

Halibut Baked with Sour Cream and Cheddar

This one can be “full fat” or reduced and we liked it just fine “reduced.” Quick, easy and one of Newman’s favorites.

Preheat oven to 425°F. Place fish in a glass baking dish.

Chop 3-4 green onions (including the green tops) and 3 Tbsp grated garlic. Mix into the sour cream. I usually start with about 1 cup of sour cream and $\frac{3}{4}$ to a cup of graded cheese but adjust to the size of fish I’m using.

Spread the sour cream mixture to cover halibut fillets. Salt and pepper to taste. Bake uncovered approximately 20 minutes depending on thickness of the fish. It may take longer but be careful not to overcook. Often, I add an additional amount of grated cheese at the end to melt on the top.

The only change I made for a reduced fat version was to go with reduced fat sour cream and fat free cheddar cheese.

We have also prepared this dish with a healthy layer of local crabmeat and/or Oregon shrimpmeat and the sauce as stated above over the top of the crab/shrimp. This really was to die for and was a huge hit for a holiday potluck.

We also love pouring the sauce remaining in the baking dish over fresh, cooked broccoli to accompany the main dish of the fish.