



# Parchment Baked Swordfish

## INGREDIENTS

### Marinade

Zest and juice from 1 lemon

½ cup extra virgin olive oil

¼ cup white balsamic vinegar

1 tsp chopped garlic

1 tsp chopped shallot

4 TBS fresh, chopped herbs of your choice (parsley, rosemary, cilantro, sage, thyme, etc)

### Swordfish

4 (6 oz) swordfish fillets

Kosher salt, to taste

Black pepper, to taste

## DIRECTIONS

In a dish large enough to hold the fish in one layer, whisk together marinade ingredients. Add fish, cover and place in refrigerator for 30 minutes. Preheat oven to 425 degrees. Tear off 4 pieces of parchment paper long enough to wrap around fish fillets. Place 1 fish fillet in the center of each piece, drizzling with marinade. Season with salt and pepper. Fold up two opposite edges of the foil/paper and fold over to seal. Place packets in one layer on a large baking sheet. Bake about 10 minutes per 1-inch of thickness. Remove from oven and open packets. If you leave closed, they will continue cooking. Move fish to a serving platter, drizzling some of the cooking liquid from inside the packets over the top. Makes 4 servings; 380 calories each.