

Grilled Halloumi Salad with Blackberry Dressing

SERVES 4 / PREP TIME: 15 MINUTES / COOK TIME: 4 MINUTES

Halloumi stays firm when heated and imparts a pleasantly salty flavor that's nicely balanced by the blackberries in this salad. And you just have to love any cheese you can grill!

6 ounces blackberries
1 tablespoon balsamic vinegar
1 tablespoon olive oil
¼ teaspoon kosher salt
¼ teaspoon cracked black pepper
1 (8-ounce) block halloumi cheese
1 cup microgreens
1 pint cherry tomatoes, halved
¼ cup sliced scallions

- 1.** Set aside 4 blackberries. Put the remaining blackberries in a blender, along with the balsamic vinegar, olive oil, salt, and black pepper. Blend on high until well incorporated, about 1 minute.
- 2.** Strain the blackberry dressing through a fine-mesh strainer into a small bowl.
- 3.** Preheat an outdoor grill or cast iron stovetop grill pan to high. Grill the halloumi for 2 minutes per side. Cut the halloumi into 4 triangles.
- 4.** Spoon the blackberry dressing into circles on 4 plates. Top each plate with a slice of grilled halloumi and ¼ of the microgreens, tomatoes, and scallions.

TIP: If microgreens aren't available, just use your choice of sprouts, arugula, or watercress.

PER SERVING: Calories: 283; Total Fat: 21g; Saturated Fat: 12g; Total Carbs: 11g; Fiber: 4g; Protein: 14g; Sodium: 349mg