

Orange-Ginger Halibut

4 4oz halibut fillets
2 cups orange juice
2 tsp ground ginger
1 tsp grated lime rind
2 garlic glove

Preheat oven to 450°F.

Combine orange juice, ginger, lime rind and garlic in small bowl. Place in large freezer bag with halibut and spread evenly to coat. Marinade in refrigerator for 20-30 minutes. Place entire halibut and marinade in small baking dish and cook for 12-14 minutes or until fish flakes easily when tested with a fork. Serve with black beans and brown rice.

Serves 4.

Calories 180 Fat 2.5g Carbohydrate 14g Dietary Fiber 0g Protein 24g Sodium 75mg