

Mediterranean Baked Halibut with Fresh Tomato-Basil Salsa

Tender halibut fillets topped with vibrant tomato-basil salsa create a protein-rich, low-glycemic meal that supports stable blood sugar levels naturally.

Prep: 10 min

Cook: 12 min

Total: 22 min

Servings: 4

GL 0.8 / GI 27

Ingredients

Low GI (38), provides lycopene and vitamin C 2 medium tomatoes, diced

Negligible glycemic impact, anti-inflammatory properties 2 tablespoons fresh basil, chopped

Zero glycemic impact, rich in antioxidants 1 teaspoon fresh oregano, chopped

Minimal carbs, may improve insulin sensitivity 1 tablespoon minced garlic

Zero GI, healthy fats slow glucose absorption 2 teaspoons extra-virgin olive oil

Zero carbs, high-quality protein supports stable blood sugar 4 halibut fillets, 4 ounces each

Instructions

Step 1

Preheat your oven to 350°F (175°C). Prepare a 9x13-inch baking dish by lightly coating it with cooking spray or brushing with a small amount of olive oil to prevent sticking.

Step 2

While the oven heats, prepare the fresh salsa by combining the diced tomatoes, chopped basil, chopped oregano, and minced garlic in a medium mixing bowl.

Step 3

Drizzle the extra-virgin olive oil and fresh lemon juice over the tomato mixture, then season with sea salt and black pepper. Stir gently until all ingredients are evenly combined. The oil will help carry the flavors and create a light coating for the fish.

Step 4

Arrange the four halibut fillets in a single layer in the prepared baking dish, ensuring they have space between them for even cooking. Pat the fish dry with paper towels first if needed for better browning.

Step 5

Spoon the tomato-basil salsa generously over each halibut fillet, distributing it evenly so every piece is well-covered with the aromatic mixture.

Step 6

Place the baking dish in the preheated oven and bake for 10-15 minutes, depending on the thickness of your fillets. The fish is done when it flakes easily with a fork and appears opaque throughout.

Step 7

Remove from the oven and let rest for 1-2 minutes. Transfer each fillet to individual serving plates, spooning any remaining salsa and juices from the pan over the top.

Step 8

Serve immediately while hot, ideally with a side of leafy greens or roasted non-starchy vegetables to create a complete low-glycemic meal that supports stable blood sugar levels.