

# Papaya



Papaya is a large tropical fruit, native to the Americas. Papaya is now featured in many different cuisines, and is used both green and ripe. There are two common varieties available in stores, named for the color of their flesh: yellow papayas, often smaller, and red papayas, which are quite large. Either kind can be used green (under ripe). High in fiber and very high in vitamin C, papaya can be part of any meal, whether sweet or savory.

## Cooking

Papaya is best raw in salads, smoothies, or by itself. Cut papaya in half and scoop out the seeds (seeds are edible and can be blended into dressings or dried and ground as a spice), then peel or scoop flesh out of the rind. Green papaya can be grated or thinly sliced to make into salad, slaw, or pickles. Ripe papaya is soft and sweet, great for smoothies, desserts, or fruit salads.



## Storage

Papaya can be stored on the counter up to 1 week or refrigerated to extend shelf life to 2-3 weeks. Papaya does not ripen once picked, so only purchase the type you need! A green papaya will begin to rot rather than turning into a ripe papaya.



## Ripe Papaya Salad

Serves: 4-6

Total Time: 15 minutes

### Ingredients:

- ½ red papaya (or 1 yellow), ripe but not too soft
- 1 cucumber
- 3-4 green onions, thinly sliced (white & green parts)
- 2 avocados

### For dressing:

- 1 clove garlic, minced
- 2 tbsp oil (olive or vegetable)
- 2 tbsp lime juice or rice vinegar
- 1 tsp black pepper
- ½ tsp salt
- 3 tbsp mint, finely chopped (optional)

### Directions:

1. Cut papaya in quarters lengthwise, peel and remove seeds. Slice each quarter widthwise into slices (roughly ¼-½ inch thick)
2. Cut cucumbers in half lengthwise and thinly slice into half moons. If cucumber skin is very thick, you can peel the whole thing or peel strips lengthwise for decorative stripes. Cut avocado into quarters, remove pit and skin, and slice (similar to papaya).
3. Arrange papaya, cucumber, green onion, and avocado on a serving platter or gently toss all together in a large bowl. Set aside.
4. In a small bowl, whisk together dressing ingredients. Taste and adjust seasoning to your liking. Drizzle slowly over plated salad, or add to bowl and toss gently.
5. Cover and chill until ready to serve. Season with additional salt and pepper to taste.

lovin'  
spoonfuls  
a food rescue



### Quick Tips:

- Make ahead and store in an airtight container in the fridge for 2-3 days.
- Add peaches, sweet corn, tomatoes, arugula, or whatever summer produce is bountiful & on hand.
- For a little spice, add some thinly sliced jalapeño. Serve with a dollop of plain yogurt on top to balance the heat.