

## Halibut Kabob

### INGREDIENTS:

1 lb	halibut steak, 1 inch thick
¼ C	fresh lemon juice, juice of 1 lemon
¼ C	olive oil
3	shallots, thinly sliced
1 t	Italian herb seasoning
½ t	dried thyme, crushed
½	large red onion, cut lengthwise into thirds

### DIRECTIONS:

Preheat broiler. Cut fish into 1 inch cubes and set aside. In a bowl, mix lemon juice, oil, shallots, herb seasoning and thyme. Add fish and toss to coat. Marinate in refrigerator for at least 5 minutes, but no more than 1 hour. Pry onion apart in single layers. Thread each skewer, alternating with onion and fish, using four pieces of fish and five pieces of onion. Place skewers on a broiler pan and broil four inches from heat 2 to 2 ½ minutes on each side or until fish is no longer translucent.

Makes 4 servings.  
Calories: 295/serving

### NUTRITIONAL INFORMATION PER SERVING:

30g protein  
4g carbohydrates  
17.5g fat  
82mg sodium  
48mg cholesterol  
0g fiber