



Rating:

## Halibut Saltimbocca

Similar to Recipe in "Every Day With Rachel Ray," September, 2009

*Fish must swim three times to taste good. The butter and wine are covered in this quick and tasty version of an Italian favorite...*

*½ lb orzo pasta  
4 halibut fillets, 6 oz each  
4 leaves fresh sage  
4 nice slices prosciutto  
1 Tbsp extra-virgin olive oil  
2 Tbsp Marsala wine*

*3 Tbsp butter, in small pieces, divided  
juice of 1 lemon  
2 tsp lemon zest  
1 Tbsp chopped flat-leaf parsley  
lemon wedges*

Prepare the orzo according to package directions. Meanwhile, place the sage leaves on fish fillets, then wrap each fillet with prosciutto. Heat the oil in a large, non-stick skillet over medium heat. Cook fish, turning gently once, for about 8-10 minutes, or until prosciutto is crispy and fish is done.

Put about 1 Tbsp butter pieces in pan, then deglaze with wine. Cook for just another minute or two, to reduce the liquid to a nice pan sauce. Add remaining butter, lemon juice and zest to orzo and toss to fluff.

To plate: Place a serving of orzo on the plate, then top with a fish fillet. Sprinkle parsley across, then serve with lemon wedges on the side.

Yield: Four servings

Preparation time: 5 minutes

Cooking time: 20-25 minutes, mostly the pasta cooking

