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**Nutritional Counseling**

**Halibut Apple Kabobs**

**Ingredients:**

1/2 cup organic chicken broth  
1 cup Rome apple, cored and cut in 1 inch cubes  
4 tsp. olive oil  
1 medium green or sweet red pepper, cut in 1 inch squares and separated  
2 Tbsp. lime juice  
2 Tbsp. finely chopped onion  
1 small onion, cut in 1 inch squares and separated  
1/2 tsp. sea salt  
1/2 tsp. dried thyme, crushed  
1 pound halibut, cut in 1 to 1 1/2 inch cubes  
1/8 tsp. pepper

**Directions:**

Combine wine, oil, lime juice, chopped onion, salt, thyme and pepper;  
mix well.

Marinate remaining ingredients in mixture 1 to 2 hours.

Thread apple, pepper, onion and halibut on long metal or bamboo  
skewers(soak in water first); ending with apple.

Broil or grill 4 to 5 inches from heat 6 to 8 minutes or until fish flakes

Serve over brown rice

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