

Grilled Halibut with Jicama Salsa

From the Seattle & King County Public Health Recipe Cookbook:

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/MainCourse/GrilledHalibut.aspx>

Ingredients for salsa

- 2 cups peeled and chopped jicama
- 1 Tbs. fresh cilantro, chopped
- 1 Tbs. fresh lime juice
- ½ tsp. chili powder
- ¼ tsp. salt
- 1 medium cucumber, peeled and chopped
- 1 medium orange, peeled and chopped

Ingredients for halibut

- **6 (6 oz.) halibut filets**
- **2 Tbs. olive oil**
- **2 Tbs. fresh lime juice**
- **½ tsp. dried thyme**
- **½ tsp. dried basil**
- **1/8 tsp. dried rosemary**

Instructions

1. Mix all salsa ingredients in bowl. Cover and refrigerate for 2 hours.
2. Whisk together olive oil, lime juice, and herbs. Pour marinade over fish in large, shallow glass baking dish. Refrigerate 2-4 hours.
3. Preheat grill.
4. Oil grilling rack and adjust height to 4-6 inches from heat. Remove fish from marinade and place on grill. Cook 10 minutes per inch of thickness, or until fish flakes with a fork. Turn once to brown both sides.
5. Serve fish with jicama salsa.

Makes 6 servings

Nutrition information per serving:

Calories	264
Carbohydrate	9 g
Dietary Fiber	3 g
Sugars	0 g
Protein	36 g
Total Fat	9 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	54 mg
Sodium	192 mg

