

Good Eats *Recipes*

Halibut with Red Onion Marmalade

What You Need:

4-6 oz. Halibut fillets
1 TBSP. Curry Powder
1/2 TEAS. Salt
GOOD EATS Red Onion Marmalade

Directions:

Combine curry and salt. Rub the fillets with the curry mixture. Lightly coat with cooking spray. Heat a large skillet over medium high heat until hot. Add fillets and saute 4 minutes on each side. Arrange halibut on top of rice, cous cous or salad greens and top with GOOD EATS Red Onion Marmalade.