Sicilian Swordfish
Enjoy this high flavor dish from the sea.
Guiding Stars®
GuidingStars.com
Nutritious choices made simple®

Sicilian Swordfish
Enjoy this high flavor dish from the sea.
Guiding Stars®
GuidingStars.com
Nutritious choices made simple®

Sicilian Swordfish
Enjoy this high flavor dish from the sea.
Guiding Stars®
GuidingStars.com
Nutritious choices made simple®

Sicilian Swordfish
Enjoy this high flavor dish from the sea.
Guiding Stars®
GuidingStars.com
Nutritious choices made simple®

Sicilian Swordfish ☆☆☆

Servings: 4 (1 Steak, 249 g) | **Prep Time:** 10 Minutes | **Cook Time:** 15 Minutes

☆= Good; ☆☆= Better; ☆☆☆= Best

Ingredients

- 4 (6-8 oz.) swordfish steaks
- ¼ t. kosher salt
- ¼ t. pepper
- ½ t. red chile flakes
- 2 T. olive oil
- 2 shallots, minced
- 2 cloves garlic, minced
- ½ c. white wine
- 1 c. cherry or grape tomatoes, halved
- 1/3 c. pitted black olives
- ½ t. dried oregano
- 1/3 c. toasted pine nuts
- 5-6 lg. basil leaves, coarsely chopped
- Lemon wedges

Directions

1. Season swordfish on both sides with salt, pepper and red chile flakes. In a large nonstick skillet, heat half of the oil over medium-high heat. Add swordfish in a single layer and cook until golden, about 2 minutes per side. Remove from pan and set aside. Lower heat to medium.
2. To the same pan, add remaining oil. Add shallot and cook, stirring frequently, until translucent and fragrant, about 2 minutes. Add garlic and cook for 1 minute more. Add wine, tomatoes, olives and oregano. Stir to combine.
3. Return swordfish to the pan. Simmer 3 minutes, or until fish is cooked through and wine has reduced by half. Remove from heat. Add toasted pine nuts and basil. Serve immediately, with lemon wedges. Salt to taste.

Nutritional Analysis Per Serving: *Calories 385; Calories from Fat 220; Total Fat 24.5 g (38% Daily Value); Saturated Fat 4 g (20% DV); Trans Fat 0 g; Cholesterol 90 mg (30% DV); Sodium 340 mg (14% DV); Total Carbohydrate 8 g (3% DV); Dietary Fiber 1.5 g (4% DV); Sugars 2 g; Protein 29 g (0% DV); Vitamin A 15% DV; Vitamin C 10% DV; Vitamin D 190% DV; Calcium 4% DV; Iron 10% DV; Selenium 110% DV.*

© 2014 Guiding Stars Licensing Company. All rights reserved.

Sicilian Swordfish ☆☆☆

Servings: 4 (1 Steak, 249 g) | **Prep Time:** 10 Minutes | **Cook Time:** 15 Minutes

☆= Good; ☆☆= Better; ☆☆☆= Best

Ingredients

- 4 (6-8 oz.) swordfish steaks
- ¼ t. kosher salt
- ¼ t. pepper
- ½ t. red chile flakes
- 2 T. olive oil
- 2 shallots, minced
- 2 cloves garlic, minced
- ½ c. white wine
- 1 c. cherry or grape tomatoes, halved
- 1/3 c. pitted black olives
- ½ t. dried oregano
- 1/3 c. toasted pine nuts
- 5-6 lg. basil leaves, coarsely chopped
- Lemon wedges

Directions

1. Season swordfish on both sides with salt, pepper and red chile flakes. In a large nonstick skillet, heat half of the oil over medium-high heat. Add swordfish in a single layer and cook until golden, about 2 minutes per side. Remove from pan and set aside. Lower heat to medium.
2. To the same pan, add remaining oil. Add shallot and cook, stirring frequently, until translucent and fragrant, about 2 minutes. Add garlic and cook for 1 minute more. Add wine, tomatoes, olives and oregano. Stir to combine.
3. Return swordfish to the pan. Simmer 3 minutes, or until fish is cooked through and wine has reduced by half. Remove from heat. Add toasted pine nuts and basil. Serve immediately, with lemon wedges. Salt to taste.

Nutritional Analysis Per Serving: *Calories 385; Calories from Fat 220; Total Fat 24.5 g (38% Daily Value); Saturated Fat 4 g (20% DV); Trans Fat 0 g; Cholesterol 90 mg (30% DV); Sodium 340 mg (14% DV); Total Carbohydrate 8 g (3% DV); Dietary Fiber 1.5 g (4% DV); Sugars 2 g; Protein 29 g (0% DV); Vitamin A 15% DV; Vitamin C 10% DV; Vitamin D 190% DV; Calcium 4% DV; Iron 10% DV; Selenium 110% DV.*

© 2014 Guiding Stars Licensing Company. All rights reserved.

