



Halibut is a quality protein, high in essential nutrients such as niacin, magnesium, vitamin B6 and 12. It is also a source of omega-3 fatty acids which benefit both heart and brain health.

We recommend Pacific Wild (US/Canada), others should be avoided.

Ingredients

- 1 pound (500 g) pacific wild halibut in four pieces
- ½ cup (125 mL) fresh herbs of your choice, chopped
 - Good choices include: Thyme, rosemary, dill, savory, marjoram, basil, or oregano
- Sea salt and pepper
- 3 Tbsp (15 mL) extra virgin olive oil

Instructions

1. Dip fish pieces into mixed herbs, salt and pepper.
2. Wrap in aluminum foil and refrigerate for an hour to infuse.
3. Remove from the fridge, drizzle with oil and grill over low-medium heat.
4. Squeeze fresh lemon or lime over fish immediately before serving.

Makes 4 servings.

This dish goes well with:

[Made-in-Minutes Sautéed Greens](#)

[Thyme-to-Make Zucchini](#)

[Mediterranean Tabbouleh](#)