

Grilled Halloumi

Serves 4

The grilled halloumi is pretty salty, so there's no need to add more salt. The chile oil should be served alongside to cater to individual taste.

1½ pounds halloumi

2 tablespoons olive oil

Chile oil, to taste

Lemon wedges, to taste

Instructions: Heat the grill, or a grill pan, to medium-high heat.

Cut the halloumi into slices $\frac{1}{2}$ -inch thick. Using a pastry brush, brush the halloumi with the olive oil and place on the grill. Grill each side for about 2 minutes, until grill marks appear, and the cheese is slightly yielding in the center. Serve with chile oil for drizzling and lemon wedges for squeezing.

Per serving: 220 calories, 10 g protein, 2 g carbohydrate, 19 g fat (10 g saturated), 51 mg cholesterol, 628 mg sodium, 0 fiber.