



## *The Edible Garden*

Recipe featured at *Whole Foods Friday* demonstration, July 2

### **Grilled Swordfish**

Compliments of Whole Foods Kitchens

*Makes 4 servings*

#### **Ingredients**

4 large swordfish steaks cut in half  
1/4 cup fresh lemon juice  
2 teaspoons Dijon mustard  
1/3 cup soy sauce  
1 teaspoon lemon peel, grated  
1 clove garlic, crushed  
1/2 cup vegetable oil  
Lemon wedges

#### **Instructions**

- Prick swordfish all over and place in shallow, glass dish. Combine all remaining ingredients, except lemon wedges, which are used for garnish.
- Pour over the swordfish. Marinate for 1 to 3 hours (or longer, if desired). Broil or grill fish using moderate heat for 5 to 6 minutes per side, basting with remaining marinade.
- Serve with mango salsa. For recipe, see grilled scallops and mango salsa recipe.