Chicken and Grapefruit Salad

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 1

Nutrition Information Per Serving

434.8 calories, 18.55 g carbohydrate, 5.44 g fiber, 13.11 g NET carbs, 46.47 g protein, 19.68 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 head organic Romaine lettuce, chopped
- 1 Tbsp fresh chopped basil leaves
- 1 cup cooked and shredded pastured chicken breast
- 1 Tbsp extra virgin olive oil
- 1/2 whole(s) ruby red grapefruit

Preparation

1. Put the lettuce in a large bowl.
2. Peel the grapefruit, and using a sharp paring knife, cut into segments over the bowl, so that the juice goes into the lettuce.
3. Add the segments to the bowl as well.
4. Add the olive oil, basil, and chicken and stir well to coat.
5. Season with salt and serve.

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