

# Baked Halibut with Herbs

**Prep and Cook Time:** 30 minutes

## Ingredients:

- 1-1/2 lbs halibut steak or fillet, cut into 8 pieces
- 1/4 cup chicken or vegetable broth
- 2 TBS lemon juice
- 3 medium cloves garlic, pressed
- 2 TBS capers
- 2 TBS chopped fresh parsley
- 1 TBS chopped fresh tarragon
- 1 TBS chopped fresh chives
- salt and pepper to taste

## Directions:

1. Preheat oven to 450F (230C).
2. Press garlic and let sit for 5 minutes to enhance its health-promoting benefits.
3. Place the fish in a baking dish just large enough to hold it, and add remaining ingredients. Cover, and bake until done, about 15 minutes. Be careful not to overcook it. Serve at once, pouring the pan juices over the fish.

## **Healthy Cooking Tips:**

The halibut steak or filet should be very fresh, and preferably about 1 inch thick. If it is thicker, it may take a few minutes longer to bake. Check for doneness by inserting the tip of a knife into the center of the fish. Halibut should flake easily when done, yet still be moist. Cook it until the center is still slightly transparent and not yet flakey and remove from heat. It will continue to cook and be perfect when you eat it. This dish is so easy and simple that the key to its success is fresh ingredients. Dried herbs will not work for this recipe.

**Recipe makes 4 Servings**

**Serving Size: 4oz raw**

## **Nutrition Information PER Serving:**

195 calories, 2 g carbs, 4 g fat, 36 g protein, 0.5 saturated fat

**Serve with Pictsweet Steam'able Asparagus Spears**