

Preventing Women's Heart Disease Through Education



CAROL For Heart

Grilled Halibut with Chimichurri Seasoning

Servings: 4

- 1 teaspoon dried parsley
- 1 teaspoon dehydrated onion flakes
- 1 teaspoon dehydrated minced garlic
- ¼ teaspoon dried oregano
- ¼ teaspoon red chili flakes
- ¼ teaspoon dried basil
- ¼ teaspoon paprika
- ½ teaspoon salt
- Four 8-ounce halibut fillets
- 2 tablespoons olive oil
- 4 lemon wedges

- Preheat the grill to medium-high heat.
- Add the parsley, onion flakes, minced garlic, dried oregano, chili flakes, basil, paprika and salt to a small bowl; stir until combined.
- Brush fish with olive oil. Sprinkle with seasoning mix.
- Grill fish, turning once, until center is just cooked. Remove from grill and transfer to a serving platter. Squeeze lemon wedges over fish. Serve.

Per Serving (excluding unknown items): Servings: 4; Calories: 384; Calories from Fat: 121; Total Fat: 13.5; Saturated Fat: 1.9; Cholesterol: 93mg; Sodium: 305mg; Total Carbohydrates: 1.7g; Sugars: 0.5g; Protein: 60.8g

Recipe courtesy of: Denis Chiappa • Carlow Cookery • www.carlowcookery.com

For more information, visit us at: www.CarolForHeart.org