



## **Halibut with Avocado Sauce**

**Servings:** 4

**Ingredients:**

1 med avocado, peeled and sliced  
1/4 cup Greek plain yogurt  
2 Tbsp. fresh lime juice  
1/4 tsp hot sauce, such as Tabasco  
1 tsp ground cumin  
1 Tbsp. white wine  
4, 4-oz halibut fillets (any white fish will do – try hake, cod, haddock etc.)  
1/2 tsp sea salt – optional – salt can be added at the end if preferred.  
1/2 tsp freshly ground black pepper  
1/2 cup diced red onion  
1/2 cup diced tomatoes  
4 Tbsp. chopped cilantro

**Instructions:**

1. Combine avocado, yogurt, lime juice, hot sauce, cumin and white wine in a blender and puree.
2. Preheat grill or broiler.
3. Season halibut with salt and pepper. Grill or broil for 3 to 5 minutes on each side, or until fish flakes easily.
4. Serve each fish fillet with 2 tablespoons avocado sauce, 2 tablespoons red onion and diced tomato and 1 tablespoon cilantro.

*Compliments of Canyon Ranch*