

# Making Life Sweeter With Santa Sweets

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(NAPSA)—When a produce industry icon says “This is the sweetest tomato I have ever tasted,” people pay attention. And that’s what happened when Joe Procacci, a 54-year veteran of the produce industry and CEO of Procacci Brothers in Philadelphia, tasted the small, grape-shaped tomatoes now known as Santa Sweets™.



Joe first tasted these little tomatoes

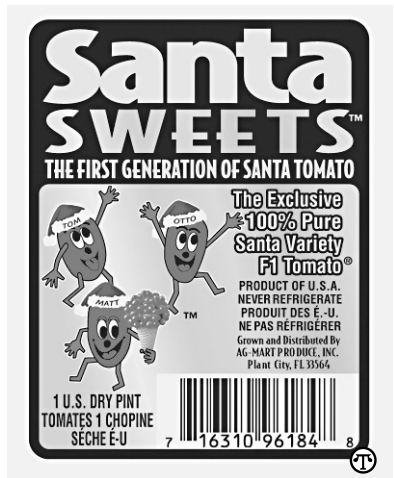
with the big taste about four years ago. He knew they were special and set to work making them a premier brand. He dubbed them “Santa Sweets,” and introduced them in pint containers to shoppers across the U.S.

Santa Sweets are an exclusive variety grown from the first generation Santa variety seed. Brix (pronounced bricks) is a measure of the natural sugar content in tomatoes, and Santa Sweets hit the top of the brix scale.

These bright red beauties are wonderful in salads, salsas or quickly stir fried with a little olive oil and garlic. At my house they are a favorite snack. My children love their sweet taste and snack-sized shape. They also add a whole new meaning to bruschettas—tomato salad on toasted bread. The accompanying recipe is particularly good because it combines the Santa Sweets with a variety of other colorful vegetables. Bruschettas make wonderful light lunches, great appetizers and delicious party food.

You can feel good about having your family snack on Santa Sweets. Tomatoes are a wonderful source of antioxidant vitamins A and C. They also contain lycopene, which is one of the most potent antioxidant phytochemicals. Antioxidants help maintain good health by mopping up the free radicals that cause the cell damage that can lead to disease.

People who eat a colorful variety of fruits and vegetables every day are getting a significant measure of health protection. They are reducing their risk for cancer and coronary artery disease as well as a host of other chronic diseases. 5 A Day, five servings of fruits and vegetables every day, is the goal. Unlike many other foods, this is a case where more is better. So aim for 5 A Day and congratulate your-



self as you get to 7 and then 9 A Day.

Variety is also important when it comes to getting the best disease fighting benefits from fruits and vegetables, because each fruit and vegetable has a unique set of healthful nutrients and phytochemicals. Thinking color is a quick and easy way to make sure you are getting variety. Do the color check when you are shopping or reviewing your daily fruit and vegetable choices. Use these 5 color groups: red, green, blue/purple, orange/yellow and white, and aim to make at least one choice in each group. Santa Sweets are a great choice in the “red” group.

## Santa Sweets & Italian Bruschetta

- 1 Pint Santa Sweets, cut in half
- 2 Celery ribs, diced
- ½ Cup black pitted olives, sliced
- ¼ Cup minced parsley
- 1 Small clove garlic, peeled and minced
- ⅓ Sweet onion, finely minced
- 1 Tablespoon virgin olive oil
- ½ Tablespoon balsamic vinegar
- Freshly ground black pepper to taste
- 20 Slices crusty bread, ¾ inch thick

Combine all ingredients, except the bread, in a large bowl. Let stand at room temperature about 30 minutes. Serve over grilled bread slices. Makes 10 servings.

Nutrients per tablespoon: Calories 197; Protein 6g; Fat 4g; Calories from Fat 20%; Carbohydrate 34g; Cholesterol 0mg; Fiber 3g; Sodium 422mg.

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*Note to Editors:* Forty-seventh in a series of monthly 5-A-Day columns. For previous stories featuring other fruits and vegetables go to [www.napsnet.com](http://www.napsnet.com) and search: “Pivonka.”