



## Almond Crusted Halibut

### INGREDIENTS:

2 - 4oz. Halibut fillets (Atlantic/Pacific)  
2 Tbsp. Sliced Almond pieces  
Pinch Salt  
Pinch Ground black pepper  
Cooking spray

### PREPARATION:

- Preheat oven to 375°F.
- Coat each fillet with a tablespoon each of sliced almonds.
- Season each fillet with salt and ground black pepper.
- Spray a small baking pan with non-stick cooking spray.
- Lay both fillets in pan, and place pan in oven.
- Bake for about 15 minutes.
- Serve with your favorite sauce.

**Number of servings:** 2  
**Serving Size:** 1 – 4 ounce fillet  
**Calories:** 160  
**Fat Grams:** 6

