

Halibut with Spicy Pineapple-Cilantro Salsa, Roasted Sweet Potatoes and Wilted Kale

Active Time: 25 minutes | Total Time: 25 minutes | Serves: 1

Nutrition Information Per Serving

300.4 calories, 37.99 g carbohydrate, 5.95 g fiber, 32.04 g NET carbs, 27.93 g protein, 4.5 g fat

Ingredients

- 1 cup chopped organic kale
- 1 Tbsp chopped organic red onion, diced
- 1/10 cup(s) chopped organic jalapeño, seeded and finely diced
- 1/5 cup(s) diced organic pineapple, chopped
- 1 medium organic sweet potato, peeled and thinly sliced
- 1 Tbsp fresh, organic cilantro, chopped
- 1/4 tsp(s) organic olive oil
- 4 ounce(s) filet wild halibut
- 1/8 tsp(s) organic cayenne pepper
- 1/8 tsp(s) organic, ground cumin
- 1/2 tsp(s) organic lime juice

Preparation

1. Preheat oven to 375 F.
2. Combine cumin and cayenne pepper, and rub over halibut. Coat sweet potatoes in olive oil.
3. Place halibut in a small, greased baking dish and place sweet potatoes in a second small baking dish.
4. Place both in the oven for 10 minutes, turning only the halibut half-way through baking.
5. Sweet potatoes are done when tender and halibut is done when it flakes with a fork.
6. Meanwhile, wilt the kale and prepare the dressing.
7. Place kale in a small saucepan with 1 Tbsp. water over medium high heat.
8. Cook, stirring, 1-2 minutes, just until bright green and crisp-tender. Set aside and keep warm.
9. In a small bowl, combine lime juice, jalapeño, red onion, pineapple and cilantro. Set aside.
10. Serve pineapple-cilantro salsa over halibut with roasted sweet potatoes and wilted kale on the side.
11. Sprinkle sweet potatoes lightly with cayenne, if desired.

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