



CRISPY BAKED HALIBUT

1 lb. Wild Fresh Alaskan Halibut fillets
3/4 cup cultured lowfat buttermilk
1 tablespoon dijon-style mustard
1/4 teaspoon pepper
1 cup Italian seasoned bread crumbs

Rinse Halibut fillets and pat dry. In shallow pan, combine buttermilk, mustard, and pepper. Place bread crumbs on sheet of waxed paper. Dip fish fillets in buttermilk mixture and coat with bread crumbs. Lightly spray a large skillet with no-stick cooking spray. Cook fillets over medium-high heat for 4 to 5 minutes on each side, or until fish flakes easily with a fork.

Makes 4 servings