

Grilled Onions, Chicken & Grapefruit Stir Fry

Servings per recipe: 1

Serving = 1 protein, 1 vegetable, 1 fruit

This works well with beef or fish too.

Ingredients

- 100 grams chicken (skin removed, no visible fat)
- 100 grams red, yellow or white onion
- ½ grapefruit peeled and cut into small pieces
- sea salt, pepper, and your favourite herbs & spices

Directions

- Put sea salt, pepper, herbs and spices in the bottom of a skillet.
- Add onions and 3 tbs of water or herb tea.
- Stir fry until tender and transparent.
- Remove from pan and set aside.
- Add chicken pieces, salt and pepper to pan and water if needed for steaming the chicken, simmer on medium heat till chicken is well cooked. (This works well with frozen chicken tenders, just put frozen meat in pan with smaller amount of water or tea and simmer till done).
- Place onions, grapefruit and chicken with juice from pan in a bowl.
- Toss with salt, pepper, herbs and spices.

