

Roasted Halibut with Mushroom, Artichokes and Fresh Tomato Broth
(serves 4)

4 6 ounce Halibut Filet
1 T chopped thyme
3 T olive oil
1 lemon zested and juiced
2 Cups assorted mushrooms (white, crimini and or shitake)
1 Cup quartered artichokes (can)
1 bunch of kale (torn off of the vine)
1 Cup chopped tomatoes
1 clove of garlic
5 leaves of basil - chopped
1 shallot chopped
Salt and pepper to taste

1. Mix halibut with 2 T fresh thyme, lemon zest and juice and season with salt and pepper. Bake in a 350 degree oven for 12 minutes or until cooked through.
2. Heat a large sauté pan with 2 T olive oil and add mushrooms. Cook for 5 minutes, allowing mushrooms to brown. Season with salt and pepper.
3. Add kale, artichokes and the rest of the thyme. Cook until the kale is wilted. TASTE.
4. In a blender, combine tomatoes, basil, garlic, shallot and 1 T olive oil. Puree and TASTE.
5. Place mushroom mixture on plate. Top with fish and pour sauce on top.