

# Papaya



## Health Benefits:

Papaya, a tropical fruit known for its sweet, musky taste with a hint of tanginess, is an excellent source of vitamins C and A, both of which are powerful antioxidants that may support immune function and skin health. Papaya also contains folate, fiber, and potassium, which may contribute to heart health and digestive well-being. Additionally, a protein found in papaya may aid in digestion and may help reduce inflammation. The black seeds inside the fruit are actually edible! With a peppery flavor; they are often used in small quantities for their potential antibacterial properties and digestive benefits.

## Selection & Storage:

When selecting papayas, choose ones that are mostly yellow and yield slightly to gentle pressure, indicating ripeness. Store unripe papayas at room temperature and transfer ripe ones to the refrigerator to extend their freshness. To cut open a papaya, slice it lengthwise, scoop out the black seeds with a spoon, and then peel the skin off the flesh before slicing it into desired pieces.

## Papaya Bruschetta, Anyone?

### Ingredients:

- 1 small papaya
- 5 med. Roma tomatoes, diced
- 1 med. red bell pepper, sliced
- 1/4 c. basil leaves, chopped
- 2 tbsp white sugar
- 1/4 c. red wine vinegar
- 1/4 c. vegetable oil
- 1/2 tsp. mustard powder
- 2 stalks green onions, chopped
- 1 French baguette

### Directions:

1. Cut papaya in half and remove seeds. Reserve 2 tablespoons of seeds for the dressing.
2. Peel and dice the papaya, and place in a medium bowl. Add tomatoes, red onion, red pepper and basil, and set aside.
3. In a food processor or blender, combine the papaya seeds, sugar, wine vinegar, oil, mustard and green onions. Process until smooth and thick, and most of the seeds have broken up. Pour over the papaya mixture and stir to coat all of the ingredients.
4. Serve with slices of baguette, and enjoy!

