

Grilled Halloumi & Vegetables with Minty Yogurt Sauce



Sirve:

6 - 8 servings as a side dish

Pieza:

Smokeless Broiler

small mixing bowl

large mixing bowl

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Halloumi is a cheese, traditionally made from sheep's milk, from Cyprus that is perfect for the grill and available in most markets. Pair this delicious cheese with grilled vegetables, seasoned with the Saladmaster Cilantro Lime seasoning blend, and drizzle with a simple yogurt dressing.

Saladmaster seasoning blends are *limited edition*.

- 1 ½ pounds
eggplant, trimmed and cut in ½-inch slices
(680 g)
- ½ teaspoon
sea salt
(3 g)
- 1 pound
asparagus, cut off fibrous ends
(454 g)
- 6 firm plum tomatoes, cut in half lengthwise
- 1 ½ pounds
zucchini or summer squash, trimmed and cut lengthwise in

½-inch thick slices
 (680 g)
 2 tablespoons
 olive oil
 (30 ml)
 1 tablespoon
 Cilantro Lime seasoning blend
 (9 g)
 8 ounces
 Halloumi, sliced into 8 pieces

Minty Yogurt Sauce

1 cup Greek-style plain yogurt (200 g) ½ teaspoon sea salt (3 g) 1
 tablespoon fresh lemon juice (15 ml) 2
 tablespoons fresh mint leaves, chopped (5 g) 2
 tablespoons fresh parsley leaves, chopped (5 g)

Preparación :

1. Pour 1 quart water into bottom of broiler pan or until it reaches the marks stamped inside. Place grill rack onto broiler pan.
2. Plug in cord to electrical outlet and preheat for about 5 minutes.
3. Place eggplant slices in a colander, with bowl underneath, and sprinkle with ½ teaspoon of salt. Let eggplant rest and drain while preparing the remaining vegetables.
4. Place all of the prepared vegetables in a large bowl. Drizzle olive oil and sprinkle seasoning blend over vegetables. Toss to lightly coat each piece.
5. Grill asparagus for 12 - 17 minutes until browned and tender crisp. Remove and set aside on platter.
6. Grill eggplant and zucchini for 15 - 18 minutes until browned on both sides. Remove and set aside on platter.
7. Grill tomatoes for 8 - 10 minutes until softened slightly and lightly browned. Remove and set aside on platter.
8. Grill Halloumi for 3 - 4 minutes until browned on each side. Use a metal spatula to remove Halloumi from grill rack.
9. Place all of the ingredients for the yogurt sauce in a small bowl and mix to combine. Taste and adjust seasonings as necessary.
10. To serve, arrange a few pieces of each grilled vegetable on plate. Top with grilled Halloumi and a drizzle of minty yogurt sauce.

Consejos:

- Grill vegetables in batches on grill rack. They will not all fit at one time.
- Substitute any of the vegetables for your favorites: bell peppers, fennel, onions, leeks or other seasonal varieties.
- Halloumi is best eaten right after it is grilled while it is warm. Grill vegetables in advance and grill Halloumi right before serving.
- Add more of the seasoning blend to vegetables, if desired.

Información nutricional por ración

Based on 8 servings

Calorías: 191

Grasa Total: 12g

Grasa 6g

Saturada:

Cholesterol: 21mg
Sodium: 625mg
Carbohydrates: 13g
Fiber 5g
Dietetic:
Sugar: 8g
Protein: 12g
