



## **Seared Halibut with Creamed Spinach and Brown Rice**

**5 ounces halibut filets**

**1 pound spinach leaves**

**½ cup nonfat cream cheese**

**¼ cup nonfat sour cream**

**1 2/3 cups cooked brown rice**

*1 teaspoon lemon pepper*

*Salt and cracked black pepper to taste*

*Cooking oil spray*

*1 tablespoon onion powder*

*2 teaspoons garlic powder*

1. Season the halibut fillets with lemon pepper and salt. Coat a nonstick skillet with cooking spray and heat the skillet. Add the halibut and sear on each side. Then cover the pan and cook until the fish flakes when tested with fork. Set aside.
2. Cook spinach in nonstick pan over medium heat until wilted. Put spinach in strainer, press out as much liquid as possible.
3. Return spinach to the pan. Add cream cheese, sour cream, onion powder, salt and cracked black pepper. Cook and stir over medium heat until hot.
4. Microwave the brown rice for 1 minute.

**To Serve:** Place the rice on the center of each plate. Top with Halibut and spoon the creamed spinach over the halibut.

**Servings:** 2