

MICRO-STEAMED HALIBUT WITH VEGTABLES

INGREDIENTS

- 1 lb. Halibut fillets or any firm white fish
- 1 cup peppers, sliced
- 1/2 cup cherry tomatoes, cut in half
- 1/3 cup white wine
- 1/4 cup Kalamata olives, pitted, sliced
- 2 tablespoons olive oil
- 1 tablespoon capers, drained & rinsed
- 1 tablespoon cilantro, chopped
- 2 green onions, chopped
- 1/4 teaspoon sea salt
- 1/4 teaspoon pepper



DIRECTIONS

Using a large deep dinner plate, add oil, onion and peppers. Cover with the **Cover'n Cook Vented Glass Plate Cover**, microwave on HIGH for 1 minute. Arrange 2 fillets on plate, thickest parts to outside edges, sprinkle with salt, pepper and capers. Add tomatoes, olives, cilantro, and pour wine around the fish. Cover with the **Cover'n Cook** and cook on HIGH for 4 minutes, check fish and cook another 2 minutes or until fish is white and flakes easily with a fork. Do not overcook. Steam/poaching fish in the microwave can be healthy and easy because fish has such a high water-content. This recipe was based on a 1,100-watt microwave.



*Original recipe by Susan Castriota
www.cuchinasafe.com*

Yield: 2 servings