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FOOD

RECIPE FILE

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HALIBUT WITH SUMMER VEGETABLE SAUCE

Delicious with orzo or rice.

- 1 tablespoon olive oil
- 2 1/2 cups coarsely chopped red onion
- 1 1/2 pounds plum tomatoes, cut into 1-inch pieces
- 6 ounces zucchini, cut into 1/2-inch pieces
- 2/3 cup fresh corn kernels or frozen, thawed
-  3 tablespoons thinly sliced fresh basil
- 3 tablespoons chopped fresh parsley

- 4 6-ounce halibut fillets
- 1 tablespoon fresh lime juice

Heat oil in large nonstick skillet over medium heat. Add onion; sauté 5 minutes. Add tomatoes; sauté 3 minutes. Stir in zucchini, corn, 3 tablespoons basil and parsley. Cover and simmer until zucchini is crisp-tender, about 3 minutes.

Add halibut fillets to sauce in skillet. Sprinkle fish and sauce generously with salt and pepper. Cover; simmer until fish is opaque in center, about 5 minutes. Remove from heat. Drizzle lime juice over.

Using spatula, transfer fish to plates. Spoon sauce over. Sprinkle with remaining 2 tablespoons basil and serve.

