

- » 4, 5-oz (small) or 2, 10-oz (large) halibut steaks, cut  $\frac{3}{4}$  inch thick
- » Nonstick vegetable cooking spray
- » 2 diced tomatoes
- » 1 diced ripe avocado
- » 2 tbsp chopped cilantro
- » 4 tbsp salsa
- »  $\frac{1}{4}$  cup lime juice
- » 2 cups sliced zucchini squash
- » 1 cup long-grain white rice, cooked according to directions without salt or fat

## Nutritional Content

Per Serving

Calories	435cal	Cholesterol	45mg
Protein	35g	Sodium	235mg
Carbohydrate	48g	Calories from Fat	24%
Fat	12g	Fiber	4g
Saturated Fat	2g		

In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add halibut. Cook 4 to 5 minutes per side or until fish is opaque in the center and flakes easily when tested with a fork. Meanwhile, in a medium bowl, combine diced tomatoes, diced avocado, cilantro, salsa, and lime juice. Mix well. Steam zucchini and serve with hot cooked rice and halibut steaks covered with the avocado salsa mixture. Serves 4.

FOLD HERE