

'Aina Pono Harvest of the Month

## Home Recipe

# Chicken Green Papaya Soup

Hawai'i 'Ulu Cooperative, Hawaiian Fresh Products, and Hawai'i State Department of Education are partnering to provide minimally processed green papayas to all public school cafeterias across Hawai'i nei! Join our keiki in celebrating one of our most nutritious local crops with this easy, 'ono recipe.

### Did you know?

Papaya is known as one of the healthiest fruits in the world and was even ranked among the "Top 5 Fantastic Fruits" by the Center of Science in the Public Interest, a consumer watchdog organization. Half of a small green papaya contains just 35 calories - mostly from complex carbohydrates - and provides 125% of the recommended daily allowance of Vitamin C. Papayas also contain beneficial enzymes that aid digestion, have a high antioxidant content, are low in fat, and are an excellent source of fiber, vitamin A, beta-carotene, iron and calcium.



Makes four servings

### Ingredients:

- 2 LB boneless chicken thighs
- 4 cups water
- 1" fresh ginger root, minced (juices retained)
- 1 garlic clove
- 1/3 cup diced onion
- 1/2 T bouillon stock or 1.5 bouillon cubes
- Half of a green papaya, peeled, seeded and cubed
- 1 small head bok choy, coarsely chopped

### Directions:

Preheat oven to 425° F or toaster oven to 400° F. Cut chicken into 1" strips. Place on greased pan and season generously with salt and pepper. Bake for 10 min or until lightly browned.

Place water, ginger, garlic, onion and bouillon into medium pot and bring to a boil. Add chicken and papaya and reduce heat to simmer. Cover and cook for 15 min or until papaya is tender. Turn off heat and add bok choy. Serve immediately.



	Papaya	Apple	Orange
<b>Calories</b>	39	52	47
<b>Sodium (mg)</b>	3	1	0
<b>Carb (g)</b>	10	14	12
<b>Calcium (mg)</b>	24	6	40
<b>Potassium (mg)</b>	257	107	181
<b>Vit A*</b>	22%	1%	4%
<b>Vit C*</b>	103%	8%	89%
<b>Beta Carotene (mcg)</b>	276	27	71

Source: USDA National Nutrition Database for Standard Reference (2007) and NutritionData.com. \*Percent Daily Values are based on a 2,000 calorie diet.

Find additional recipes and learn more about the Co-op at [eatbreadfruit.com](http://eatbreadfruit.com).



[AinaPono.org](http://AinaPono.org)

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