



## Grilled Halibut

Makes 4 servings

### Ingredients

nonstick cooking spray  
 2 tablespoons extra-virgin olive oil  
 ¼ cup lemon juice (fresh or bottled)  
 2 tablespoons yellow mustard  
 1 ½ teaspoons onion powder  
 1 ½ teaspoons dried parsley  
 1 teaspoon dried rosemary  
 ¼ teaspoon freshly ground black pepper  
 4 4-ounce halibut fillets

### Directions

1. Spray grill with nonstick cooking spray and preheat to medium heat.
2. Combine oil, lemon juice, mustard, and herbs and spices in a shallow dish. Stir.
3. Dip each fillet in the sauce (made in step 2) until well-coated and place on the grill. Cook for 5 to 7 minutes on each side or until fish flakes easily with a fork. Serve warm.



MAIN DISH



### TIP

You can also bake this entrée in the oven at 400 F for 10 to 15 minutes (without flipping) instead of grilling.

♥ = heart smart    ✕ = low sodium    (GF) = gluten free

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### Nutrition Facts

Serving Size 1 fillet (144g)  
 Servings Per Container 4

Amount Per Serving

**Calories 230**    **Calories from Fat 90**

% Daily Value\*

**Total Fat 10g**    **15%**

Saturated Fat 1g    5%

Trans Fat 0g

**Cholesterol 55mg**    **18%**

**Sodium 170mg**    **7%**

**Total Carbohydrate 3g**    **1%**

Dietary Fiber 1g    4%

Sugars 1g

**Protein 32g**

Vitamin A 6%    •    Vitamin C 10%

Calcium 4%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.  
 Calories: 2,000    2,500

Total Fat    Less than 65g    80g

Saturated Fat    Less than 20g    25g

Cholesterol    Less than 300mg    300mg

Sodium    Less than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:  
 Fat 9    •    Carbohydrate 4    •    Protein 4

Recipe contains: fish  
 Carb choices per serving: 0