



Sustainably Caught Cajun Swordfish Skewers!

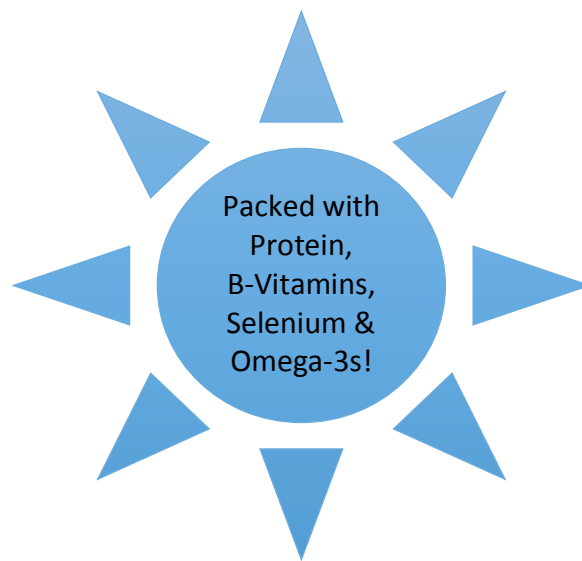
From the Kitchens of: www.laurahartungrd.com & www.nicolechenard.com

PREP TIME: 6 minutes Total Time: 12-15 minutes Servings: 6

INGREDIENTS: 2 pounds of swordfish, cubed into equal chunks

MARINADE:

- 1/2 cup olive oil
- 2 tablespoons lemon juice
- 2 tablespoons parsley
- 1 tablespoon honey
- 1 tablespoon paprika
- 1/4 teaspoons salt
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper
- 1/2 teaspoon white pepper
- 1/2 teaspoon black pepper
- 1/2 teaspoon thyme
- 1/2 teaspoon oregano



DIRECTIONS: Mix marinade ingredients together. Place fish in marinade and leave in refrigerator 30 minutes to 24 hours. Skewer and grill, 3-5 minutes per side, or cooked thoroughly. Serve warm or refrigerate to serve later.

NUTRITION INFORMATION: Makes 6 servings at approximately 413 calories per serving, 39 gm protein, 26 gm fat (4.6 grams of sat fat & 1390 mgs of Omega 3 fats), 272 mg sodium, 617 mg potassium, 3 gm sugar. Also provides approximately 133% of daily needed selenium, 90% of daily needed niacin, 51% of daily needed B12, and 21% of daily needed vitamin A.