



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Grilled Halibut with Lemon Pesto

Adapted from Cooking Light

2 tbsp olive oil (plus more to coat the grill)
4-6 oz pieces of halibut (1½ pounds in total)
¼ tsp salt, divided
1/8 tsp black pepper
1 cup basil leaves, tightly packed
¼ cup parmesan cheese
2 garlic cloves, peeled
The zest from 1 lemon (grated)
Juice from ½ small lemon

Instructions:

Coat the grill grate liberally with oil to prevent the fish from sticking and then light the grill. Sprinkle the 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 only once) until the fish flakes easily or reaches 145 degrees. Let the fish rest 5-8 minutes.

While the fish is being grilled, combine 2 tbsp of oil, the remaining salt, basil, parmesan, garlic, and lemon zest and juice in a blender or food processor. Blend until pureed; if necessary, thin the pesto out with a little water. Divide the pesto up evenly and serve on top of the grilled 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.

* While the fish is resting, grill some peaches by cutting each peach in half, removing the pits, and then placing them on the grill. They should take about 3-4 minutes per side; cook until grill marks are visible.

Yield: 4 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 245 calories	PROTEIN: 34 g	SODIUM: 360 mg
	CARBOHYDRATE: 1 g	FIBER: 0 g
	FAT: 11 g	Sat Fat: 2.5 g

MAKE IT A MEAL:

Entree: 1 serving of halibut with lemon pesto

Starch: 1 whole wheat pita (140 calories)

Vegetable: 2 cups sliced cucumbers and tomatoes tossed with vinegar and 1 tsp olive oil per person (85 calories)

Fruit: 2 grilled peach halves (60 calories)

GROCERY SHOPPING LIST

1½ pounds halibut
Fresh basil
2 garlic cloves
1 lemon
Cucumbers (about ½ a cucumber per person)
Tomatoes (about 1 tomato per person)
Peaches (1 per person)
Parmesan cheese
Whole wheat pita
Condiment Pantry: salt, pepper, olive oil

Leftovers

-Stuff leftover halibut into half a pita and top with pesto, tomatoes, and feta cheese.