
Oriental Swordfish Steaks on the Grill

Jay Taylor - Dayton's Southdale

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 6

6 (six ounce) swordfish steaks

1/4 cup orange juice

1/4 cup soy sauce

2 tablespoons ketchup

2 tablespoons vegetable oil

1 tablespoon lemon juice

2 tablespoons chopped fresh parsley

2 cloves garlic, minced

1/2 teaspoon dried oregano leaves

1/2 teaspoon freshly ground pepper

Place the swordfish steaks in a shallow baking dish.

In a blender container, combine the remaining ingredients. Blend for 15 seconds. Pour the sauce over the fish. Let stand for 30 minutes, turning once.

Remove the fish, reserving the sauce for basting.

Grill about four inches from moderately hot coals (mesquite charcoal or wood chunks) for 8 minutes. Baste with the sauce.

Turn and cook for 7 to 10 minutes longer or until the fish flakes easily when tested with a fork. (Do Not Overcook.)

Seafood

Per Serving (excluding unknown items): 265 Calories; 11g Fat (39.9% calories from fat); 35g Protein; 4g Carbohydrate; trace Dietary Fiber; 66mg Cholesterol; 899mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.