

# RECIPES

"Brought to you by the Chefs at Cancer Treatment Centers of America"

Recipe from Wholesome Temptation™ Antioxidant Boosters Section

## Chili Rubbed Alaska Halibut

Sharon Day, RD

- 1 lb Alaska Halibut (fresh or frozen and defrosted)
- 1 tbsp chili powder
- 3 tbsp white vinegar
- 1 tbsp extra-virgin olive oil
- 1 tsp dried oregano
- 2 cloves garlic, crushed
- Salt/pepper to taste
- Lime-avocado salsa*
- 1 lime (juice only), divided
- 1 clove garlic, chopped
- 1 jalapeño pepper, seeded and diced
- ½ red onion, diced
- ½ medium avocado, diced
- 1 large tomato, seeded and diced
- 2 tbsp fresh cilantro, chopped

Mix chili powder, vinegar oil, oregano, crushed garlic and salt/pepper in a plastic bag. Place halibut in bag with mixture and marinate in refrigerator for 1-2 hours. Meanwhile, prepare salsa by mixing half the lime juice, garlic, jalapeño pepper, and onion to a mixing bowl. Add the avocado, tomato and cilantro. Toss gently trying not to mash the avocado. Taste and add more lime juice, salt and pepper as needed. Place in refrigerator to chill before serving. Cook halibut on a lightly oiled, medium-hot grill, turning until the juices run clear (approximately 8-15 minutes depending on the thickness of the fish). Place halibut on a serving plate and top with lime-avocado salsa.

Makes 4 servings (4 oz each)

*Nutrition information per serving: Calories: 226; Total Fat: 9g; Saturated Fat: 1g; Sodium: 200mg; Carbohydrate: 10g; Fiber: 5g; Protein: 24g*

