



Halibut with Lime-Cilantro Yogurt Topping

Ingredients

- 4 5-ounce center-cut halibut fillets
- 1 cup plain, non-fat yogurt, drained
- 1/4 cup fresh chopped cilantro
- 2 tbsp fresh squeezed lime juice

Preparation

Preheat broiler and coat broiler rack with nonstick cooking spray. If you choose to grill the halibut, spray the grill before preheating it to medium-high.

Rinse halibut fillets and pat dry. Place halibut on broiler rack or grill.

Combine yogurt, cilantro and lime juice. Mix well.

Spread half the mixture on top of halibut fillets. Broil or grill for 10 minutes per inch of thickness, turning once half way through and spreading rest of yogurt on top of second side.

Serve with green beans and rice or couscous.

Serves 4

Nutrition Facts (per serving)

Calories	184
Fat (g)	3
Saturated Fat (g)	0.5
Cholesterol (mg)	46
Sodium (mg)	125
Carbohydrate (g)	5.5
Fiber (g)	0
Protein (g)	33
Calcium (mg)	-

