

# Grilled Halibut with Lemon Vinaigrette

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**Prep Time:** 20 mins

**Cooking Time:** 15 mins

### Ingredients

#### Vinaigrette

1 tablespoon fresh lemon juice  
2 teaspoons olive oil  
3/4 teaspoon shallots, finely chopped  
1 teaspoon capers, chopped  
salt and pepper to taste

#### Fish

cooking spray  
7oz. halibut fillet  
salt  
1 tablespoon fresh chives  
1/2 cup green beans  
1/2 cup broccoli  
1/2 cup cauliflower

#### Method

Combine vinaigrette ingredients in a small bowl and whisk. Heat a non-stick grill pan over medium heat. Coat pan with cooking spray. Sprinkle fish with salt and pepper on both sides and add to pan. Grill 3-5 minutes on each side depending on thickness of fillet. Steam green beans, broccoli and cauliflower and spray with non-caloric butter spray if desired.

Spoon vinaigrette onto the fish and serve with vegetables.

#### Nutrition Info.

Cal 350 | Fat 14g | Chol 65mg | Carb 10g | Pro 44g

This recipe makes 1 serving.