**GARLIC PARMESAN BAKED HALIBUT**  
Prep Time: 5 Minutes // Cook Time: 10 Minutes // Total Time: 15 Minutes  
Nutrition Facts: Servings 4.0 | Amount Per Serving

calories 371| Total Fat 28 g, Saturated Fat 11g, Monounsaturated Fat 7 g, Polyunsaturated Fat 9 g, Trans Fat 0 g, Total Carbohydrate 4 g, Dietary Fiber 0 g, Sugars 0 g, Protein 26 g

**For The Topping Ingredients:**

* ¼ cup butter, softened
* ¼ cup mayonnaise
* ½ cup freshly grated Parmesan cheese
* 2 Tbsp green onion, finely chopped
* 4-6 cloves garlic, crushed
* Dash of Tabasco

***Fish Ingredients:***

* Salt and pepper, to taste
* ½ lemon, juiced
* 4 halibut filets (1" thick) @ 3 oz per filet

**Directions:**

1. Preheat oven to 450.
2. Season halibut with salt, pepper and a squeeze of lemon juice.
3. Place filets in a baking dish. Bake for 6 minutes.
4. Mix all topping ingredients together. Remove halibut from oven and spread Parmesan mixture over top and sides of fish.
5. Turn oven to broil and cook for 2-3 minutes, until the tops are lightly browned.  
    \* \*I like to top it with Tarragon as well but that is optional!
6. Serve immediately with rice or potato, and asparagus.  
     
     
   \* \* \* \* Try this with any white fish and its superb!! \* \* \*