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, crushed4 skinless halibut fillets

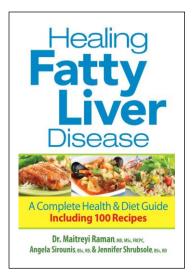
- 1. In a small bowl, whisk together lime juice, teriyaki sauce, oil, pepper, paprika and fennel seeds.
- 2. In a shallow dish, arrange fillets in single layer. Pour lime juice mixture over fillets, turning to coat. Cover, refrigerate and let marinate for 1 hour.
- 3. Arrange fillets in single layer 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



TIPS

Serve with noodles, ovenroasted 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.

Excerpted with permission from *Healing Fatty Liver Disease: A Complete Health & Diet Guide Including 100 Recipes* by Dr. Maitreyi Raman, Jennifer Shrubsole, Angela Sirounis. Available where books are sold.

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For more information on fatty liver disease, visit http://www.liver.ca/, email clf@liver.ca or call 1-800-

