

Halibut with Spinach, Oranges & Olives

Women's Day Magazine - October 1, 2011

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 20 minutes

2 tablespoons olive oil

4 6-ounce pieces skinless halibut or cod fillet

Kosher salt

pepper

1 tablespoon white wine vinegar

2 teaspoons honey

1 navel orange

1/4 sweet onion, thinly sliced

1/4 cup pitted green olives, sliced

1 bunch (4 cups) spinach, thick stems removed

Heat one tablespoon of oil in a large skillet over medium-high heat.

Season the halibut with with 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Cook until golden brown and opaque throughout, 3 to 5 minutes per side.

In a large bowl, whisk together the vinegar, honey, remaining oil, 1/4 teaspoon of salt and 1/4 teaspoon of pepper.

Cut away the peel and white pith of the orange and slice into rounds.

Add the rounds to the bowl together with the onion, olives, and spinach. Gently toss to combine.

Serve with the halibut.

Per Serving (excluding unknown items): 85 Calories; 8g Fat (78.0% calories from fat); trace Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 80mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.