

Baked or Grilled Halibut

4 servings

12-16 oz. halibut
 Garlic powder & garlic salt
 Lemon pepper
 Oregano
 2 c. uncooked brown rice
 4 tbsp. light butter or margarine
 String beans or carrots

Place Halibut on hot grill or broiler pan. Sprinkle a dash of lemon pepper and oregano to taste. Grill or broil 5 minutes. Turn and season with optional lemon pepper and oregano. Grill or broil another 4-5 minutes or until fish is cooked throughout. Serving size is 3-4 oz. halibut, 1/2 cup brown rice, and 1 cup string beans with lemon pepper, garlic salt & powder and 1 tbsp. light butter or Steamed carrots with 1 tbsp. light butter and a 6" corn on the cob with spray butter.

Starch	Fruit	Milk	Veg	Meat	Fat
2	0	0	2	1	1

Fast Fish Tacos

4 - 4 oz. fish fillet
 4 - 4-inch corn tortillas or 6 inch low carbohydrate flour tortillas
 1 c. grated cole slaw mix
 Salsa - optional

Cook fish in a skillet with a non-stick spray. Season with Cajun spices and seasonings of choice. Slice fillets into strips lengthwise, then place in the tortillas, along with slaw mix. Top with salsa.

Starch	Fruit	Milk	Veg	Meat	Fat
1	0	0	1/2	1	1