

Kids' Alaska Halibut with Apples

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

1 large red (Fuji, Braeburn) apple

1 large Golden Delicious apple

1 Tablespoon fresh lemon juice

4 Alaska Halibut steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen

2 teaspoons olive, canola, peanut or grapeseed

2 teaspoons Cajun spice

2 Tablespoons butter or margarine

2 Tablespoons brown sugar, packed

1/8 teaspoon ground nutmeg

Directions:

Core and chop apples in 1/2-inch pieces. Drizzle and toss with lemon juice; set aside.

Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Heat a heavy nonstick skillet or ridged stovetop grill pan over medium-high heat. Brush both sides of halibut with oil; rub with Cajun spice. Place halibut in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn halibut over. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen halibut OR 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. Remove from heat, cover and keep warm.

Add butter, apples, sugar, and nutmeg to clean skillet; cook and stir about 2 minutes over medium heat until apples are crisp-tender. Serve apples with halibut.

Spicy Variation: Stir 1/4 teaspoon hot pepper sauce into cooked apples.

Nutrients per serving: 331 calories, 12g total fat, 4g saturated fat, 33% of calories from fat, 70mg cholesterol, 36g protein, 20g carbohydrate, 2g fiber, 153mg sodium, 93mg calcium and .8g omega-3 fatty acids.