

The Papaya and the Leek

January's Discoveries



 **Montfort**

Hôpital universitaire
Academic Hospital

Warning

Papaya is part of a food category that can have an effect on blood thinner medications (ex: Coumadin®). Health Canada's recommendation for those who take a blood thinner is to avoid a high intake of papaya.

Papaya...

- ... can be eaten fresh or dried, plain, or with added flavors (sugar, lemon or lime juice, etc).
- Can be added to yogurts, smoothies, puddings, sorbets and ice creams.
- Can be transformed into juices or purees.
- Can be cooked into jam, chutney or ketchup.
- Can be added to ham, prosciutto and smoked salmon.
- Can be stuffed with fruit salad, chicken or seafood.
- Can be served cooked like squash or sweet potatoes.
- Can be added to sauces and salsas.

Purchase

Choose a papaya with an orange-yellow colour and smooth skin. Avoid papayas that are completely green and hard: they will not ripen well at home.

Preservation

If you want your papaya to ripen, keep it at room temperature before placing it in the refrigerator, where it will keep for a few days.

Did you know...?

- ...it is important to only add papaya to a mixture of fruits or vegetables before serving, to prevent everything from becoming flabby.
- Papaya's seeds can be grounded and used like pepper.
- You can use papaya in marinades as a meat tenderizer.

Recipe

Papaya, lime and ginger salad

Ingredients

1 ¼ cup	Whole wheat flour	315 ml
½ c. tsp	Salt	2 ml
4 c. tsp	Olive oil	20 ml
½ cup	Cold water	125 ml
Au goût	Poivre fraîchement moulu	

Preparation

- Mix lime juice, honey and ginger. Pour mixture over cubes of papaya.
- Add pepper to taste.
- Mix well and serve immediately

Servings: 2

The leek

Purchase

The leek's stem needs to be straight, fleshy, firm and of a bright white colour, without brown spots. The leaves must be bright, green and fresh.

Preservation

Leek can be stored for two to three months at temperatures near freezing point and at high humidity. Otherwise, it will keep for one or two weeks in the refrigerator.

Preparation

- Start by removing the first peel.
- Cut the roots and the upper part of the leaves, leaving a little bit of green if desired.
- Make an incision lengthwise up to 2 cm from the bottom.
- Wash thoroughly under water, removing sand and soil, before using as indicated in recipe.

Recipe

Leek Quiche

Ingredients

2 tsp	Canola or olive oil	10 ml
4 cups	Leek, minced	1,000 ml
1 stalk	Celery, diced	
5	Eggs, beaten	
1 cup	Skim or 1% milk	250 ml
1 cup	Light cheese (less than 20% MF), grated	250 ml
To taste	Pepper	
1	Healthy pie shell (see recipe on other page)	

Preparation

See next page

Preparation

- Preheat oven at 180°C (350°F).
- Cook leek and celery in oil at low heat for 10 minutes. Let it cool.
- Put the pie shell (see next page) in an oven safe pie plate.
- Mix vegetables with eggs, milk, cheese and pepper.
- Pour over pie shell.
- Bake for 30 minutes or until the quiche is golden brown.
- Serve with a salad or vegetables of your choice.

Servings: 8

Healthy Pie Shell

Ingredients

1 ¼ cup	Whole wheat flour	315 ml
½ c. tsp	Salt	2 ml
4 c. tsp	Olive oil	20 ml
½ cup	Cold water	125 ml

Preparation

- Mix flour and salt in a bowl. Add oil in a stream while stirring. Add water gradually until dough holds together.
- Knead dough until elastic.
- Roll dough into a ball. Cover with a damp cloth and refrigerate for two hours.
- Roll dough and follow instruction of recipe above.

