**Gingered Halibut**

**Produce**

garlic (if needed)

red onion (if needed)  
  
1 shallot

fresh cilantro (if needed)

1 bulb fresh fennel

1 large carrot (if needed)

3 medium red potatoes

1 lemon

1 piece ginger root

**Canned/Dried Foods**

Low-sodium vegetable broth (if needed)

sesame oil (if needed)

low-sodium soy sauce (if needed)

white wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

Two 5 oz. halibut fillets

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)