

HERBAL MAYO BAKED HALIBUT



INGREDIENTS:

- 2-3 lbs halibut
- 1 cup Basic Mayo *see notes
- 1/4 cup chopped fresh dill
- 1/4 - 1/2 cup grated parmesan cheese
- Zest from half a lemon
- Finely diced garlic or garlic powder *optional

NOTES:

When making the basic mayo, substitute the vinegar with lemon juice

Serve this dish with a fresh green salad, consider adding 1 tsp - 1 tbsp parmesan cheese

INSTRUCTIONS:

- In a bowl, combine the mayo, dill, parmesan cheese, and zest from half a lemon
- Clean and portion fish
- Place fish on a baking dish, close, but not too tightly packed
- Slather mayo mixture about 1/2 inch thick on each piece
- Top with a little parmesan and a sprinkle of paprika (or cayenne if you like spicy)
- Bake at 425 degrees for 15-20 minutes (depending on the thickness of fish) or until fish internal temperature reaches 115 degrees

Sourced From: Gayla Pedersen

