



Watercress and Grapefruit Salad

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 2

Nutrition Information Per Serving

66.3 calories, 15.67 g carbohydrate, 2.63 g fiber, 13.04 g NET carbs, 2.76 g protein, 0.25 g fat

Ingredients

- 4 cup(s) chopped organic watercress
- 1 whole organic ruby red grapefruit
- 1/2 whole(s) organic shallot

Preparation

1. Rinse watercress well and divide among serving dishes.
2. Peel grapefruit and slice into 1/2 inch thick slices.
3. Finely slice shallot.
4. Arrange grapefruit slices over watercress, top with shallot slices.
5. Serve with dressing of choice.

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