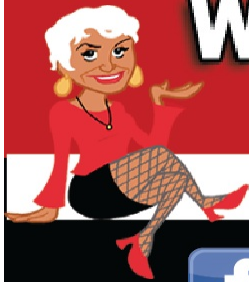


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BALSAMIC GRILLED HALIBUT

Basic Lifestyle

Ingredients

- 4 halibut steaks, 5-6 oz.
- ½ cup fat-free balsamic vinaigrette
- 1 TBS extra virgin olive oil
- 1 TBS grated lemon peel
- 1 TBS fresh lemon juice

Instructions

1. Heat the grill.
2. In a shallow glass dish, combine vinaigrette, lemon peel and oil and mix well. Add the halibut steaks, turning to coat. Let stand at room temperature for 10 minutes to marinate.
3. Spray grill rack with cooking oil spray. Remove fish from marinade and discard marinade. Place fish on grill over high heat or on charcoal grill 4 to 6 inches from medium high coals, and cover grill. Cook about 7 minutes, turning once, until fish flakes easily with fork. Place fish on serving platter and drizzle with fresh lemon juice.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 halibut steak = 1 P

Note: To broil ... remove fish from marinade and place on broiler pan. Broil 4 to 6 inches from heat for 7 minutes, turning once or until fish flakes.