**Baked Halibut with Sicilian Pesto**

**Produce**

garlic (if needed)

12 oz. fresh Brussels sprouts

1 bunch basil leaves   
  
one 1 oz. package fresh marjoram leaves  
  
1 bunch cilantro (if needed for salsa)  
  
1 jalapeno pepper (if needed for salsa)  
  
1 Anaheim pepper (if needed for salsa)

3 medium red potatoes - total 12 oz.

1 lime

1 tart apple

2 oz. slivered almonds

**Canned/Dried Foods**

one 15 oz. can no-salt diced tomatoes (if needed for salsa)

good olive oil(if needed)

low sodium soy sauce (if needed)

Dijon mustard (if needed)

honey (if needed)

prepared basil pesto (if needed and if not making your own Sicilian pesto)

**Frozen Foods**

**Meat/Fish/Poultry**

1 lb. fresh halibut fillets (buy 3 equal filets)

**Chilled Foods/Dairy**  
orange juice (if needed)  
  
fresh tomato salsa (if not making low-sodium salsa tonight)  
  
plain, nonfat yogurt (if needed)