

Halibut Balsamico

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Servings: 6

2 pounds halibut, thick cut, in 1 piece

2 tablespoons extra virgin olive oil

1 tablespoon fresh thyme, minced
salt and pepper

VINAIGRETTE:

2 tablespoons balsamic vinegar

6 tablespoons extra virgin olive oil

salt and pepper

2 tablespoons pine nuts, toasted

SALSA:

3 medium yellow tomatoes, seeded and
chopped (or red, or combo)

1/3 cup green onion, chopped

2 tablespoons Italian parsley, minced

1 tablespoon fresh oregano, minced (or
1 tsp dried)

1 pinch cayenne

3 medium garlic cloves, peeled and
crushed

salt, to taste

If the fish is more than an inch thick,
you can bake it in a 400° oven for
about 16-20 minutes until cooked
through.

Preparation Time: 30 minutes

1. Arrange halibut filets in a large glass dish; season with salt, pepper and thyme, then add olive oil. Turn fish over in this marinade. Cover and refrigerate for a few hours, if possible.
2. Combine tomatoes, green onions, parsley, oregano, cayenne, salt and garlic in a bowl. Toss well, cover and chill until ready to serve, or allow to marinate at room temperature for 30 minutes.
3. Combine in a small bowl or jar the salt, pepper, balsamic vinegar. Whisk or shake mixture and add the oil as you whisk. Add pine nuts.
4. Grill fish on outdoor grill on both sides until almost cooked through. Remove fish from the grill. To plate the meal, pour a small amount of vinaigrette on the plate, and place a single fish serving on top. Add a scoop of the salsa, then sprinkle with more toasted pine nuts and drizzle more vinaigrette on top.

*Grilled Halibut with Balsamic-Pine
Nut Vinaigrette and Yellow Tomato
Salsa*

*Yummy halibut, easy salsa and
preparation. Makes a lovely
presentation.*

Per Serving (excluding unknown items): 364 Calories; 23g Fat (57.6% calories from fat); 33g Protein; 5g Carbohydrate; 1g Dietary Fiber; 48mg Cholesterol; 108mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 4 Fat.