

Grapefruit Chicken Satay Salad

Adapted from EatingWell.com

This tossed salad borrows the basic flavors of Thai satay and turns them into a rich and satisfying entree salad. Using lean chicken and limiting portions trims saturated fat and cholesterol. And, of course, fruits and veggies are the foundation of a healthy diet.

Makes 4 servings, about 2 cups each

Nutrition

Per serving : 310 Calories; 12 g Fat; 2 g Sat; 1 g Mono; 63 mg Cholesterol; 24 g Carbohydrates; 30 g Protein; 6 Fiber; 641 mg Sodium; 730 mg Potassium



Ingredients

- 1 pound boneless skinless chicken breasts, cut into 1/4-inch-thick strips
- 2 large pink or ruby-red grapefruits
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 1 teaspoon freshly ground pepper
- 1/4 cup smooth natural peanut butter
- 1 teaspoon sugar
- 8 cups roughly chopped romaine lettuce, (about 2 hearts)
- 1 cup sliced radishes, (about 8 radishes)
- 1 teaspoon dry mustard
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon salt
- 2 tablespoons reduced-sodium soy sauce
- 1/4 teaspoon hot sauce, or to taste

Preparation

1. With a sharp knife, remove the peel and white pith from grapefruits and discard.
2. Cut the grapefruit segments from the surrounding membranes, letting them drop into a small bowl.
3. Working over a large bowl, squeeze the remaining membranes to extract the juice. Set the segments and juice aside separately.
4. Whisk peanut butter, soy sauce, sugar and hot sauce into the reserved grapefruit juice until smooth. Set aside.
5. Position rack in upper third of oven; preheat broiler. Line a broiler pan or baking sheet with foil.
6. Toss chicken, dry mustard, garlic powder, cinnamon, coriander, ginger, pepper and salt in a large bowl until the chicken is well coated. Place on the prepared pan in a single layer.
7. Broil the chicken until cooked through, about 5 minutes. Remove from pan to cool for about 5 minutes.
8. In a large bowl, combine the cooked chicken and lettuce and toss with dressing.
9. Serve the salad topped with radishes and the reserved grapefruit segments.