

# Summer Salad with Grapefruit Vinaigrette

10 ingredients · 20 minutes · 4 servings



## Directions

1. Fill each individual salad bowl with a large handful of arugula. Evenly set the pecans, avocado, strawberries, blueberries and raspberries across all bowls. Sprinkle each bowl with a bit of your chopped basil.
2. Create your dressing by combining your grapefruit juice, olive oil and apple cider vinegar in a bowl and stir. Spoon the dressing evenly over each bowl. Enjoy!

## Ingredients

**4 cups** Arugula  
**1/2 cup** Strawberries (sliced)  
**1/2 cup** Raspberries  
**1/2 cup** Blueberries  
**1/2 cup** Pecans (toasted)  
**1** Avocado (peeled and diced)  
**1/4 cup** Basil Leaves (chopped)  
**1/2** Grapefruit (juiced)  
**2 tbsps** Extra Virgin Olive Oil  
**2 tbsps** Apple Cider Vinegar

## Nutrition

Amount per serving

|                 |     |                |      |
|-----------------|-----|----------------|------|
| <b>Calories</b> | 267 | <b>Sugar</b>   | 7g   |
| <b>Fat</b>      | 23g | <b>Protein</b> | 3g   |
| Saturated       | 3g  | Cholesterol    | 0mg  |
| Trans           | 0g  | Sodium         | 10mg |
| <b>Carbs</b>    | 15g | Calcium        | 64mg |
| Fiber           | 7g  |                |      |