

Grilled Halibut with Dill and Vegetables



- 1/4 cup white wine
- 2 tbsp lemon juice
- 1 tbsp minced fresh dill or 3/4 tsp. dried dill weed
- 2 tsp Worcestershire sauce
- 1 tbsp olive oil
- 1/4 tsp ground black pepper
- 2 halibut steaks, 1 inch thick, about 8 ounces each

1. Cover and marinate fish 3-4 hours in the refrigerator, turning several times.
2. Grill 7-10 minutes, baste, turn and broil another 5-7 minutes, or until fish flakes easily.

- 1 cup quartered cherry or grape tomatoes
- 1 cup diced summer squash
- 1 cup thinly sliced red onion
- 20 green beans, trimmed and cut into 1-inch pieces
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh oregano
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided

1. Preheat grill to medium.
2. Combine tomatoes, squash, onion, green beans, lemon juice, oregano, oil, capers, 1/4 teaspoon salt and 1/4 teaspoon pepper in a large bowl.
3. Lay two 20-inch sheets of foil on top of each other (the double layers will help protect the contents from burning); coat the top piece with cooking spray; fill with the vegetable mixture.
4. Bring the short ends of the foil together, leaving enough room in the packet for steam to gather and cook the food. Fold the foil over and pinch to seal. Pinch seams together along the sides. Make sure all the seams are tightly sealed to keep steam from escaping.
5. Grill the packet until the vegetables are just tender, about 5 minutes. To serve, carefully open both ends of the packet and allow the steam to escape; spoon contents onto plates with fish. Serves 4

Nutrition Facts

Serving Size: 1/2 halibut steak and 1/4 vegetables

Calories	240
Total Fat	10g
Saturated Fat	1.5g
Cholesterol	35mg
Sodium	400mg
Carbohydrate	11g
Dietary Fiber	3g
Sugars	5g
Protein	25g

Diabetic Exchanges

Protein	3.5
Fat	2
Carbohydrate	1

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