



GRILLED HALIBUT w/PEACH & PEPPER SALSA

Basic Lifestyle

INGREDIENTS - Salsa

1 1/3 cups coarsely chopped peeled yellow peaches
(about 1 pound) 4 TSP fresh lemon juice
1 cup chopped red bell pepper (about 1 medium)
1/3 cup thinly sliced green onions
1/3 cup chopped fresh arugula
1/4 cup fresh lemon juice (about 2 lemons)
4 TSP chopped fresh oregano
1/8 TSO salt
1/2 habanero pepper, seeded and minced
1 garlic clove, minced

INGREDIENTS - Fish

4 TSP fresh lemon juice
4 TSP olive oil
1/2 TSP paprika
1 garlic clove, minced
4 (6-ounce) skinless halibut fillets
3/8 TSP salt
3/8 TSP freshly ground black pepper
Cooking spray

INSTRUCTIONS

—To prepare salsa, combine first 9 ingredients; toss gently. Let stand 30 minutes before serving.

—Prepare grill to medium-high heat.

—To prepare fish, combine 4 TSP juice, oil, paprika, and 1 garlic clove in a large, shallow glass baking dish, stirring with a whisk. Add fish to juice mixture; turn to coat. Cover and let stand 15 minutes.

—Remove fish from marinade; discard marinade. Sprinkle fish evenly with 3/8 teaspoon salt and black pepper. Place fish on a grill rack coated with cooking spray; grill 3 minutes on each side or until desired degree of doneness. Serve fish with salsa.

SERVING INFO: (Yields 4 servings)

1 serving = 1 fillet and about 2/3 cup salsa = 1 P, 1 V