

Halibut Fiesta

Makes 4 servings · 1 fillet with topping each

SATIETY SCORE	NUTRITION
● ● ● ● ● 5 / 5	HIGH
Per serving (approx.): Protein 21 g · Fiber 1 g · Calories 140	

Ingredients

- 4 halibut fillets, 3 oz each
- ¼ cup green olives, sliced
- ½ cup cherry tomatoes, halved
- ¼ cup fresh cilantro, chopped
- 1 oz lime juice
- 1 tsp olive oil
- 1 tsp ground cumin
- ¼ tsp fresh ground black pepper

Directions

1. Preheat the oven to 450°F.
2. In a bowl, mix the olives, tomatoes, cilantro, lime juice, olive oil, and ½ tsp cumin.
3. Season the fish with the remaining ½ tsp cumin and the black pepper; place on a baking pan.
4. Top the fish with the olive mixture and bake 12–15 minutes, until cooked through.

Note: Serve with steamed vegetables or a fresh green salad.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 pint cherry tomatoes
- ☐ 1 small bunch cilantro
- ☐ 1 oz lime juice

SEAFOOD

- ☐ 4 halibut fillets, 3 oz each

PANTRY & DRY GOODS

- ☐ ¼ cup green olives

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Cumin
- ☐ Black pepper