

Halibut with Corn and Mushroom Ragout

A quick and flavor packed meal.



The omega-3 fatty acids present in halibut provide a wide range of cardiovascular benefits including improving the ratio of good cholesterol (HDL). Halibut is also a good source of vitamin B12, vitamin B6 and folic acid.

Ingredients (Makes 4 servings)

4 (6-ounce) halibut fillets

Salt and pepper to taste

2 tablespoons olive oil

8 ounces' lobster mushrooms, diced very small (see note)

2 shallots, minced

Kernels from 6 ears of corn

1 medium heirloom tomato, diced very small

1 teaspoon fresh minced tarragon

1 teaspoon fresh minced dill weed

1 tablespoon white truffle oil (see note)

Directions

Season halibut with salt and pepper. Lightly coat a large ovenproof sauté pan with oil and heat to smoking point. Carefully Arrange halibut in pan. Place in preheated 375-degree oven for 6 to 8 minutes. Remove and keep halibut hot.

Meanwhile, Heat 2 tablespoons olive oil in large skillet. Add mushrooms, shallots, corn, tomatoes and sauté. Continue to Sauté. When corn is cooked, about 1 minute, add tarragon, dill weed and truffle oil. Season with salt and pepper to taste.

Serve the ragout with the halibut.

Note - Lobster mushrooms are available in some specialty food stores and in some farmers' markets. Truffle oil is sold in specialty food stores

Nutritional information Per serving (without added salt and pepper)

Calories 435
Fat 16 g
Cholesterol 55 mg
Sodium 121 mg
Carbohydrates 5.5 g
Fiber 2 g
Protein 41.5 g

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