

ALASKA HALIBUT WITH TANGY FRUIT SALSA

Yield: Makes 2 servings

INGREDIENTS

2 Wild Alaska Halibut portions, fresh thawed or frozen
2 tbsp. olive, canola, peanut or grape seed oil
½ tsp. seasoning salt

TANGY FRUIT SALSA

2 tbsp. lemon juice
2 tbsp. honey
1 can (11 oz.) mandarin oranges, drained and coarsely chopped
1 can (8 oz.) pineapple tidbits, drained
¼ cup red bell pepper, finely diced
1 tbsp. chopped fresh chives or ½ tbsp. dried chives

PREPARATION

SALSA:

Combine lemon juice and honey in a medium mixing bowl. Add remaining ingredients and toss together gently. Mixture can be made several hours ahead and refrigerated until ready to serve.

HALIBUT:

Preheat broiler or grill to medium-high heat. Rinse any ice glaze from frozen Wild Alaska Halibut under cold water; pat dry with paper towel. Brush both sides of halibut with oil. Place on a spray-coated broiling pan or well-oiled grill, 5 to 6 inches from heat.

Cook 9 minutes for frozen halibut or 5 minutes for fresh or thawed fish. Turn halibut over and sprinkle with seasoning salt. Cook an additional 5 to 6 minutes, just until fish is opaque throughout. Remove halibut to serving plates and top with spoonfuls of salsa.

