

Halibut with Tomatoes and Olives

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 12 minutes

Serves: 4

CChints: Kalamata olives look like your normal black Olives but they have a slightly purple tone and a unique salty flavor. They are more expensive but they are worth it. Halibut is a mild firm fish but you can substitute another firm fish like Grouper or Mahi Mahi. For best results, you want to cook the fish the same day you purchase it but no later than the next day, keep refrigerated.



4 fish filets

3/4 teaspoon salt, divided

1/2 teaspoon black pepper, divided

2 tablespoons olive oil, divided

14.5 ounce can Petite Diced Tomatoes, well drained

1glove minced garlic, fresh or from a jar

1 tablespoon minced red onion

2 tablespoons finely chopped fresh basil

1 tablespoon chopped fresh oregano

2 tablespoons finely chopped chives

1/2 teaspoon lemon zest

1 tablespoon fresh lemon juice

10-12 pitted Kalamata olives chopped

2 teaspoons caper, rinsed & chopped

2 teaspoons chopped fresh parsley

4 servings a vegetable or potato

Preheat the grill to medium heat and we like to grill on a cast iron griddle for even cooking. Rinse fish and pat dry. Put on a plate and rub with half of the olive oil. Sprinkle both sides of the fish with half salt and pepper. Let set at room temperature while the grill heats to medium, about 15 minutes. If you have a cast iron skillet or griddle, put it in the grill to heat up as well with the cover closed. If you are putting the fish directly on the grill, spray it first with cooking spray.

Depending on what you are cooking for a side dish, you may want to start it now. The goal is to have everything done at the same time.

Combine the tomatoes through 1/4 teaspoon black pepper into a microwaveable container. Microwave on high for 45 seconds, stir and cook again for 30 seconds. Pour off any excess liquid and transfer to a mixing bowl. While the mixture is cooling, prepare the basil, oregano and chives and add to the tomatoes. Add the zest through the parsley and a pinch of salt. Stir and set aside to allow the flavors to blend.

When you are ready to grill the fish, add the 2 teaspoons of olive oil to the hot skillet. Add the fish and don't move them for 4 minutes, with the cover closed. Open the cover and turn the fish and allow them to cook for 5 more minutes, depending on the thickness. To tell if they are done, gently cut into one piece and the flesh should be white and break apart, it is done. Remember you can always put them back on the grill if they need more cooking but you can't fix them if they cook too much.