

Honey-Lime Alaska Halibut Kebobs

Recipe by Alaska Fisherman Steve Aberle; Girdwood, AK

Prep Time: 35 minutes

Cook Time: 18 minutes

Servings: 4

Ingredients:

1 to 1-1/2 lbs. Alaska Halibut steaks or fillets, fresh, thawed or frozen
1/2 cup canola oil
2 teaspoons grated lime zest
Juice of two limes
2 Tablespoons honey
2 Tablespoons fresh chopped cilantro or 2 teaspoons dried cilantro
1 Tablespoon fresh grated ginger or 1 teaspoon dried ginger
1 teaspoon salt
1/2 teaspoon pepper
1 each red and green bell pepper, cut into 1-1/2 inch squares
12 large mushrooms
1 medium onion, cut in 1-1/2-chunks
1 zucchini, cut in 1/2-inch slices

Directions:

Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Partially thaw frozen halibut in microwave for 6 minutes on medium- low (30% power), turning fish over after 3 minutes.

Remove skin and bones from halibut (if any); cut into 2-inch pieces.

Blend together oil, lime zest, lime juice, honey, cilantro, ginger, salt and pepper. Divide marinade, reserving 1/4 cup for basting. Marinate halibut in remaining mixture for 30 minutes, turning occasionally.

Preheat broiler/oven or grill to medium-high heat. Skewer halibut and vegetables alternately on heatproof skewers. Place on a spray coated broiling pan or well- oiled grill and cook 4 to 6 minutes per side, basting vegetables with reserved marinade. Cook just until fish is opaque throughout.

Nutrients per serving: 258 calories, 14g total fat, 1g saturated fat, 47% calories from fat, 29mg cholesterol, 21g protein, 13g carbohydrate, 3g fiber, 176mg sodium, 63mg calcium and 1.6g omega-3 fatty acids.