



## grilled chicken and grapefruit salad

cook time:  
**10**

prep time:  
**20**

featured product:  
**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.

[https://iloveorganicgirl.com/wp-content/uploads/2016/02/OR2020\\_Microvid\\_Grilled\\_Chicken\\_and\\_Grapefruit\\_Salad\\_1\\_sq.mp4](https://iloveorganicgirl.com/wp-content/uploads/2016/02/OR2020_Microvid_Grilled_Chicken_and_Grapefruit_Salad_1_sq.mp4)

2. peel and slice grapefruit into sections.

[https://iloveorganicgirl.com/wp-content/uploads/2016/02/OR2020\\_Microvid\\_Grilled\\_Chicken\\_and\\_Grapefruit\\_Salad\\_2\\_sq.mp4](https://iloveorganicgirl.com/wp-content/uploads/2016/02/OR2020_Microvid_Grilled_Chicken_and_Grapefruit_Salad_2_sq.mp4)

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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