Sicilian Swordfish ☆☆☆

Servings: 4 (1 Steak, 249 g) | **Prep Time:** 10 Minutes | **Cook Time:** 15 Minutes

☆= Good; ☆☆= Better; ☆☆☆= Best

Ingredients

- 4 (6-8 oz.) swordfish steaks
- ¼ t. kosher salt
- ¼ t. pepper
- ½ t. red chile flakes
- 2 T. olive oil
- 2 shallots, minced
- 2 cloves garlic, minced
- ½ c. white wine
- 1 c. cherry or grape tomatoes, halved
- 1/3 c. pitted black olives
- ½ t. dried oregano
- 1/3 c. toasted pine nuts
- 5-6 lg. basil leaves, coarsely chopped
- Lemon wedges

Directions

1. Season swordfish on both sides with salt, pepper and red chile flakes. In a large nonstick skillet, heat half of the oil over medium-high heat. Add swordfish in a single layer and cook until golden, about 2 minutes per side. Remove from pan and set aside. Lower heat to medium.
2. To the same pan, add remaining oil. Add shallot and cook, stirring frequently, until translucent and fragrant, about 2 minutes. Add garlic and cook for 1 minute more. Add wine, tomatoes, olives and oregano. Stir to combine.
3. Return swordfish to the pan. Simmer 3 minutes, or until fish is cooked through and wine has reduced by half. Remove from heat. Add toasted pine nuts and basil. Serve immediately, with lemon wedges. Salt to taste.

Nutritional Analysis Per Serving: *Calories 385; Calories from Fat 220; Total Fat 24.5 g (38% Daily Value); Saturated Fat 4 g (20% DV); Trans Fat 0 g; Cholesterol 90 mg (30% DV); Sodium 340 mg (14% DV); Total Carbohydrate 8 g (3% DV); Dietary Fiber 1.5 g (4% DV); Sugars 2 g; Protein 29 g (0% DV); Vitamin A 15% DV; Vitamin C 10% DV; Vitamin D 190% DV; Calcium 4% DV; Iron 10% DV; Selenium 110% DV.*

© 2014 Guiding Stars Licensing Company. All rights reserved.

Sicilian Swordfish ☆☆☆

Servings: 4 (1 Steak, 249 g) | **Prep Time:** 10 Minutes | **Cook Time:** 15 Minutes

☆= Good; ☆☆= Better; ☆☆☆= Best

Ingredients

- 4 (6-8 oz.) swordfish steaks
- ¼ t. kosher salt
- ¼ t. pepper
- ½ t. red chile flakes
- 2 T. olive oil
- 2 shallots, minced
- 2 cloves garlic, minced
- ½ c. white wine
- 1 c. cherry or grape tomatoes, halved
- 1/3 c. pitted black olives
- ½ t. dried oregano
- 1/3 c. toasted pine nuts
- 5-6 lg. basil leaves, coarsely chopped
- Lemon wedges

Directions

1. Season swordfish on both sides with salt, pepper and red chile flakes. In a large nonstick skillet, heat half of the oil over medium-high heat. Add swordfish in a single layer and cook until golden, about 2 minutes per side. Remove from pan and set aside. Lower heat to medium.
2. To the same pan, add remaining oil. Add shallot and cook, stirring frequently, until translucent and fragrant, about 2 minutes. Add garlic and cook for 1 minute more. Add wine, tomatoes, olives and oregano. Stir to combine.
3. Return swordfish to the pan. Simmer 3 minutes, or until fish is cooked through and wine has reduced by half. Remove from heat. Add toasted pine nuts and basil. Serve immediately, with lemon wedges. Salt to taste.

Nutritional Analysis Per Serving: *Calories 385; Calories from Fat 220; Total Fat 24.5 g (38% Daily Value); Saturated Fat 4 g (20% DV); Trans Fat 0 g; Cholesterol 90 mg (30% DV); Sodium 340 mg (14% DV); Total Carbohydrate 8 g (3% DV); Dietary Fiber 1.5 g (4% DV); Sugars 2 g; Protein 29 g (0% DV); Vitamin A 15% DV; Vitamin C 10% DV; Vitamin D 190% DV; Calcium 4% DV; Iron 10% DV; Selenium 110% DV.*

© 2014 Guiding Stars Licensing Company. All rights reserved.