

# The Healthy Cook

*These two fish dishes pop with flavor-packed sauces and come together in just 30 minutes. No halibut? Try cod.*

## Zesty Tomato Halibut

 SERVES 4

- 2 Tbs. + 1 Tbs. extra-virgin olive oil
- 4 6 oz. skinless halibut fillets
- 2 cloves garlic, sliced
- 2 anchovy fillets (optional)
- 1 pint cherry tomatoes, diced
- 1 lemon, zested and cut in half
- 2 Tbs. flat-leaf parsley leaves
- ¼ tsp. kosher salt
- Freshly ground black pepper to taste



1. Heat 2 Tbs. of the oil in a large non-stick pan over medium-high heat until shimmering hot. Sauté the fish, turning once, until lightly browned and cooked through, 2-3 minutes per side. Remove from the pan.
2. Add the remaining 1 Tbs. of oil with the garlic, anchovies, and tomatoes. Cook, stirring often, for 1 minute.
3. Stir in the lemon zest and parsley. Season with the salt and pepper. Spoon over the fish. Serve with the lemon.

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*PER SERVING (4 oz. cooked fish with sauce):* calories 270 | total fat 13 g | sat fat 2 g | carbs 4 g | fiber 1 g | total sugar 2 g  
protein 32 g | sodium 310 mg

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## Orange-Ginger Salmon

 SERVES 4

- 1 cup fresh orange juice
- 1 Tbs. minced ginger
- 2 Tbs. miso paste or reduced-sodium soy sauce
- 1 Tbs. dijon mustard
- 4 6 oz. center-cut salmon fillets
- 1 scallion, minced



1. Place a foil-lined sheet pan in the oven 6 inches from the broiler. Turn on the broiler.
2. In a small pan over high heat, boil the orange juice and ginger until reduced to a syrup, about ¼ cup. Whisk in the miso and the mustard.
3. Place the fish on the sheet pan and spoon the sauce over the fish. Return the pan to the oven. Broil until the sauce is bubbly and the fish flakes apart easily with a fork, 6-10 minutes.
4. Let the fish rest for 5 minutes. Sprinkle with the scallions.

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*PER SERVING (4 oz. cooked fish with sauce):* calories 250 | total fat 6 g | sat fat 1.5 g | carbs 9 g | fiber 0 g | total sugar 5 g  
protein 34 g | sodium 450 mg