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## ***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