

## **Greek Salad with Grilled Haloumi Cheese**

1 small or ½ large Lebanese cucumber, cut in half lengthwise and then cut into 1 cm slices

½ red onion, sliced

4 ripe tomatoes, cut into wedges

½ cup black olives, pitted

2 spring onions, sliced

¼ cup chopped parsley

1 handful of English spinach

200g haloumi cheese

### **Dressing**

1 clove garlic, crushed

4 Tbsp lemon juice

1 tspn sugar

½ tspn salt

2 Tbsp olive oil

Combine cucumber, onion, tomatoes, olives, spring onion, and parsley together in a bowl; toss with dressing. Cut haloumi cheese into thick slices, then cut each of these in half. Heat up a non-stick fry pan and add haloumi. Cook for a minute or so on each side until cheese is soft and surface is golden. Arrange spinach leaves on a platter or in a bowl, arrange tomato, cucumber mixture on top and then finish with the cooked haloumi cheese. Serve with toasted Turkish bread or pita bread.

### **Health Habits:**

- Reducing ratio of oil in dressing (usually 3:1 ratio of oil to acid)
- Using a healthy oil (olive)