

## Healthy Recipes for Your Heart

## 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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Nutrition Facts:	Amount Per Serving
Calories	360
Total Fat	13.99 g
Trans Fat	0.0 g
Polyunsaturated Fat	t 1.69 g
Monounsaturated F	at 9.41 g
Cholesterol	27.22 mg
Sodium	226.3 mg
Carbohydrates	30.79 g
Dietary Fiber	1.78 g
Total Sugars	6.51 g
Protein	30.2 g

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