**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%

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**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%