



## Baked Halibut with Citrus Crust

### Ingredients

6 8oz Halibut Steaks  
3 oz Plain bread crumbs, dry  
3/4 Tbsp Lemon peel, dried  
1/4 tsp Orange peel, dried  
2 Tbsp Vegetable salad oil

### Preparation

Combine bread crumbs, lemon peel and orange peel. Mix well.  
Lightly oil each fillet with 1 Tbsp oil. Dredge in bread crumb mixture. Press gently to evenly coat.  
Place 8 fillets in each 13x9" pan. Bake in a 375 degree F. standard (325 degree F. convection) oven for 15 to 20 minutes or until golden brown and fish is firm, flakes easily.

**Serving size – 1 fillet**

### Nutrition Facts (per serving)

<b>Calories</b>	<b>302</b>
<b>Fat (g)</b>	<b>9.9</b>
<b>Saturated Fat (g)</b>	<b>1.5</b>
<b>Cholesterol (mg)</b>	<b>73</b>
<b>Sodium (mg)</b>	<b>152</b>
<b>Carbohydrate (g)</b>	<b>2.7</b>
<b>Fiber (g)</b>	<b>0</b>
<b>Protein (g)</b>	<b>47.7</b>
<b>Calcium (mg)</b>	<b>0.8</b>

