grilled chicken and grapefruit salad



cook time:	prep time:	featured product:
10	**20**	**baby spring mix**

you won't regret making this grilled chicken and grapefruit salad recipe! our pomegranate balsamic dressing and grapefruit chunks combine with our baby spring mix for a flavor you won't be able to resist. add in some tangy blue cheese and toasted walnuts for a complete meal! this salad is perfect as a healthy lunch or dinner option.

ingredients

2 servings

1 package (5 ounces) **organicgirl® baby spring mix** ?
½ cup **organicgirl® pomegranate balsamic dressing**, divided
8 ounces chicken tenders
1 large grapefruit, peeled and sectioned
? cup crumbled blue cheese (about 2½ ounces)
¼ cup toasted walnuts
black pepper

substitutions

? **spring mix plus**

directions

1. in a shallow dish, thoroughly coat chicken with ¼ cup dressing. cover and refrigerate at least one hour.

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2. peel and slice grapefruit into sections.

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2. in a lightly oiled grill pan or skillet over medium-high, cook chicken until internal temperature reaches 165°F and juices run clear, 2-3 minutes per side.

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3. rest on cutting board for a few minutes, then slice at an angle.

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4. in a large bowl, toss greens with ¼ cup dressing.

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5. arrange salad on plates and top with grapefruit and sliced chicken. sprinkle with blue cheese and walnuts. top with fresh ground pepper and enjoy!

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