

# Blackened Halibut

Brenda Williams - Santa Maria, CA  
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**Servings: 4**

**Start to Finish Time: 25 minutes**

*Before cooking the fillets, be sure that your skillet and butter are hot in order to get a good sear and nice color.*

**2 tablespoons garlic powder**

**1 tablespoon salt**

**1 tablespoon onion powder**

**1 tablespoon dried oregano**

**1 tablespoon dried thyme**

**1 tablespoon cayenne pepper**

**1 tablespoon pepper**

**2 1/2 teaspoons paprika**

**4 (4 ounce) halibut steaks**

**2 tablespoons butter**

In a large resealable plastic bag, combine the garlic powder, salt, onion powder, oregano, thyme, cayenne, pepper and paprika.

Add the fillets, two at a time, and shake to coat.

In a large cast-iron skillet over medium heat, cook the fillets in butter for 3 to 4 minutes on each side or until the fish flakes easily with a fork.

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Per Serving (excluding unknown items): 214 Calories; 9g Fat (37.7% calories from fat); 25g Protein; 8g Carbohydrate; 2g Dietary Fiber; 52mg Cholesterol; 1723mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Fat.