



---

## Uploaded to the VFC Website

▶▶ June 2014 ◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://Veterans-For-Change.com)

---

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization*

*Tax ID #27-3820181*

*CA Incorporation ID #3340400*

*CA Dept. of Charities ID #: CT-0190794*

---

### ***If Veterans don't help Veterans, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

### **Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



## ***Braised Halibut Fillets***

- Vegetable cooking spray
- 4 Halibut filets, 1 1/4 pounds total, cut 1 inch thick
- 1 Small onion, minced
- 2 Scallions, white and 1 inch green chopped
- 3 Large garlic cloves, minced
- 2 Tbsp minced fresh ginger
- 1/8 Tsp crushed red pepper flakes, or to taste
- 1/4 Cup dry white wine
- 1/8 Tsp sugar substitute
- 2 Cups raw instant brown rice
- 1/2 Cup 98% fat free, no-salt-added canned chicken broth or fish stock

- 1) Lightly coat a nonstick covered skillet with cooking spray and heat until very hot, but not smoking.
- 2) Add the filets and brown them, skin side down, for 2 minutes.
- 3) Add the onion, scallions, garlic, ginger and pepper flakes.
- 4) Cook for 1 minute.
- 5) Reduce the heat, turn filets, and add the wine, sugar substitute and broth.
- 6) Cover the pan and simmer fish for about 10 minutes until cooked through.
- 7) Use a thin small knife inserted into the fish to check that it is done.
- 8) While the fish is simmering, prepare instant brown rice for 4 according to package directions.
- 9) When fish is cooked through, serve over brown rice.
- 10) Spoon pan vegetables and some of the sauce over the filets.

Makes 4 Servings