

# WASABI ALASKA HALIBUT



prep time: 10 cook time: 15 servings: 4

## INGREDIENTS

1/2 cup low-fat mayonnaise  
1/2 cup low-fat sour cream  
1 Tablespoon sweet chili sauce  
1/2 to 1 teaspoon wasabi  
1 Tablespoon chopped chives, divided  
4 Alaska Halibut steaks or fillets (4 to 6 oz. each)  
1 Tablespoon olive, canola, peanut or grapeseed oil  
1/2 teaspoon garlic salt  
1 teaspoon toasted or black sesame seeds, if desired

## DIRECTIONS

In small mixing bowl, blend mayonnaise, sour cream, chili sauce, wasabi, and 2 teaspoons chives. Cover and refrigerate until serving.

Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of halibut with oil. 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 and sprinkle with garlic salt. 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.

To serve, spoon 1/4 cup sauce over each fillet. Sprinkle with remaining chives and sesame seeds.

Nutrients per serving: 337 calories, 20g total fat, 5g saturated fat, 56% calories from fat, 68mg cholesterol, 31g protein, 5g carbohydrate, .1g fiber, 568mg sodium, 101mg calcium and .7g omega-3 fatty acids.



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