

Grilled Swordfish and White Bean Ragout
(serves 4)

4 5 oz. swordfish steaks
2 T olive oil
Grated zest of 1 lemon
3/4 C fennel (large dice)
3/4 C carrots (large dice)
2 T kalamata olives chopped
1 1/2 C cooked white beans
2 C spinach
4 T chopped basil
1/2 fresh lemon
S and P to taste

1. Season the swordfish with salt, pepper and lemon zest and drizzle with 1 T olive oil. Grill on medium heat for 3 minutes on each side or until firm and cooked.
2. In large sauté pan over medium heat add remaining olive oil and cook fennel for 1-2 minutes. Add carrots and cook an additional 2-3 minutes.
3. Add white beans and toss till hot. Remove from heat and gently stir in spinach.
4. Add basil and season to TASTE.
5. Serve swordfish over bean ragout. Squeeze fresh lemon juice over fish for added flavor.