



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Simple Meal Ideas

Whether you're looking for a recipe to feature fish in your holiday menu, or a quick dinner option for any night of the week, you won't go wrong with this halibut dish. One-pan meals often mean less clean-up. With just 15 minutes of hands-on prep time and 25 minutes to roast, it means your oven does most of the work. Quick meals that taste good and have benefits for your health are a win-win during the busy holiday season!

Few foods are a natural source of Vitamin D, which is what makes fish and seafood stand out. Foods which have it added (i.e. fortified) are trying to make up for what's lacking from within the food supply and low exposure to sunlight.

Vitamin D is a critical nutrient in many body processes. It supports brain and bone health, as well as reducing risk of cancer, diabetes, and heart disease. Halibut is one type of fish with valuable Vitamin D, so adding it to your diet is like giving yourself a present for the holidays!

One-Pan Maple-Walnut Crusted Halibut & Vegetables

Ingredients:

- 1 cup chopped walnuts
- 2 Tbsps. olive oil
- 2 Tbsps. lemon zest
- 1/2 tsp. salt
- 2 Tbsps. maple syrup
- 1/2 tsp. ground black pepper
- 1 tsp. dried dill
- 4 skinless halibut fillets (about 1-1/2 pounds)
- 1 lb. asparagus, trimmed, cut into 2-inch pieces
- 1/4 cup Dijon mustard
- 1 sweet potato, peeled and sliced 1/8-inch thick



Directions:

1. Preheat oven to 450°. Spray large, rimmed baking pan with non-stick cooking spray. In medium bowl, stir walnuts, zest, syrup, and dill.
2. In large bowl, toss asparagus, sweet potatoes, 1 Tbsp. oil, and 1/4 tsp. each salt and pepper; spread in single layer on prepared pan. Roast 15 minutes.
3. Coat fish with remaining 1 Tbsp. oil; sprinkle with remaining 1/4 tsp. each salt and pepper. Spread top of fish with mustard; press walnut mixture over mustard. Push vegetables to 1 side of pan; place fish on opposite side of pan.
4. Roast 10 minutes or until internal temperature of fish reaches 145° and vegetables are crisp-tender.



You could vary the flavors by swapping the asparagus and sweet potato for 1 lb. of green beans and 1 pint of grape or cherry tomatoes. Lower the pre-heat temperature to 400°F and roast beans and tomatoes for same length of time, but increase halibut roasting time to 15-20 minutes.

The rest of the recipe remains the same!