
Watermelon and Halloumi Salad

Wolf Demonstration Kitchen, 2017



Servings: 8

1. Preheat griddle or flat pan to 375° F.
2. Cut thin rectangles of Halloumi cheese and gently brown the pieces on the flat grill or pan for about 3-5 minutes per side, or until the cheese is golden brown.
3. Meanwhile, in a bowl combine the arugula and mint. Toss with a drizzle of olive oil, salt and pepper to taste.
4. On each plate, place two slices of watermelon side by side. Mound the arugula on top, but allow most of the watermelon to show. Place hot cheese leaned up against the arugula, then sprinkle with toasted pine nuts. Drizzle salad with balsamic glaze and serve immediately.

4 cups watermelon, cut in 3" long batons
8 ounces halloumi cheese
1/2 cup fresh mint, chopped
6 ounces arugula
3 tablespoons EVOO
1/3 cup pine nuts, toasted
4 tablespoons balsamic glaze
Salt and pepper to taste

Per Serving (excluding unknown items): 219 Calories; 17g Fat (70.2% calories from fat); 9g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 361mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat.

Carolyn T's Blog: tastingspoons.com