

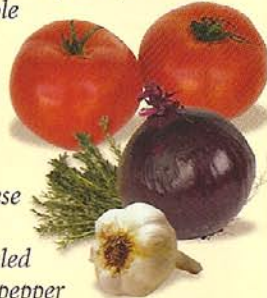
**Congratulations to
Kristine Shargel & Lisa Ota
of Concord, California,
My \$250 Winner for
January!**

**Tony
Tantillo's
Recipe Contest**



Roasted Tomato & Fresh Mozzarella Spread~

- 64 ounces fresh semi-puréed tomatoes (see tips below) or 2 (28 ounces) cans peeled whole plum tomatoes in juice
 - ½ cup extra virgin olive oil
 - ½ cup chopped red onion
 - 6 cloves garlic, coarsely chopped
 - 1 ½ teaspoons fine sea salt
 - 1 cup diced fresh mozzarella cheese
 - 2 teaspoons dried basil
 - 1 teaspoon fresh rosemary, crumbled
 - ½ teaspoon freshly ground black pepper
- French bread sliced and brushed with olive oil, then baked until lightly toasted (I like to buy Semi Freddi's Garlic Croutons or Focaccia bread)



1. Preheat oven to 350°F. Line a glass Pyrex 9X13" dish with aluminum foil or a jelly roll pan (baking sheet) with a silicone liner.
2. Place 64 ounces of fresh semi-puréed tomatoes in a large mixing bowl. If using canned tomatoes, drain the tomatoes and cut them in half or quarters,
3. Stir in the olive oil, red onion, garlic, sea salt, mozzarella cheese, basil, rosemary, and pepper.
4. Pour the mixture into the prepared glass dish or prepared jelly roll pan and bake for 1 to 1½ hours; check to be sure that the tomatoes and garlic do not brown.
5. Transfer tomatoes and juices to a large bowl. Let them mellow at room temperature for about six hours. Refrigerate mixture up to 4 days; freeze up to 3 months.
6. To assemble the Bruschetta topping, serve the tomato mozzarella mixture in a bowl and let guests spoon the mixture onto the bread of your choice. Enjoy.

Tips — Boil fresh tomatoes until their skin breaks and immediately put them in cold water and peel off the skins. Next put batches in a Cuisinart and "Pulse" until they are mushed up but not fully puréed. Any tomatoes left over the 64 ounces needed for the recipe, purée and freeze for future spaghetti sauce.

**NATIONAL RECIPE CONTEST
WIN A \$250 SHOPPING SPREE**

Send Tony your favorite recipe and you could win a \$250 shopping spree at a Safeway, CARRS, Dominick's, Genuardi's, Randalls, Tom Thumb, Vons, or Pavilions store. Each month a recipe will be selected by Tony and the Fresh Grocer newsletter staff. The winning recipe will be featured in a future Fresh Grocer newsletter and on Tony's Web site, www.tonytantillo.com. Submit your favorite soup, salad, side dish, entrée, or dessert recipe that **INCLUDES FRESH PRODUCE** in the list of ingredients. Please include your name, address and phone number with your recipe and send to:

FRESH GROCER RECIPE CONTEST c/o Farm Fresh LLC
800 Charcot Ave., Ste. 106, San Jose, CA 95131



**Produce Marketing
Association**

**Research Finds Pomegranate
Juice May Reduce
Cardiovascular Risks**

Italian and American scientists have found that pomegranate juice helped keep fatty deposits from collecting on artery walls in mice, and kept human heart cells healthier, reported *Yahoo! News* on March 22, 2005.



Previous studies have suggested the antioxidants* found in pomegranate juice might reduce plaque buildup on artery walls and reduce oxidative stress on endothelial cells, the cells that line blood vessels. These cells produce nitric oxide, a substance that helps the blood vessels relax. The researchers found that heart cells treated with pomegranate juice had a 50% increase in nitric oxide production, and that mice given pomegranate juice reduced the rate of plaque buildup by about 30%.

Researchers are unsure of the exact reason why pomegranate juice appears to protect artery walls from fatty deposits, but they believe the increased nitric oxide production may play a role, and that polyphenols may directly protect the arteries by reducing oxidative stress.

*Antioxidants are "good" scavengers that may neutralize free radicals, which may help to prevent the cell and tissue damage that may be linked to disease before they get a chance to harm your body. They get their name from their ability to inhibit oxidation. Not all antioxidants are created equal in terms of their effectiveness at neutralizing free radicals. Some of the most powerful antioxidants, polyphenol antioxidants are found in great abundance in Pomegranate juice. In fact, some research studies indicate that ounce for ounce pomegranate juice has 17% more polyphenol antioxidants than red wine!

Sources: www.pma.com, www.pomwonderful.com

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