

## HALIBUT WITH LEMON PESTO

*Adapted from Cooking Light*

### Ingredients

- 2 tablespoons olive oil (plus more for cooking)
- 4 6-ounce pieces of halibut (or about 1½ pounds in total)
- ¼ teaspoon salt, divided
- Pinch (1/8 teaspoon) black pepper
- 1 cup tightly-packed basil leaves
- ¼ cup parmesan cheese
- 2 garlic cloves, peels
- 1 lemon – zest or grate the peel and squeeze 2 tablespoons of juice

### Instructions

Coat the grill grate liberally with oil to prevent the fish from sticking and then light the grill. (See notes for broiling the fish as an alternative.) Sprinkle fish with 1/8 tsp of salt and black pepper and place on the grill. Cover the grill and cook the fish about 4 minutes on each side (flipping the fish once) until it flakes easily or reaches 145 degrees. Let the fish rest 5 minutes.

While the fish is cooking, combine the oil, remaining salt, basil, parmesan, garlic, lemon zest and juice in a blender or food processor. Blend until pureed. (If the mixture is too thick to fully puree, thin out with a little water.) Divide the pesto evenly and serve on top of the fish.

### Notes:

- If you do not have a grill, you can broil the halibut in an oven-proof skillet that has been lightly coated with olive oil. Check the halibut for doneness after 6 minutes (it may take at least 10 minutes to fully cook).

**Yield:** 4 servings



### **NUTRITION FACTS PER SERVING**

CALORIES: 250

PROTEIN: 34 grams

SODIUM: 360 milligrams

CARBOHYDRATE: 1 gram

FIBER: 0 grams

FAT: 11 grams

SATURATED FAT: 3 grams