

Halibut with Garlic and Parsley

After a whole week of big dining and wining...it is time to take it easy, eat less and healthier. It was really hard to resist all the food that was offered all the time.

We all had a great time and more importantly, it was really good to be around family...in a way I feel very blessed given that my family has been always very close and this trip just emphasized the love and affection that we have for each other.

And, I am so excited...my recipe "BANANA SPRING ROLLS" was selected the recipe of the month for MOM OFFERS MORE!. Although the site contain mainly informations for NY residents, there are many tips that can be valuable for moms everywhere.

Anyway, I will share today a really simple, easy and very healthy meal. The halibut I got at Costco, it come individually packed and ready to be cooked.



Ingredients:

2 filet of halibut
1 tablespoon olive oil
5 cloves garlic, minced
 $\frac{1}{2}$ bunch parsley, chopped
1 tablespoon lemon juice
Salt and pepper to taste



Method:

Coat the halibut fillet with the olive oil, garlic, parsley, lemon juice, salt and pepper. Let the fish fillet sit for approximately 10~15 minutes. Arrange the fish fillet in a oven safe dish and bake at 425F for approximately 20~25 minute. Serve hot with a side salad. Enjoy!



Curiosity Corner

Did you know that halibut meat is very low in fat? Moreover, halibut are among the largest fish in the sea and is the largest of all the flatfish. Halibut both eyes are on the upper side.

Thank you for stopping by Simple Recipes and have a great week!