

ALASKA HALIBUT with A GREEN CHILE BLANKET

Recipe by Alaska Fisherman Toni Bocci; Cordova, AK

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

- ½ cup mayonnaise or low-fat plain yogurt
- 1 can (4 oz.) mild diced green chiles
- 1 Tablespoon fresh lime juice
- 4 Alaska Halibut steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen
- 1 sheet (12"x18") aluminum foil
- 1 Tablespoon chopped fresh cilantro or chives

Preheat grill to medium-high heat.

Combine mayonnaise, green chiles and lime juice; set aside.

Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Place halibut on a spray-coated foil sheet on grill. Cook 9 minutes for frozen halibut OR 5 minutes for fresh/thawed fish. Turn halibut over and liberally spoon mayonnaise mixture onto cooked side of each portion. Sprinkle with cilantro and cook an additional 5 to 10 minutes. Cook just until fish is opaque throughout.

Nutrients per serving: 362 calories, 26g total fat, 4g saturated fat, 65% calories from fat, 59mg cholesterol, 30g protein, 2g carbohydrate, 1g fiber, 341mg sodium, 110mg calcium and .6g omega-3 fatty acids.