

Pesto Halibut Kebabs

from **CookingLight**

If you can't find fresh halibut, substitute another mild, firm white fish. Serve this dish with Israeli couscous tossed with toasted sliced almonds, dried cranberries, and chopped fresh parsley.

1 1/2 pounds halibut, cut into 1-inch chunks
1 large red bell pepper, cut into 1-inch chunks
3 tablespoons prepared basil pesto
2 tablespoons white wine vinegar
1/2 teaspoon salt
Cooking spray



Photo: Lee Harrelson; Styling:
Melanie J. Clarke

Preheat broiler.

Place fish and bell pepper in a shallow dish. Drizzle pesto and vinegar over fish mixture; toss to coat. Let fish mixture stand 5 minutes.

Thread fish and pepper alternately onto each of 4 (12-inch) skewers; sprinkle evenly with salt. Place skewers on a jelly-roll pan coated with cooking spray. Broil for 8 minutes or until desired degree of doneness, turning once.

Yield: 4 servings (serving size: 1 skewer and 1 lemon wedge)

CALORIES 239 (30% from fat); FAT 7.9g (sat 1.2g, mono 2.3g, poly 2.9g); IRON 1.8mg;
CHOLESTEROL 55mg; CALCIUM 104mg; CARBOHYDRATE 4g; SODIUM 514mg; PROTEIN 36.3g;
FIBER 1.2g

Cooking Light, MAY 2007

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