

## **ALASKA HALIBUT CAPRESE**

*Prep Time: 15 minutes*

*Cook Time: 15 minutes*

*Servings: 4*

1 sheet (12" x 18") aluminum foil  
4 Alaska Halibut steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen  
Salt and pepper, to taste  
8 oz. fresh mozzarella cheese, cut into 8 slices  
8 large fresh whole basil leaves  
2 medium tomatoes, each cut into 4 slices  
3 Tablespoons balsamic vinegar  
1-1/2 Tablespoons olive oil  
1/3 cup chopped fresh basil

Preheat broiler/oven to medium-high (450°F). Line a baking sheet with aluminum foil and coat with nonstick cooking spray.

Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Place halibut in pan and broil about 5 inches from heat source for 4 to 6 minutes, or until lightly browned.

Turn fillets over and season with salt and pepper. Broil an additional 5 to 7 minutes for frozen halibut OR 1 to 2 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

Remove halibut from oven and layer 2 slices cheese, then 2 basil leaves, and 2 slices tomato over each portion. Return halibut to the oven and broil an additional 2 minutes, until cheese begins to melt.

Blend balsamic vinegar and oil. To serve, spoon dressing over fillets and garnish with chopped basil.

Nutrients per serving: 384 calories, 18g total fat, 7g saturated fat, 44% calories from fat, 76mg cholesterol, 46g protein, 7g carbohydrate, 1g fiber, 385mg sodium, 495mg calcium and .7g omega-3 fatty acids.