

Teriyaki Halibut

(page 220, Fish/Seafood Main Dishes)

This is an ultra-low-fat fish for special occasions.

Preheat oven to 400°F (200°C)
Use rimmed baking sheet, lined with foil

	Juice of 2 limes
2 tbsp (30 mL)	teriyaki sauce
2 tsp (10 mL)	olive oil
1/4 tsp (1 mL)	freshly ground black pepper
1/4 tsp (1 mL)	paprika
1 tsp (5 mL)	fennel seeds, crushed
4	skinless halibut fillets

1. In a small bowl, whisk together lime juice, teriyaki sauce, oil, pepper, paprika and fennel seeds.
2. In a shallow dish, arrange fillets in single layer. Pour lime juice mixture over fillets, turning to coat. Cover, refrigerate and let marinate for 1 hour.
3. Arrange fillets in single layer on prepared baking sheet. Bake in preheated oven for 20 minutes or until fish is opaque and flakes easily when tested with a fork.

Makes 4 servings

Nutrients PER SERVING

Calories 257; Fat 7 g; Carbohydrate 4 g; Fiber 0 g; Protein 42 g

Healing Fatty Liver Disease



A Complete Health & Diet Guide
Including 100 Recipes

Dr. Maitreyi Raman, MD, MSc, FRCP
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TIPS

Serve with noodles, oven-roasted potatoes or steamed rice. Add vegetables to round out the meal.

For 6 tbsp (90 mL) lime juice, you'll need 3 to 6 limes.

Protein will keep you feeling full. Choose lean sources of protein where possible.

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Canadian Liver Foundation
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