green onions, thinly sliced
- 2 tbs cooking oil
- Flour tortillas
- 1/2 cup shredded monterey jack or cheddar cheese

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SALSA: IN A BOWL, STIR TOGETHER PAPAYA, NECTARINE, PEPPER, CILANTRO, 1 TABLESPOON LIME JUICE, AND HONEY. COVER AND CHILL.

MARINADE: STIR TOGETHER 1/2 TEASPOON LIME ZEST, 3 TABLESPOONS OF LIME JUICE, CILANTRO, HONEY.

RINSE THE CHICKEN AND PAT DRY. CUT INTO 1-INCH PIECES. PUT CHICKEN AND MARINADE TOGETHER IN A ZIPLOCK BAG AND LET SIT FOR 30 MINUTES (TURN BAG OCCASSIONALLY).

PREHEAT OVEN TO 350°F. MEANWHILE, COOK THE CHICKEN IN A SKILLET UNTIL COOKED THROUGH. PLACE TORTILLAS ON A BAKING SHEET. LAYER SALSA, CHICKEN AND CHEESE AND COVER WITH ANOTHER TORTILLA. BAKE FOR 8-10 MINUTES, OR UNTIL GOLDEN BROWN. TOP WITH REMAINING SALSA.

PAPAYA

Papaya is native to the Southern Americas. It's delicious on its own when ripe (soft to the touch, like an avocado). When unripe, or green, it can be used in savory cooking.

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RECIPE IDEAS

- THAI GREEN PAPAYA SALAD
- FRUIT SALAD
- POPSICLES

BEST COOKING METHODS

- RAW!

STORAGE

- REFRIGERATE IN A PLASTIC BAG FOR UP TO ONE WEEK

TIPS

- CUT IN HALF, REMOVE SEEDS
- MUST BE PEELED. USE A VEGETABLE PEELER BEFORE CUTTING IN HALF, OR SCOOP FLESH FROM SKIN AFTER CUTTING IN HALF.
- IF ADDING TO A FRUIT SALAD, ADD JUST BEFORE SERVING, IT WILL CAUSE THE OTHER FRUITS TO SOFTEN IF LEFT OVERNIGHT.

NUTRITION

- HIGH IN: VITAMIN C.
- GOOD SOURCE OF: VITAMIN A, BETA-CAROTENE, LUTEIN, FIBER AND POTASSIUM.