



NUTRITION CONSULTING INC.

Dilled and Grilled Halibut Steaks

Halibut is a great source for heart and brain-healthy omega-3 fats. Balance this dish with Dilled Lemony Rice, steamed veggies and your favorite salad.

Makes 4 servings

What you need:

4, 6oz fresh halibut fillets
Salt and pepper
1/4 cup fresh dill fronds (stems removed, chopped)
Juice of 1 lemon
1 tbsp olive oil
Lemon wedges for garnish

How you prepare:

Place the fish pieces in a baking pan. Season both sides with salt and pepper and coat evenly with the dill. Squeeze lemon over the fish and then drizzle with olive oil to coat. Let sit for 15 minutes. Meanwhile, prepare the grill for direct medium heat. Place the halibut pieces on the grill, skin side down. Cook for about 6 minutes until just cooked through. Remove from grill and let rest for a couple of minutes. To serve, season with a little more salt and pepper, and accompany with lemon wedges and fresh dill.



Per serving:

Calories 223
Carbohydrates 1.8g
Protein 35.6 g
Fat 7.3g
Dietary Fiber 0.2 g

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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