



## Grilled Halloumi & Hummus Sandwich

2 servings

15 minutes

### Ingredients

- 113 grams Halloumi (sliced)
- 1/4 cup Hummus
- 170 grams Sourdough Baguette
- 1/2 Tomato (sliced)
- 1 cup Arugula

### Nutrition

Amount per serving	
Calories	542
Fat	25g
Carbs	55g
Fiber	2g
Sugar	2g
Protein	25g
Cholesterol	50mg
Sodium	1331mg
Vitamin A	660IU
Vitamin C	6mg
Calcium	553mg
Iron	4mg
Selenium	2µg

### Directions

- 1 Preheat the grill to medium heat and grease it with oil. Place the halloumi on the grill and cook for two to three minutes per side or until browned.
- 2 Divide the hummus onto the bread along with the grilled halloumi, tomato, and arugula. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately but can be refrigerated in an airtight container for up to one day.

**Serving Size:** One serving is one sandwich.

**Additional Toppings:** Add onion and cucumber.

**Gluten-Free:** Use gluten-free bread, a gluten-free bun, or turn it into a salad instead.