

Haylie J. Pomroy, BS, WC
Registered Wellness Consultant
Nutritional Counseling

Greek Halibut

Ingredients:

- 1 Vine leaf or Boston lettuce
- 1/4 cup freshly minced cilantro
- 1 bay leaf, broken-up into pieces
- 1 small onion, diced
- 2 pounds halibut fillets or steaks
- 1/4 cup olive oil
- 1/2 cup white wine or Vermouth
- 1 teaspoon sea salt
- 1/4 teaspoon sesame seeds
- 2 Tablespoons Braggs Amino Acids
- 1 cup organic chicken broth
- Brown rice

Directions:

- Arrange leaves over the bottom of a glass 8 x 12-inch [20 x 30-cm] dish.
- Sprinkle lettuce leaves with half of minced cilantro, bay leaf pieces and onion dices.
- Arrange halibut fillets on top of herbs.
- Mix together olive oil, white wine or Vermouth, sea salt and sesame seeds; pour all over fish fillets.
- Sprinkle Braggs Amino Acids all over fish.
- Completely cover fish with lettuce leaves.
- Cover dish
- Bake at 375 for 30 minutes
- Arrange fish onto a serving plate, pour in organic chicken broth and sprinkle with chopped cilantro.
- Serve, along with brown rice

Servings: 4

9025 Wilshire Blvd #403
Beverly Hills, CA 90211

*
*

Ph: 310-209-8262
Ph: 310-288-2128

*
*

www.hayliepomroy.com
haylie_pomroy@yahoo.com