



## Heart Healthy Recipes

### Swordfish With Salmoriglio Sauce

2 lbs - Fresh swordfish steaks, sliced ½ thick  
1 tsp - Salt  
2 tbs - Lemon juice  
1 tsp - Fresh oregano  
¼ cup - Olive oil  
Black pepper to taste

Combine sauce ingredients. Grill the fish for 1 ½ min on each side. Transfer the fish to a serving platter; spoon the sauce over the fish and serve at once.

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More recipes are available at: [www.mediterrasian.com](http://www.mediterrasian.com)