

Three Pepper Halibut



Nutritional Info

Serves 4

Amount Per Serving

Calories: 224

Total Fat: 7g

Carbs: 4g

Protein: 35g

Ingredients

1 red bell pepper, diced small

1 yellow bell pepper, diced small

1 Anaheim pepper (or just a plain green bell pepper), seeded and diced

Four 6-ounce halibut fillets, about 1 1/2-inches thick

1 cup light sour cream

1/2 cup salsa verde (green salsa)

Kosher salt and fresh ground pepper

1 tablespoon fresh cilantro, chopped

Directions

Cook peppers in about 1/2 a tablespoon of the oil in a pan until softened and beginning to brown slightly in spots, about 10 minutes. While that's cooking, heat broiler. Season fish with Kosher salt and pepper. Broil halibut until done—about 5-7 minutes depending on thickness. While halibut and peppers are cooking, combine sour cream and salsa in a little pot and heat until it gets bubbly. Plate it by putting some pepper mixture on plate, then halibut on top and spoon some of the salsa cream over the top and garnish with cilantro.