



Halibut with White Beans in a Tomato-Rosemary Sauce

- 1 tbsp olive oil
- 4 (6oz) Halibut fillets about 1 inch thick (substitutions: Cod or Haddock)
- 1/4 tsp of salt
- 1/4 tsp of freshly ground black pepper
- 2 garlic cloves, minced
- 2 cups of chopped plum tomatoes (or one 14.5oz can of diced tomatoes drained)
- 1 1/2 cups of chicken broth
- 1/2 cup dry white wine
- 1 (16oz) can of cannellini beans rinsed and drained
- 1/2 tsp of fresh rosemary

1. Heat oil in a large skillet over medium high heat. Sprinkle both sides of fish liberally with salt and pepper.
2. Add fish to pan; cook 5 minutes on each side or until fish flakes easily when tested with a fork.
3. Remove fish from pan; keep warm
4. Add garlic to pan and cook for 30 seconds, stirring constantly
5. Stir in tomato, broth, wine, and beans; bring to a boil
6. Reduce heat and simmer 5 minutes
7. Remove from heat and stir in rosemary. Serve immediately, placing fish on top.



We recommend serving it in a shallow rimmed bowl and top each serving with a rosemary sprig.

Source: Cooking Light