**Halibut with Cous Cous, Cucumber and Yogurt** - Chef Maria Hines of Tilth

Makes 4 servings

4 three-ounce halibut fillets, skin removed
1/8 teaspoon salt and pepper
1/2 cup plain, non-fat Greek yogurt
1 tablespoon extra virgin olive oil
2 English cucumbers, peeled
1 tablespoon extra virgin olive oil
1 tablespoon fresh lemon juice
1 cup plain, non-fat Greek yogurt
1 tablespoon chopped fresh dill (about 3 sprigs)
1/8 teaspoon salt and pepper
1 cup cous cous
2 cups boiling water
1 tablespoon extra virgin olive oil
1 tablespoon chopped chives
1 tablespoon chopped parsley
1 teaspoon fresh lemon juice
Olive or vegetable oil spray

Sprinkle halibut fillets with salt and pepper; spread 1/2 cup yogurt on top of fillets; refrigerate 1 hour.

Cut one cucumber into 1/4 inch slices; season with salt and pepper and grill over medium high heat on a barbecue or raised-grid grill pan for 1-2 minutes on each side; set aside. Cut the other cucumber into julienne strips and put in a bowl; stir in 1 tablespoon each olive oil and lemon juice.

In a blender, place 1/4 cup yogurt and dill; blend on high until combined; transfer to bowl and fold in remaining 3/4 cup yogurt. Season with salt and pepper.

Pour 2 cups boiling water over cous cous and stir; cover and let sit until water is absorbed, about 5 minutes. Heat 1 tablespoon olive oil in sauté pan over medium heat, add cous cous, chives and parsley and sauté until lightly browned, about 3-4 minutes. Stir in 1 teaspoon lemon juice.

Remove halibut from refrigerator and wipe off yogurt. Spray sauté pan with olive oil spray and heat over medium high; add halibut and cook until lightly browned, turn and repeat until cooked through, about 4-5 minutes.

To assemble and serve, arrange grilled cucumber on 4 plates; top with cous cous, then halibut and julienned cucumber. Garnish with yogurt sauce around edge of plate.

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