

Halibut with Olive and Bell Pepper Couscous

Serves 4 (serving size: 1 fillet and about ½ cup couscous)

Ingredients

- 2 teaspoons extra virgin olive oil, divided
- ½ cup diced red or green bell pepper
- 4 garlic cloves, minced
- ½ cup uncooked Israeli couscous
- ¾ cup low-sodium chicken broth
- 4 tablespoons kalamata olives, pitted and quartered
- ½ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 4 (6 ounce) skinless halibut fillets
- 4 teaspoons torn fresh oregano or 2 teaspoons dried
- 2 lemons, cut into 1/8 inch-thick slices

Instructions

1. Preheat broiler to high.
2. Heat a medium saucepan over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add bell pepper and garlic; cook 1 minute, stirring occasionally. Add couscous; cook 1 minute or until lightly browned. Add broth; bring to a boil. Cover and simmer 7 minutes or until liquid evaporates. Stir in olives, 1/4 teaspoon salt, and 1/4 teaspoon black pepper.
3. Sprinkle halibut evenly with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon black pepper. Heat a large ovenproof skillet over medium-high heat. Add remaining 1 teaspoon oil to pan; swirl to coat. Add fillets to pan; cook 3 minutes. Remove pan from heat; turn fillets over. Arrange torn oregano and lemon slices evenly over fillets. Place pan in oven. Broil 5 minutes or until fish flakes easily when tested with a fork. Serve fish with couscous.

This recipe has been modified from its original source: Mary Drennen, *Cooking Light*, March 2013