**Poached Halibut with Cranberry Chutney**

**Produce**  
two 8 inch zucchinis

1/2 a red bell pepper *(if needed)*

1 sweet onion

1 bunch green onions

2-4 oz fresh pineapple spears *(if available, if not use canned)*

garlic *(if needed)*

1 jalapeno or serrano pepper   
  
1 thumb of ginger root

1 lime

1 lemon

8 pecan halves

3 oz. dried cranberries

**Canned/Dried Foods**  
brown rice *(if needed)*

one 8 oz. can pineapple chunks*(if no fresh available)*

dried cilantro*(if needed)*

olive oil*(if needed)*

rice wine vinegar *(if needed)*

low sodium soy sauce*(if needed)*

dried parsley leaves *(if needed)*

low sodium veggie broth *(if needed)*

**Frozen Foods**  
None today

**Meat/Fish/Poultry**  
1 lb. fresh halibut fillets

**Chilled Foods/Dairy**  
orange juice*(if needed)*