

## CITRUS BAKED HALIBUT

### **INGREDIENTS:**

2 lbs. halibut steaks or fillet (3/4" thick - 4 steaks)  
1 medium onion, finely chopped  
4 large garlic cloves, minced  
2 tablespoon butter  
1/4 cup chopped fresh parsley  
1 teaspoon grated orange peel  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/2 cup frozen concentrated orange juice  
2 tablespoon fresh lemon juice

### **DIRECTIONS:**

1. Rinse halibut in cold water and dry using paper toweling. Arrange halibut in a 9" x 13" oven-proof baking dish. Preheat oven to 400 degrees F.
2. In a frying pan, add butter, onion and garlic and sauté until translucent. Remove from heat and stir in parsley, orange peel, salt and pepper. Spread mixture over halibut steaks.
3. In a small bowl, mix together orange juice and lemon juice. Sprinkle juice over halibut steaks, but be careful not to wash away the onion/garlic mixture.
4. Bake halibut in preheated 400 degrees F oven for 10 minutes. Do not overcook fish. Spoon hot juices over halibut. Serve at once.

**SERVINGS: 4**

**COOK TIME: 8 to 10 Minutes**