



**RELAX! ... IT'S JUST DINNER.**



## **Baked Halibut**

**Serves:** 4

**Cook Time:** 30 minutes (total including prep)

### ***Shopping list:***

4 (1/4 pound) halibut fillets  
1/4 cup fresh lemon juice  
4 tsp olive oil  
2 Tbsp plain dried breadcrumbs  
2 Tbsp capers, drained  
1/4 tsp salt  
Fresh ground pepper

¼ cup minced flat leaf parsley  
4 lemon wedges

***Recipe:***

1. Preheat oven to 350 F.
2. Spray a 9"x13" baking dish with nonstick spray.
3. Place the fillets skin side down in the dish; sprinkle them with the lemon juice.
4. Brush each fillet with the oil, then sprinkle with breadcrumbs, capers, salt & pepper.
5. Bake until the fish flakes easily when tested with a fork, 15-20 minutes, depending on the thickness of the fish.
6. Spoon any pan juices over the fish and sprinkle with the parsley.
7. Serve at once, with the lemon wedges. Sprinkle with gorgonzola and place in oven until cheese melts.