

## **Halibut with Pine Nut and Parmesan Crust**

**SOURCE: AOL Recipes (By Karen Barnaby)**

### **INGREDIENTS:**

- 1/2 C pine nuts, coarsely chopped
- 4 TBS freshly grated Parmesan cheese
- 1 TBS finely chopped fresh basil
- 1 clove garlic, minced
- 1 TBS olive oil
- 4 6-oz halibut filets
- Salt, to taste

### **DIRECTIONS:**

Preheat the oven to 425° F. Combine pine nuts, Parmesan, basil, garlic + olive oil. Place halibut filets on baking sheet - season with salt. Pat pine nut mixture onto halibut, pressing lightly to make it adhere. Bake in the middle of the oven 10-15 minutes, till fish is opaque all the way through.

Serves: 4

**Carbohydrates per Recipe: 11.64**

**Carbohydrates per Serving: 2.2**

**Carbohydrates per serving, minus fiber: 1.9**