



Grilled Halibut with Green Sauce *in a new light*

Makes: 4 servings

Prep Time: 10 minutes

Cook Time: 6-10 minutes

Difficulty: Easy

Ingredients:

- 1 jar roasted yellow or red bell pepper, drained and cut into chunks
- 1/2 cup packed fresh parsley leaves
- 1/2 cup packed cilantro leaves
- 2 scallions, chopped
- 2 tablespoons fresh basil leaves (about 8 leaves)
- 6 teaspoons extra-virgin olive oil, divided
- 1 tablespoon sherry or red wine vinegar
- 1 anchovy fillet, rinsed and patted dry, or 1/2 teaspoon anchovy paste
- 1 garlic clove, chopped
- 1/4 teaspoon freshly ground black pepper
- 4 (4-ounce) halibut steaks or other firm white fish
- 1/4 teaspoon lemon-pepper seasoning

Directions:

Spray a grill rack with nonstick spray and preheat the grill. Or spray the broiler rack with nonstick spray and preheat the broiler.

To make the sauce, combine the bell pepper, parsley, cilantro, scallions, basil, 4 teaspoons of the oil, vinegar, anchovy, garlic, and black pepper in a food processor and pulse until smooth; set aside.

Brush both sides of the steaks with the remaining 2 teaspoons of oil and sprinkle with the seasoning. Place on the grill rack and grill until just opaque in the center, about 6 minutes. Or broil, 6 inches from the heat, without turning, until just opaque in the center, 6–8 minutes. Serve with the sauce.

Nutritional Information: *Per serving (1 halibut steak with 2 tablespoons sauce): 200 calories, 9 g fat (1 g saturated, 0 g trans), 35 mg cholesterol, 200 mg sodium, 3 g carbohydrate, 1 g fiber, 25 g protein.*

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

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A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.