



## **Swimsuit-Ready in 20 Days: Dinner Recipes**

### **Creamy Lemon-Ginger Halibut with Corn on the Cob**

**2 lemons**

**¾ cup nonfat plain yogurt**

**8 ounces boneless halibut fillet, cut into two portions**

**2 ears corn on the cob, husk removed**

*1-teaspoon ground coriander*

*1 ½ teaspoon ground ginger*

*Salt and cracked black pepper to taste*

1. Zest one lemon and squeeze out the juice. Whisk together the lemon zest, lemon juice, yogurt, coriander, ginger, salt, and pepper. Place the halibut fillet in a Ziploc bag and pour ¾ of the yogurt mixture over the fish. Marinate for 5 minutes.
2. Meanwhile, place the corn in the plastic container with water. Microwave for 5 minutes. Season with salt and pepper and set aside.
3. Remove the fish from the marinade and place in a plastic container. Cover and microwave for 6 minutes or until fish flakes when tested with a fork.

**To Serve:** Place the fish and corn on plates. Spoon a little of the remaining yogurt mixture over the fish. Cut the remaining lemon into wedges and serve with fish.

**Servings: 2**