

Grilled Swordfish with Tomato Sauce

Courtesy of Carole's Creations

Prep & marinade Time: 20 minutes

Cooking Time: 10 -15 minutes

Serves: 4

CChints: Swordfish is a firm white fish. A 3 ounce serving has 132 calories, 21.6 g protein, 4.4g fat, 43 mg cholesterol, .9mg iron, 5 mg calcium.



4 – 6 ounce pieces of Swordfish
1 tablespoon olive oil
1 Tablespoon fresh lemon juice
1/4 teaspoon salt
1/8 teaspoon pepper
1 tablespoon lemon zest
1 tablespoon olive oil
1 cup yellow onion, diced
1 cup celery, diced
1 tablespoon minced garlic
28 ounce can petite diced tomatoes, drained
Salt and pepper to taste
2 tablespoons lemon juice
2 tablespoons dry white wine
1/3 cup kalamata or black olives, pitted and diced
1/3 cup pine nuts
1/2 cup fresh basil leaves, diced
2 tablespoons capers, rinsed and drained
1 tablespoon unsalted butter
Side vegetable of your choice

Rinse off the fish and pat dry. Get a plastic bag large enough to hold the fish or a shallow pan with a lid. Pour in the oil and lemon juice. Salt and pepper each piece of fish and lay them in the oil. Sprinkle the lemon zest over the fish and seal/cover the container and let sit in the refrigerator for 15 minutes. During this time, start the sauce.

In a large sauté pan, heat oil over medium-low heat. Cook the onions and celery for 10 minutes, stirring occasionally. Add the garlic and cook for 30 seconds. Reduce the heat, add the tomatoes and simmer for 15 minutes.

Prepare the grill and get ready to cook the fish over medium-high heat and prepare your side dish.

Add the white wine, lemon juice and the olives to the tomato mixture and simmer for 10 minutes. While this simmers, grill the fish for 2-3 minutes on each side until it is done. A thick piece of fish will take longer to cook. Check the center of a piece frequently until it is done but not overcooked. Stir in the pine nuts, basil, capers and butter into the sauce and remove the pan from the heat.

Divide the sauce among the four dinner plates. Place a piece of fish on top of the sauce and add your side dish to the plate. Enjoy!