



### **Roasted Halibut**

16 ounces halibut fillets  
Nonstick cooking spray  
2 tablespoons margarine, melted  
3/4 cup finely chopped hazelnuts  
1 cup frozen mixed berries, no added sugar, thawed  
1/2 teaspoon Splenda

Preheat oven to 400 F. Rinse fish and pat dry with paper towels. Spray 15x10x1-inch baking pan with nonstick spray; set aside.

Dip fish in melted margarine and then coat both sides with chopped nuts. Place coated fillets on prepared pan and bake for 8 to 10 minutes or until fish begins to flake when tested with a fork.

Puree berries in a blender and strain to remove the seeds. Stir in Splenda and warm sauce. To serve, drizzle over roasted fish. Makes 6 servings.

Nutrition information per serving: 219 calories, 18 grams protein, 14 grams fat, 6 grams carbohydrate, 72 mg sodium.