



One-Pan Maple-Walnut Crusted Halibut & Vegetables

Prep: 15 minutes

Roast: 25 minutes • Serves: 4

- Nonstick cooking spray
- 1 cup chopped walnuts
- 2 tablespoons lemon zest
- 2 tablespoons maple syrup
- 1 teaspoon dried dill
- 1 pound asparagus, trimmed, cut into 2-inch pieces
- 1 sweet potato, peeled and sliced 1/8-inch thick
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 skinless halibut fillets (about 1 1/2 pounds)
- 1/4 cup Dijon mustard

1. Preheat oven to 450°. Spray large rimmed baking pan with cooking spray. In medium bowl, stir walnuts, zest, syrup and dill.

2. In large bowl, toss asparagus, potatoes, 1 tablespoon oil, and 1/4 teaspoon each salt and pepper; spread in single layer on prepared pan. Roast 15 minutes.

3. Coat fish with remaining 1 tablespoon oil; sprinkle with remaining 1/4 teaspoon each salt and pepper. Spread top of fish with mustard; press walnut mixture over mustard. Push vegetables to 1 side of pan; place fish on opposite side of pan.

4. Roast 10 minutes or until internal temperature of fish reaches 145° and vegetables are crisp-tender.

Approximate nutritional values per serving:

511 Calories, 30g Fat (3g Saturated), 87mg Cholesterol, 824mg Sodium, 22g Carbohydrates, 5g Fiber, 10g Sugars, 6g Added Sugars, 40g Protein

Dietitian's Dish

> Heart healthy omega-3 fats are plentiful from the fish and walnuts. DHA and EPA forms of omega-3 found in fish have the strongest health benefits.