



Halibut with Summer's Vegetables

361
CALORIES

11g
FAT


2
SERVINGS

INGREDIENTS

2 tbsps	Dijon mustard	2	Zucchini - trimmed and cubed
1 tbsp	Fresh parsley	1 lb	Eggplant - trimmed and cubed
1/2 tbsp	Dried lemon peel	2	Ripe tomatoes - cut in chunks
1/2 tbsp	Rosemary leaves - crushed	3	Garlic cloves - minced
3/4 tsp	Black pepper	1/2 cup	Basil leaves
1/8 tsp	Salt	1 tsp	Dr. Sears' Zone Extra Virgin Olive Oil - drizzle
1 1/2 cups	Onions - chopped		
2 tpsps	Olive oil	7 oz	Halibut
2	Bell peppers - chopped (different colors look nice)		

Halibut with Summer's Vegetables: Instructions

1. Mix the first 6 ingredients together for a wet rub for the fish.
2. Set aside in the refrigerator (can be made the night before).
3. Sauté the onions in oil in large Dutch oven.
4. Add ingredients in the order listed, letting each one cook a bit before adding the next. Simmer for about 45 minutes.
5. Add basil and garlic about 15 minutes before the end of cooking time.
6. Before you preheat the grill, make sure to oil the grate. Preheat the grill.
7. Rub the fish with wet rub and cook for about 6 minutes, turning at 3 minutes.
(If flakes easily with fork, it's done.)
8. Drizzle the veggies with extra virgin olive oil when you serve them.