

# Halibut with Tomato Avocado Salsa

## Ingredients:

- 16 ounce halibut filet
- 1/4 teaspoon ground black pepper
- 1 pint cherry tomatoes, sliced
- 1-2 avocados
- 1 shallot, thinly sliced
- 2 tablespoons fresh basil leaves, chopped
- 1 tablespoon extra-virgin olive oil
- 1 1/2 teaspoons balsamic vinegar
- Salt and pepper

## Directions:

1. Preheat the oven 400°F.
2. Place halibut on baking sheet lined with foil or parchment paper. Drizzle halibut with olive oil and season with a pinch of salt and pepper.
3. Bake for 12 to 15 minutes or until halibut flakes easily when tested with a fork. Alternative method: Grill on high heat and cook for 5 minutes on each side.
4. While the fish is cooking, add the sliced tomatoes, avocado, shallot, and basil to a medium sized bowl. Drizzle with olive oil and balsamic vinegar and toss to coat. Season with a pinch of salt and pepper to taste.
5. Top the fish with the tomato avocado salsa and enjoy!

<b>Nutrition Facts</b>	
Serving Size (252g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 120</b>
<small>% Daily Value*</small>	
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 80mg</b>	<b>27%</b>
<b>Sodium 95mg</b>	<b>4%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 4g	
<b>Protein 26g</b>	
Vitamin A 15%	• Vitamin C 25%
Calcium 4%	• Iron 8%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
Calories:	2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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