



Citrus Grilled Halibut

1 pound of Halibut fillet (Substitutions: Salmon, Swordfish)
Vegetable Cooking Spray

Marinade:

1/4 C. orange juice
2 tbsp. light soy sauce
1 tbsp. olive oil
1 tbsp. lemon juice
1 clove garlic, minced
1/4 tsp. black pepper
1/ tsp. salt

1. Combine marinade ingredients in non-metallic bowl. Reserve 2-3 tablespoons of marinade
2. Pour marinade over halibut and marinate for 15-20 mins, turning once.
3. Spray fish with cooking spray and place on hot grill. Grill 3 minutes then brush with reserved marinade. Grill an additional 4-5 minutes.

Source: Seafood Grilling Twice a Week by Evie Hansen