

Asparagus, Thyme and Tomato Halibut

Infuse roasted halibut with fresh thyme for a slightly sweet, aromatic dish that's perfect for dining al fresco. This firm fish with mild flavor is ideal for a strong seasoning like thyme, which is considered a staple in French kitchens and was a favorite of Julia Child's. The light fish is complemented in this recipe with spring asparagus, a good source of vitamins A and C and cancer-protective phytochemicals.

1 lb. fresh asparagus
1 3/4 cups cherry tomatoes, halved
Salt and fresh ground pepper, to taste
4 sprigs fresh thyme
4 (4 oz.) Pacific halibut fillets
Juice of 1 lemon
1 Tbsp. extra virgin olive oil
1 Tbsp. fresh dill (optional)
4 lemon slices (as garnish)

Preheat oven to 400 degrees.

Trim asparagus and lay on bottom of medium-sized baking dish. Scatter cherry tomatoes on top. Sprinkle with salt and pepper. Lay thyme sprigs on top. Place halibut on bed of asparagus. Combine lemon juice and olive oil and drizzle over halibut. Sprinkle with additional salt and pepper, if desired. Roast uncovered for 18 to 20 minutes, or until fish is done.

Sprinkle with dill, if desired. Serve with sliced lemon.

Makes 4 servings.

Per serving: 190 calories, 6 g total fat (1 g saturated fat), 8 g carbohydrates, 27 g protein, 3 g dietary fiber, 210 mg sodium.