

# **Grilled Halibut with Zucchini and Peppers**

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**Servings: 4**

**Preparation Time: 20 minutes**

**Grill Time: 12 minutes**

**4 4-6 ounce halibut fillets or steaks, fresh or frozen**  
**2 medium zucchini, bias-cut into 1/2-inch slices**  
**2 medium orange sweet peppers, seeded and quartered**  
**2 tablespoons olive oil, divided**  
**1/2 teaspoon salt**  
**1/2 teaspoon ground black pepper**  
**1/4 cup balsamic vinegar**  
**2 tablespoons orange juice**  
**1 tablespoon honey**  
**1 tablespoon snipped fresh basil**  
**1/2 teaspoon dried oregano, crushed**  
**whole grain brown rice (optional)**

Thaw fish, if frozen. Pat fish dry with paper towels.

Brush the zucchini and sweet peppers with 1 tablespoon of the olive oil. Brush both sides of the fish with the remaining olive oil.

Sprinkle the fish, zucchini and sweet peppers with salt and black pepper.

**FOR A CHARCOAL GRILL:** Place the fish on a greased rack, uncovered and directly over medium coals for 12 to 14 minutes or until fish flakes easily when tested with a fork, turning once halfway through grilling. Grill zucchini and peppers directly over medium coals for 4 to 6 minutes or until tender, turning once.

**FOR A GAS GRILL:** Preheat the grill. Reduce heat to medium. Place the fish, zucchini and peppers on a greased grill rack over heat. Cover and grill as above.

In a small bowl, combine the vinegar, orange juice and honey. Whisk or beat with a fork until well blended. Stir in basil and oregano.

Drizzle over the vegetables and grilled fish.

If desired, serve with hot cooked brown rice.

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Per Serving (excluding unknown items): 97 Calories; 7g Fat (59.7% calories from fat); 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 270mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.