



Grilled Halibut with Lima Bean and Roasted Tomato Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



4500 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 lb fava beans in pod fresh shelled thawed
- ☐ 0.5 cup basil fresh chopped
- ☐ 3 garlic cloves cut lengthwise into slivers
- ☐ 36 oz halibut fillet thick ()
- ☐ 1 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil

- ☐ 1 teaspoon salt
- ☐ 4 large tomatoes (preferably heirloom; 2 lb total)

Equipment

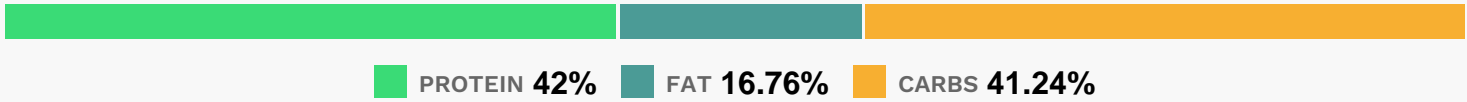
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ grill
- ☐ ziploc bags
- ☐ colander
- ☐ grill pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ Core tomatoes, then halve crosswise. Stud the cut side of each half with garlic slivers, then sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper (total). Arrange tomatoes, cut sides up, in a lightly oiled shallow baking pan, then drizzle evenly with 1 tablespoon oil. Roast until just soft and wilted, 15 to 20 minutes.
- ☐ While tomatoes roast, cook beans in a 6- to 8-quart pot of boiling salted water, uncovered, until just tender, 5 to 8 minutes.
- ☐ Drain in a colander and cool slightly, about 10 minutes. When beans are cool enough to handle, gently slip off skins. Coarsely chop beans and roasted tomatoes, then toss with basil, remaining tablespoon oil, remaining 1/2 teaspoon salt, remaining 1/4 teaspoon pepper, and lemon juice (to taste).
- ☐ Prepare grill for cooking over medium-hot charcoal (moderate heat for gas). If using a charcoal grill, open vents on bottom of grill, then light charcoal. When charcoal turns grayish white (about 15 minutes from lighting), hold your hand 5 inches above grill rack to determine charcoal heat. It is medium-hot when you can hold your hand there for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce to moderate setting.
- ☐ Pat fish dry and season both sides with salt and pepper. Grill on lightly oiled grill rack, covered only if using gas grill, turning over once, until just cooked through, 6 to 8 minutes total.

- ☐
- Serve fish topped with bean and roasted tomato sauce.
- ☐
- If you aren't able to grill outdoors, fish can be cooked in a hot lightly oiled well-seasoned large (2-burner) ridged grill pan over moderately high heat.· Fish can be seasoned 1 hour ahead and chilled, covered.· Be aware that fava beans can cause a potentially fatal reaction in some people of Mediterranean, African, and Pacific Rim descent.· Beans can be cooked and peeled 1 day ahead, then chilled in a sealed plastic bag.· Bean and roasted tomato sauce can be made 1 day ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:1.42, Inflammation Score:-9, Nutrition Score:34.322174030802%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 421.13kcal (21.06%), Fat: 7.87g (12.11%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 43.56g (14.52%), Net Carbohydrates: 32.92g (11.97%), Sugar: 3.28g (3.64%), Cholesterol: 83.35mg (27.78%), Sodium: 588.42mg (25.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.37g (88.73%), Selenium: 80.97µg (115.67%), Vitamin B3: 13.37mg (66.87%), Vitamin B6: 1.29mg (64.72%), Manganese: 1.29mg (64.45%), Phosphorus: 591.67mg (59.17%), Vitamin D: 7.99µg (53.3%), Potassium: 1727.73mg (49.36%), Fiber: 10.64g (42.56%), Vitamin C: 30.97mg (37.54%), Magnesium: 130.17mg (32.54%), Vitamin B12: 1.87µg (31.18%), Vitamin A: 1517.13IU (30.34%), Iron: 4.08mg (22.65%), Folate: 82.88µg (20.72%), Vitamin B1: 0.31mg (20.45%), Vitamin K: 20.99µg (19.99%), Copper: 0.32mg (15.97%), Vitamin E: 2.39mg (15.92%), Zinc: 1.81mg (12.06%), Vitamin B2: 0.19mg (11.25%), Vitamin B5: 0.99mg (9.93%), Calcium: 84.39mg (8.44%)