



## Low Fat Balsamic Glazed Halibut

### Ingredients

1/3 cup balsamic vinegar  
2 tbsp Dijon mustard  
1 tbsp brown sugar  
4 6oz center-cut halibut fillets

### Preparation

Combine balsamic vinegar, mustard and brown sugar in a small bowl. Place halibut fillets in a single layer in a non-reactive baking dish. Pour vinegar mixture over fish, cover and marinate in the refrigerator for up to an hour.

Preheat broiler. Spray broiler rack with nonstick cooking spray. Place halibut fillets skin side down on broiler rack and broil for 10 minutes per inch of thickness.

Serve with seasonal vegetables.

**Serves 4**

### Nutrition Facts (per serving)

<b>Calories</b>	<b>206</b>
<b>Fat (g)</b>	<b>4</b>
<b>Saturated Fat (g)</b>	<b>0.6</b>
<b>Cholesterol (mg)</b>	<b>54</b>
<b>Sodium (mg)</b>	<b>273</b>
<b>Carbohydrate (g)</b>	<b>7</b>
<b>Fiber (g)</b>	<b>0</b>
<b>Protein (g)</b>	<b>35</b>
<b>Calcium (mg)</b>	<b>-</b>

