

- » 1, 5-oz halibut steak, cut 3/4 inch thick
- » Nonstick vegetable cooking spray
- » 1/2 diced tomato
- » 1/4 diced ripe avocado
- » 1/2 tbsp chopped cilantro
- » 1 tbsp salsa
- » 1 tbsp lime juice
- » 1/2 cup sliced zucchini squash
- » 1/4 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 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 bowl, combine diced tomato, diced avocado, cilantro, salsa, and lime juice. Mix well. Steam zucchini and serve with hot cooked rice and halibut steak covered with the avocado salsa mixture. Serves 1.

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