

Roasted Swordfish with Cucumber and Tomato  
(serves 4)

4 5 oz. swordfish steaks  
1/2 tsp. olive oil  
3 cloves garlic  
2 tsp. olive oil  
1/4 C chopped tomato  
1 T chopped fresh basil  
1 T chopped fresh oregano  
1 cucumber chopped (skin on)  
1 lemon juice  
S and P to taste

1. Season swordfish with salt and pepper. Heat a sauté pan with olive oil until it is slightly smoking. Place swordfish and garlic in pan and cook 3-4 minutes in order to encrust the fish. Flip and cook on other side for an additional two minutes.
2. Reduce heat to low and add cucumber, tomato and fresh herbs. Squeeze fresh lemon juice over top immediately after. Continue to cook for two minutes.
3. Place fish on plate and top with vegetables in pan. This can also be served over any rice you may have cooked.