

Grilled Halloumi, Eggplant and Tomatoes surrounded with Basil Coulis

(Serves Four: 1 Halloumi stack with 2 T Basil Coulis) Calories: 210; Fat: 17g

For Fresh Basil Purée:

- 1 C Basil (packed)
- 1 C Spinach (packed)
- 2 cloves Garlic (chopped)
- ¼ C Pine Nuts
- 1 t Salt
- ½ C Water (+)
- 1 T Miso Paste
- 3 T Extra Virgin Olive Oil

In a blender, add the basil, spinach, garlic, pine nuts, salt, water and miso paste. Blend until smooth. If needed, add more water. While blender is running, drizzle on the olive oil. (Adding the olive oil at the end helps to emulsify the mixture). Pour into a container and keep refrigerated until ready to use.

- 1 Package Halloumi Cheese
- 1 pound Eggplant
- 2 Large Tomatoes
- 1 small Red Onion
- ¼ C Olive Oil (for brushing)
- Basil Leaves (garnish)

Slice the Halloumi cheese lengthwise into 4 equal pieces. Slice the eggplant, tomatoes and onion into ¼" slices. (You will have leftover eggplant; reserve for another use).

Preheat a grill or grill pan over medium heat until very hot. Using a pastry brush, brush the eggplant, tomatoes and red onion with the olive oil. Starting with the eggplant, grill each side for about 4 minutes. Grill the tomatoes and onion for about 2 minutes per side. Assemble the vegetables in the middle of a salad platter, with the eggplant on the bottom. Add the onion then the tomato on top of the eggplant. Grill the Halloumi slices about 3 minutes per side. Top the eggplant stack with the Halloumi.

To Finish: Surround the stack with the Basil Coulis and garnish the top with a basil leaf. Serve immediately.

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Benefits:

Spinach – A powerful vegetable, this leafy green protects your eyes, and can help ward off a few different types of cancer! Spinach is bursting with Zeaxanthin, Lutein and Beta Carotene. These carotenoids protect you from developing major eye problems like cataracts and age related macular degeneration. Spinach is also a rich source of Folate which has been shown to fight Ovarian Cancer and protect against neural birth defects.

Cheese - Enjoy about 1-2 ounces of cheese and get the benefits of protein and calcium. Cheese also supplies other essential nutrients including Vitamin A, Vitamin B12, Riboflavin, Phosphorus, and Zinc.