

Balsamic Glazed Haloumi Skewers

Recipe By Victoria Dwek



Cooking and Prep:  15
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Serves:  4

Contains: 

Preference: Dairy

Difficulty: Easy

Occasion: Nine Days

Diet: Vegetarian, Pescetarian,

Gluten Free, Low Carb

Source: Kosher.com

Exclusive

Eggplant, red pepper, zucchini, onion, and haloumi cheese are marinated, then threaded onto skewers and grilled. A great low-carb appetizer for a dairy meal.

Watch Victoria make these skewers on [4 Amazing Things](#).

Ingredients (11)

Skewers

- 1 zucchini, cut into 1-inch chunks (halve them if your zucchinis are thick)
- 1/2 eggplant, cubed
- 1 red pepper, cubed
- haloumi cheese

1 red onion, cubed

Marinade

2 tablespoons olive oil

2 tablespoons Tuscanini Balsamic Vinegar

1 tablespoon Dijon mustard

1 teaspoon salt

1/2 lemon

Glaze

Tuscanini Balsamic Glaze

Start Cooking

For the Skewers

1. Combine vegetables, cheese, and marinade ingredients.
2. When ready to cook, thread ingredients onto skewers. Heat a grill or saute pan and grease with nonstick cooking spray. Add skewers and cook for four minutes per side. Cover the skewers with a pot lid while cooking so the veggies also steam and cook further while the outside caramelizes.
3. Drizzle with Tuscanini Balsamic Glaze and enjoy!

Variation:

You can also roast these in the oven (it's much easier to roast in oven if you're making a large quantity for a crowd, but it will take longer, about 30 minutes).