



Miso Glazed Swordfish

INGREDIENTS

1 lb. wild swordfish (the thicker the better)	3 TBS white miso paste
4 TBS rice wine vinegar	2 TBS sweet marsala, white wine or sherry
1 TBS brown sugar	1 TBS siracha (optional)
8 oz. bok choy, spinach leaves or any greens	Juice and zest from 1 lemon

DIRECTIONS

In a small bowl whisk together the miso, rice wine vinegar, wine/sherry, brown sugar and siracha. Pat fish filets dry. Add marinade and fish to a large Ziplock bag and secure tightly. Turn bag a few times to cover fish with marinade completely. Refrigerate for 2-3 hours.

Grilling: Heat grill to high heat and grill the swordfish for about 3-4 minutes on each side depending on thickness of filets. Brush glaze over the swordfish while cooking.

Pan Cook: Heat marinade alone in a very hot pan for 5 minutes until it begins to caramelize/thicken. Place swordfish in pan on top of glaze and cook for about 3-4 minutes on each side depending on thickness of filets. Brush glaze over the swordfish while cooking. Remove fish from heat.

Add greens to a pan, on medium heat, with the rest of the marinade. Add lemon juice and zest. Heat until greens gently wilt. Serve fish over greens. Makes 4 servings; 180 calories each.