

Mediterranean Grilled Halloumi Salad with Pomegranate and Walnuts

Golden grilled halloumi meets peppery greens, jewel-like pomegranate seeds, and toasted walnuts in this blood sugar-friendly Mediterranean salad with tangy mustard dressing.

Prep: 15 min

Cook: 10 min

Total: 25 min

Servings: 1

GL 2.1 / GI 9

Ingredients

High-protein, low-carb cheese; grills without melting halloumi cheese, sliced 5mm thick

Peppery greens rich in fiber and antioxidants fresh arugula leaves

About 1/2 medium lemon; provides vitamin C and acidity fresh lemon

Low-GI fruit with antioxidants; adds natural sweetness pomegranate arils

Rich in omega-3 fatty acids; helps slow glucose absorption raw walnut halves

Heart-healthy monounsaturated fats; use half for cooking extra virgin olive oil, divided

Butter lettuce or romaine; adds fiber and volume mixed salad greens

Adds tang and emulsifies dressing; minimal carbs Dijon mustard

Zero-glycemic sweetener; optional for slight sweetness erythritol sweetener

Enhances flavors; use to taste sea salt or kosher salt

Adds mild heat and complexity freshly ground black pepper

Instructions

Step 1

Prepare the halloumi by slicing it into uniform strips about 5mm thick. Lightly brush one side of each slice with approximately 5ml of the olive oil. Preheat a grill pan or heavy-bottomed skillet over medium-high heat until it's thoroughly hot and ready for searing.

Step 2

Place the oiled halloumi slices onto the preheated cooking surface with the brushed side down. Let them sear without moving for 2-3 minutes until you see attractive grill marks forming and the edges turn golden brown. Carefully flip each piece and cook the opposite side for another 2-3 minutes until equally caramelized. Transfer to a plate and set aside.

Step 3

While the cheese is grilling, toast the walnut halves in a separate dry skillet over medium heat. Stir them frequently for 2-3 minutes, watching closely to prevent burning. Remove from heat when they become fragrant and develop a slightly deeper color. The toasting enhances their nutty flavor and adds crunch.

Step 4

Prepare the vinaigrette by combining the remaining 5ml olive oil, Dijon mustard, and juice squeezed from the fresh lemon in a small bowl or jar. Add the erythritol if you prefer a hint of sweetness without affecting blood sugar. Whisk vigorously until the mixture becomes smooth and emulsified, then season with salt and freshly ground black pepper to taste.

Step 5

Build your salad by spreading the arugula and mixed greens across a serving plate, creating an attractive base layer. Arrange the warm grilled halloumi slices on top of the greens in an appealing pattern.

Step 6

Scatter the pomegranate arils evenly across the salad, allowing their ruby color to create visual interest. Distribute the toasted walnuts throughout, ensuring each bite will have a mix of textures. Drizzle the prepared vinaigrette over the entire composition just before serving.

The residual warmth from the cheese will gently wilt the greens while the dressing brings all the flavors together. **Serve immediately for optimal texture and temperature contrast.**