



Nut-crusted Halibut with Apple-Dijon Glaze

Recipe Courtesy Chef Bryan Woolley

- 1 ½ cup pecans or almonds
- 1 Tbsp fresh parsley, cleaned and stemmed
- 2 Tbsp unsalted butter, melted
- 2 Tbsp Canola oil
- 2 Tbsp fresh squeezed orange juice
- 2 tsp grated orange zest
- 1 tsp Dijon-style mustard
- ½ tsp salt
- ¼ tsp white pepper

4 halibut filets, about 6 ounces each, with skin and pin bones removed.

Glaze

- 3 Tbsp apple juice
- 2 tsp Dijon-style mustard
- 2 tsp sugar
- 1 Tbsp unsalted butter
- 2 Tbsp green onion, thinly-sliced
- 2 Tbsp minced fresh parsley
- 1 medium, tart red apple, cut into ¼ inch pieces

1. Preheat oven to 425 degrees.
2. Blend nuts and parsley in food processor until finely and evenly chopped. Do not over process; mixture will become pasty. Spread into a shallow dish.
3. Mix remaining ingredients in separate shallow dish. Coat pieces of halibut on both sides. Press coated halibut into nut mixture, placing on lightly oiled baking sheet.
4. Bake until fish is just opaque and flaky, 8-12 minutes depending on thickness of filets.
5. While fish is baking, whisk apple juice, mustard and sugar together in small bowl.
6. Heat canola oil in small skillet, adding diced apple and juice mixture. Cook, stirring occasionally until apple is soft – about 4 minutes.
7. Add onions and parsley; mix well.
8. Spoon over halibut. Serves 4.

Nutrition Facts

Serving Size: one 6-oz filet, ¼ glaze

Calories: 670

Total Fat: 48 gm

Saturated Fat: 9 gm

Cholesterol: 75 mg

Sodium: 480 mg

Carbohydrates: 21 g

Dietary Fiber: 7 g

Protein: 43 gm

Diabetic Exchanges

Protein: 6

Fat: 9.5

Carbohydrates: 1.5