

# Prosciutto Wrapped Halibut w/ Spinach & Sundried Tomato Cous Cous

---

Copyright © 2014 by Carolyn Flemister  
Cooking With Carolyn

## Ingredients

Yield: About 4 Servings

- 4- 4 Ounce Pieces of Halibut
- 8 Slices Prosciutto
- 2 Tablespoons of Extra Virgin Olive Oil
- 2 Cups Chopped Fresh Spinach
- 3 Tablespoons Diced Sundried Tomatoes in Olive Oil
- 2 Cloves Garlic, finely minced
- Zest of 1 Lemon
- Juice of ½ Lemon
- 1 Cup Whole Wheat Cous Cous
- 1 Cup Low Sodium, Low Fat Chicken Stock
- To Taste Kosher Salt
- To Taste Black Pepper
- To Taste Grand Diamond All Purpose Seasoning

## Directions

Preheat oven to 425 degrees

Lightly season the halibut with salt, pepper, and Grand Diamond Seasoning. (**NOTE:** Prosciutto has a salty flavor so lightly salt the fish.) Shingle 2 slices of prosciutto next to each other. Place the halibut in the middle of the prosciutto and wrap it around the halibut, like a neat package. Set aside.

Simmer, do not boil, the chicken stock in a small saucepan over medium heat while the vegetables are being prepared **or** heat it in the microwave for 1½ to 2 minutes.

Preheat a large nonstick skillet over medium-high heat for about 2 to 3 minutes. Add the olive oil to the skillet. Sear the halibut on each side for 1 to 2 minutes. Once done, place the fish on a plate and set aside. Next, add the spinach, sundried tomatoes, garlic, and lemon zest to the hot skillet and season with salt, pepper, and Grand Diamond Seasoning. Sauté the vegetables for about 5 minutes or until the spinach is completely wilted. Add the lemon juice. Then add the cous cous to the vegetables and sauté everything together for another 30 seconds. Pour the hot chicken stock into the skillet, make sure the all of the cous cous is evenly distributed.

Place the halibut back into the skillet on top of the cous cous and cover with aluminum foil. Cook at 425 degrees for 8 to 9 minutes. Once done, use a fork to fluff up the cous cous and serve immediately.

\*Nutrition Stats per Serving:

Calories: 493

Carbs: 36 grams

Fat: 20 grams

Protein: 44 grams

\*The portions for these stats are based off of 1, 4 ounce piece of wrapped halibut and ½ cup of cous cous.