

## **Moroccan Halibut Kabobs**

1 pound halibut, boneless, skinless, cut into 1-inch chunks  
1 medium red bell pepper, seeded, cut into 1-inch pieces  
1 medium sweet onion, cut into 1-inch pieces

### **Seasoning**

3 garlic cloves, minced  
2 tablespoons fresh cilantro, chopped  
2 tablespoons olive oil  
1 tablespoon lemon juice  
2 teaspoons ground cumin  
1 teaspoon paprika  
1/4 teaspoon ground red pepper

1. Microwave bell pepper and onion in covered microwave dish for 2 minutes.
2. Combine all seasoning ingredients in a large bowl.
3. Add halibut and vegetables to seasoning and toss to coat evenly.
4. Thread on skewers, alternating halibut and vegetables.
5. Using basting brush, lightly coat kabobs with vegetable oil. Heat grill to medium-high. Place kabobs on grill and cook for 2 minutes. Turn.
6. Grill for approximately 2 more minutes until temperature reaches 145°F.

### **Makes 4 servings.**

*Per serving: 229 calories, 11 gm total fat, 1 gm saturated fat, 35 mg cholesterol, 71 mg sodium.*

Source: *Seafood Grilling* by Evie Hansen

Comments: We use the barbecue a lot when we're out cruising, at least when the weather allows. This kabob recipe is relatively easy to prepare and cooks quickly. I like to serve this with some brown rice or couscous, or a small Caesar salad, or canned mandarin oranges (depending on what I have on hand).