Michele Sodon

NUTRITION PER SERVING:

CALORIES	193
PROTEIN	21 G
CARBOHYDRATE	10 G
TOTAL FAT	7 G

PREP TIME:	5 MINUTES
COOK TIME:	10 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 SERVING

INGREDIENTS:

2 TBSP	BUTTER MELTED
2 TBSP	HONEY
½	LEMON JUICED
2 TSP	SOY SAUCE
½ TSP	PEPPER
2 CLOVES	GARLIC MINCED
1 POUND	FRESH HALIBUT FILET

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GRILLED HALIBUT

EASY TO MAKE GRILLED HALIBUT WITH HONEY AND LEMON -- DELICIOUS AND HEALTHY FOR THE WHOLE FAMILY AND FRIENDS.

01 In a small mixing bowl, combine the butter, honey, lemon juice, soy sauce, pepper, and garlic.

02 Portion your halibut by cutting it with a sharp knife into 3 or 4 pieces. A serving size of fish is 3 to 6 oz so portion it depending on the particular size of your filet. Brush both sides of each with the liquid mixture.

03 Heat pan until it is sizzling hot (a drop of water sizzles and immediately evaporates when it hits the pan). Sear the halibut for 90 seconds on each side. Reduce the heat to medium and cook each side for an additional 2-3 minutes, until the fish can be easily flaked with a fork.