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# Grilled Fish with Garlic Mayonnaise

*Lynn M Smookler - New York*

*North American Potpourri - Autism Directory Service, Inc - 1993*

**4 one-inch-thick fish steaks (halibut, salmon, swordfish)**

**3 cloves garlic**

**1 1/2 teaspoons paprika**

**1/2 teaspoon ground red pepper**

**1 teaspoon salt**

**1/2 cup mayonnaise**

**cooked asparagus (for garnish) (optional)**

**whole green beans (for garnish) (optional)**

**lemon halves (for garnish) (optional)**

**dill sprigs (for garnish) (optional)**

In a blender or food processor, place the garlic, paprika, red pepper and salt. Add 1/4 cup of mayonnaise. Process until the garlic is minced and mixed into the sauce. Add the remaining mayonnaise and process until smooth.

Spread one to two teaspoons of sauce on each side of each fish steak.

Grill in a very hot skillet or broil for 4 to 5 minutes until lightly browned. Turn.

Arrange the fish on a platter or serving plates. Garnish with asparagus or whole green beans, lemon halves and dill, if desired.

Spoon the remaining sauce over the fish or serve on the side.

## **Seafood**

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*Per Serving (excluding unknown items): 812 Calories; 94g Fat (96.7% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 39mg Cholesterol; 2760mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 8 Fat.*