

Roasted Sheetpan Halibut Nicoise with Olive Tapenade

Cooking class with Susan V, Feb. 2020



Servings: 4

1. Preheat oven to 375°.
2. In a bowl combine olive oil, salt, pepper and Dijon. Stir until well mixed. Add the potatoes and toss gently. There should be enough of the dressing left to use on the green beans.
3. Place potatoes on a parchment lined baking sheet and roast them in the heated oven for 20 minutes. Remove from oven. Meanwhile, toss the green beans with the dressing and add them to the sheetpan and bake for 5 more minutes.
3. Spread the tapenade on top of each halibut serving and add to the sheetpan. Roast fish and vegetables for 12-15 minutes, until fish flakes easily with a fork. Do NOT overbake the fish - start checking at 12 minutes.
4. Serve fish and vegetables with lemon wedges, fresh halved tomatoes and fresh chopped parsley on top.

1 1/2 pounds small potatoes, red, if possible, cut into 1" chunks

8 ounces haricot verts

3 tablespoons EVOO

salt and pepper to taste

2 teaspoons Dijon mustard

HALIBUT:

1 1/2 pounds halibut fillets, cut into serving pieces

3 tablespoons olive tapenade, use ready-made

GARNISH:

lemon wedges

1 cup cherry tomatoes, or grape tomatoes, halved

2 tablespoons fresh parsley, chopped

Per Serving (excluding unknown items): 467 Calories; 17g Fat (33.7% calories from fat); 40g Protein; 37g Carbohydrate; 6g Dietary Fiber; 54mg Cholesterol; 238mg Sodium. Exchanges: 2 Grain(Starch); 5 Lean Meat; 1 Vegetable; 2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

