

Butter Lettuce Wrapped Halibut

Ingredients:

2 large butter lettuce leaves
 2 (12 oz.) Halibut Steaks (if frozen, thawed and patted dry)
 ½ cup feta cheese, crumbled
 1 clove garlic, minced
 ¼ cup kalamata olives, chopped
 1 lemon slice, halved.
 Italian seasoning to taste



Making it:

1. Preheat oven to 400°F. Place 2 pieces of parchment paper on counter.
2. Sprinkle Italian seasoning on both sides of halibut. Place lettuce leaves on parchment and halibut on top.
3. Mix garlic, feta, a dash of Italian seasoning and olives together and layer on top of and around fish.
4. Fold in parchment sides to enclose fish. Place on baking sheet and cook ~ 10 min (until thoroughly cooked).

Tips and Hints:

- Although perhaps not quite as tasty you can use any white fish for this recipe. Adjust cooking time for size of fillet.
- Serve with rice, quinoa or yams and some fresh veggies.
- For a dairy free option try a tofu feta recipe.

NUTRITION FACTS

Servings: 1
 Serving Size: 1 fillet with toppings

Total Calories	330
Carbohydrate	5 g
Total Fat	17 g
Protein	51 g
Fiber	0 g

Prep Time: 12
 Cook Time: 10