Red Cabbage, Grapefruit + Beet Salad with Chicken

Active Time: 10 minutes | **Total Time:** 40 minutes | **Serves:** 4

Nutrition Information Per Serving

397 calories, 20.39 g carbohydrate, 4.86 g fiber, 15.53 g NET carbs, 30 g protein, 22.76 g fat

Ingredients

- 16 ounce(s) organic, free-range chicken breasts
- 1/2 head(s), medium red cabbage, shredded
- 1 whole red grapefruit, sliced into segments
- 8 leaves(s) fresh basil, julienned
- 1/4 cup(s) raw walnuts
- 2 tsp(s) avocado oil
- 4 Tbsp(s) extra virgin olive oil
- 1 Tbsp lemon juice
- 1/3 Tbsp(s) organic apple cider vinegar
- 1 tsp honey
- 2 whole (2" diam)(s) organic beets, trimmed, peeled and quartered

Preparation

1. Preheat oven to 400 F.
2. Toss beets with half the avocado oil and sprinkle lightly with salt. Place on a baking sheet.
3. Rub remaining avocado oil on chicken breasts and place in a broiler pan. Lightly season chicken with salt and pepper.
4. Place both pans in the oven on separate racks and set the timer for 10 minutes. Flip chicken and toss beets and roast another 15 minutes, or until tender. Internal temperature of chicken should be 165F.
5. In the meantime, prepare the dressing. Add olive oil, lemon, apple cider vinegar and honey to a jar with a lid and shake well. Season with salt and pepper to taste.
6. Place cabbage in a large bowl and sprinkle with salt. Massage for about 10 seconds. Drizzle with half the dressing and toss. Set aside.
7. Cut your grapefruit into pith free segments using a “supremes” method (link).
8. Add grapefruit, walnuts, and basil to the cabbage and toss to combine.
9. Remove roasted chicken and beets from the oven. Once cooled, chop chicken into bite sized cubes. Add to the salad and toss to combine. Serve with remaining dressing on the side.

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