



Balsamic-Grilled Halibut Steaks

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

—Heat the grill.

— 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.

— 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.

Note: If you want 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.

SERVING INFO: (Serves 4)

1 steak = 1 P

See photo of this recipe at [Instagram](#) and [Facebook](#)