QUICK & EASY SPRING SALAD

Add grilled chicken or fish to make this a complete meal!

Ingredients:

- 4 cups coarsely chopped, fresh watercress, stems included
- 1 cup pink grapefruit segments, juice reserved
- 1 medium avocado, peeled & diced
- 1/4 cup finely sliced red onion
- 1T apple cider vinegar
- 3T avocado oil
- ½ tsp unrefined sea salt
- Freshly ground black pepper to taste



Directions:

1. Toss greens together with the grapefruit, avocado & onion
2. Whisk reserved grapefruit juice, vinegar & oil
3. Season to taste with salt &pepper
4. Pour over the salad & serve chilled
5. Add your favorite lean protein such as grilled chicken or fish for a complete meal!
6. Makes 4 servings

NUTRITION PER SERVING:

Calories 191, 2g protein, 9g carbs, 4g fiber, 6g sugar, 17g fat, 2g sat fat, 0mg chol, 18g sodium