



Veggie-Baked Halibut

Let's begin by gathering our ingredients for Veggie-Baked Halibut:

Ingredients:

Halibut

1 tsp olive oil

zucchini

sweet yellow onion

1 clove of garlic, minced

1 roma tomato

1-2 tbsp dill

3 tbsp feta cheese

Sea salt

lemon pepper

Preheat the oven to 450° F. Coat a glass baking dish with cooking spray.

Heat the olive oil in a large skillet over medium heat. Add the onion to the hot skillet and sauté for 2-3 minutes then add the zucchini, cook for an additional 2 minutes; add the minced garlic and sauté, stirring constantly for 45 seconds. Remove from heat and let cool.

Gently mix the tomato, 3 tablespoons of feta cheese, and dill in a small bowl.

Add the zucchini mixture and mix. Season with sea salt and freshly cracked lemon pepper, to taste.

Cut the halibut into smaller pieces, then season with sea salt and freshly cracked lemon pepper on both sides. Place the halibut in the baking dish then spoon the veggie mixture over the top of each piece of fish. Sprinkle more feta cheese over the fish.

Place in the oven and bake for 15-20 minutes or until the fish flakes easily with a fork.

Plate to serve, enjoy!