



Grape & Fennel Salad

- 2 Tbsp olive, canola, or vegetable oil
- 2 Tbsp white-wine vinegar
- ½ tsp fennel seeds, lightly crushed
- ¼ tsp salt
- ¼ tsp black ground pepper
- 5 cups red and green seedless grapes (about 1¾ lbs), halved
- 1 large fennel bulb, halved, cored and thinly sliced
- 3 stalks celery, thinly sliced on the diagonal
- 3 Tbsp slivered or chopped almonds, optional

1. Whisk oil, vinegar, fennel seeds, salt and pepper in a large bowl.
2. Add grapes, fennel, celery, and scallions. Toss to coat.
3. Sprinkle with almonds, if using. Serve and enjoy!



Makes: 6 servings

Nutrition Information:

CALORIES 140 (32% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 135mg; CARBOHYDRATE 26g; FIBER 3g; PROTEIN 2g; CALCIUM 4%; IRON 4%



Watermelon Gazpacho

- 8 cups finely diced seedless watermelon (about 6 pounds with the rind)
- 1 medium cucumber, peeled, seeded, and finely diced
- ½ red bell pepper, finely diced
- ¼ cup chopped fresh basil
- ¼ cup chopped flat-leaf parsley
- 3 Tbsp red wine vinegar
- 2 Tbsp minced onion
- 2 Tbsp olive, canola, or vegetable oil
- ½ tsp salt



1. Mix watermelon, cucumber, bell pepper, basil, parsley, vinegar, onion, oil, and salt in a large bowl.
2. Puree 3 cups of the mixture in a blender or food processor to a desired smoothness. Transfer to another large bowl.
3. Puree another 3 cups and add to the bowl. Stir in remaining diced mixture,
4. Serve at room temperature or chilled.

Makes: 6 servings

Nutrition Information:

CALORIES 110 (41% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 200mg; CARBOHYDRATE 17g; FIBER 1g; PROTEIN 2g; CALCIUM 2%; IRON 4%