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# Grapefruit Chicken Satay Salad

**Prep Time:** 20 mins

**Cook Time:** 5 mins

**Total Time:** 25 mins

## Ingredients

- 2 grapefruit, pink or ruby-red
- 1 pounds chicken, breast, boneless, skinless, cut into 1/4-inch-thick strips
- 1 teaspoon mustard, dry
- 1 teaspoon garlic powder
- 1 teaspoon cinnamon, ground
- 1 teaspoon coriander, ground
- 1 teaspoon ginger, ground
- 1 teaspoon pepper, black ground
- 1/2 teaspoon salt
- 1/4 cup(s) peanut butter, natural, smooth
- 2 tablespoon soy sauce, reduced-sodium
- 1 teaspoon sugar
- 1/4 teaspoon hot sauce
- 8 cup(s) lettuce, romaine, roughly chopped
- 1 cup(s) radish(es), sliced



## Preparation

1. With a sharp knife, remove the peel and white pith from grapefruits and discard. Cut the grapefruit segments from the surrounding membranes, letting them drop into a small bowl. Working over a large bowl, squeeze the remaining membranes to extract the juice. Set the segments and juice aside separately.
2. Position rack in upper third of oven; preheat broiler. Line a broiler pan or baking sheet with foil.
3. 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. Broil the chicken until cooked through, about 5 minutes.
4. Meanwhile, whisk peanut butter, soy sauce, sugar and hot sauce into the reserved grapefruit juice until smooth. Add the cooked chicken and lettuce; toss to combine. Serve the salad topped with radishes and the reserved grapefruit segments.