

Greek-Style Halibut

Author: Adapted from Gourmet, June 2009

<http://www.epicurious.com/recipes/food/views/Greek-Style-Mahi-Mahi-353668#ixzzOmXjkoJP7>



24 ounces halibut fillets, cut into 4 strips
Salt and pepper to taste (easy on the salt because Feta contains salt)

1/3 cup mayonnaise

3 tablespoons Feta cheese, crumbled

3 tablespoons fresh mint, chopped

1 teaspoon lemon juice

8 slices lemon, cut extra thin

1 1/2 teaspoons extra virgin olive oil

Per Serving (excluding unknown items): 377 Calories; 23g Fat (50.3% calories from fat); 38g Protein; 13g Carbohydrate; 1g Dietary Fiber; 67mg Cholesterol; 279mg Sodium. Exchanges: 5 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 Fat.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

1. Preheat broiler.

2. Line a broiler pan or small 4-sided sheet pan with foil or parchment paper and lightly oil surface. Put fish on pan and season with salt and pepper.

3. Whisk together mayonnaise, feta, mint and lemon juice and spread over top of fish. Put 2 or 3 lemon slices (slightly overlapping) on center of each fillet. Drizzle lemon slices with olive oil.

4. Broil fish 8 inches from heat until just cooked through, 10 to 15 minutes, depending on thickness of fish. If lemon slices brown before fish is cooked, turn off the broiler, loosely cover fish with foil and continue to bake until fish flakes easily with a fork. There will be ample heat in the oven to continue cooking the fish.