Grilled Halibut Steaks

(makes 4 servings)

4	5-ounce halibut steaks, skin removed
	grated zest and juice of 1 lemon
1	tbsp chopped fresh rosemary leaves or 1 tsp crushed dried
2	tsp fresh thyme leaves or 1/2 tsp crushed dried
1/2	tsp fennel seeds
	freshly ground pepper

1. Light a grill or start a charcoal fire.
2. Rinse halibut steaks and pat dry. Place on a platter and sprinkle each with some of the lemon zest and juice.
3. In a small bowl, combine rosemary, thyme, fennel, and pepper. Sprinkle evenly over halibut steaks.
4. Grill 4 to 6 inches from source of heat for 4 to 5 minutes per side, turning once, until fish flakes easily when prodded with a fork. Transfer steaks to a serving plate and serve hot.

Per serving:

254 calories
12 g total fat
4 g carbohydrates
1 g dietary fiber