



For a healthy dinner option, steam fresh Alaskan seafood with vegetables in parchment. H2.



Want buff upper arms and tightly toned thighs? The workout videos at yourhealth.azcentral.com show you how.

yourhealth

SECTION H

FRIDAY, 3.29.2013

THE ARIZONA REPUBLIC

YOURHEALTH.AZCENTRAL.COM



Halibut en papillote with cherry tomatoes, capers and garlic is a healthy meal. MICHELLE DUDASH

Steam up veggies, fresh halibut in parchment paper

There are very few proteins I don't sear or brown before baking. Fish prepared en papillote, or in parchment paper, is one of those exceptions. Simply add vegetables and allow the fish to steam in the water they exude.



MICHELLE DUDASH

HEALTHY DISH

Spring also brings fresh Alaskan seafood — also marketed as Pacific halibut. The season runs through June. Cod, haddock or frozen halibut, thawed, also works in this recipe.

Michelle Dudash of Scottsdale is a registered dietitian, chef and author of "Clean Eating for Busy Families." Find a link to her blog, Dudash's Healthy Dish, at azcvoices.com.

Halibut en Papillote with Cherry Tomatoes, Capers and Garlic

From Michelle Dudash

- 2 fresh boned Alaskan halibut fillets, blotted dry, about 4 ounces each
- 1/8 teaspoon salt, divided
- 1/8 teaspoon freshly ground black pepper, plus extra for the fish
- 3/4 cup halved yellow cherry tomatoes
- 3/4 cup halved red cherry tomatoes
- 2 tablespoons basil, rolled and thinly sliced, plus extra for garnishing
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon minced garlic
- 1 teaspoon grated lemon zest
- 1 teaspoon capers, chopped
- 1 teaspoon balsamic vinegar
- 2 lemon wedges

Preheat oven to 400 degrees. Season fish with half of the salt and the pepper to taste. In a medium bowl, mix tomatoes, basil, olive oil, garlic, lemon zest, capers, vinegar, remaining half of salt and pepper.

Tear off two 15 x 12-inch sheets of parchment paper; arrange sheets vertically and place fish just below the center on each sheet. Now imagine you're assembling a calzone or meat pie. Place half of the tomato mixture on top of each piece of fish, leaving any juices at the bottom of the bowl. Fold paper over to make the top and bottom corners meet. Beginning with the left corner fold up 1 inch, overlapping sections to seal in the contents, and ending with the right corner. Fold each corner under. Finished pouches should look like half moons. Repeat with the other pouch and place on a large sheet pan. Bake for 13 minutes for 1-inch -thick fillets or until pouches make a strong sizzling sound. Adjust cooking time by a couple of minutes for thinner or thicker fillets.

Remove from the oven and serve immediately, placing pouches in shallow bowls on plates. Allow diners to carefully unwrap or cut into their own portions, carefully avoiding direct contact with hot steam. Garnish with additional fresh basil and serve with lemon wedges.

Makes 2 servings.