

Grilled Halibut with Lemon Vinaigrette

Prep Time: 20 mins

Cooking Time: 15 mins

Ingredients

Vinaigrette

1 tablespoon fresh lemon juice
2 teaspoons olive oil
3/4 teaspoon shallots, finely chopped
1 teaspoon capers, chopped
salt and pepper to taste

Fish

cooking spray
7oz. halibut fillet
salt
1 tablespoon fresh chives
1/2 cup green beans
1/2 cup broccoli
1/2 cup cauliflower

Method

Combine vinaigrette ingredients in a small bowl and whisk. Heat a non-stick grill pan over medium heat. Coat pan with cooking spray. Sprinkle fish with salt and pepper on both sides and add to pan. Grill 3-5 minutes on each side depending on thickness of fillet. Steam green beans, broccoli and cauliflower and spray with non-caloric butter spray if desired.

Spoon vinaigrette onto the fish and serve with vegetables.

Nutrition Info.

Cal 350 | Fat 14g | Chol 65mg | Carb 10g | Pro 44g

This recipe makes 1 serving.