



Halibut with Avocado Sauce

Servings: 4

Ingredients:

1 med avocado, peeled and sliced
1/4 cup nonfat sour cream
2 Tbsp. fresh lime juice
1/4 tsp hot sauce, such as Tabasco
1 tsp ground cumin
1 Tbsp. white wine
4, 4-oz halibut fillets
1 tsp sea salt
1/2 tsp freshly ground black pepper
1/2 cup diced red onion
1/2 cup diced tomatoes
4 Tbsp. chopped cilantro

Instructions:

Combine avocado, sour cream, lime juice, hot sauce, cumin and white wine in a blender and puree.

Preheat grill or broiler.

Season halibut with salt and pepper. Grill or broil for 3 to 5 minutes on each side, or until fish flakes easily.

Serve each fish fillet with 2 tablespoons avocado sauce, 2 tablespoons red onion and diced tomato and 1 tablespoon cilantro.

Compliments of Canyon Ranch