

## Mens Health Recipes

**Swordfish**  
with Red Potatoes

Men's Health

2 T + 1½ T lemon juice  
1 t + 1 t olive oil  
1 t herbal salt substitute  
4 bay leaves

2 swordfish steaks, ¾ to 1" thick  
2 red potatoes, partially cooked  
and halved  
1 t snipped fresh parsley

In a shallow baking dish, combine 2 tablespoons of the lemon juice, 1 teaspoon of the oil, the herbal seasoning, and the bay leaves. Add the fish and turn to coat both sides. Cover with plastic wrap and refrigerate, turning occasionally, for 2 to 4 hours.

Coat the grill rack with cooking spray. Grill the fish and potato halves over medium heat, brushing with the marinade, for 5 to 7 minutes on each side or until the fish is cooked through and the potatoes are tender.

In a cup, combine the remaining 1 1/2 tablespoons of lemon juice, the remaining 1 teaspoon of oil, and the parsley. Drizzle the seasoned juice over the fish and potatoes before serving.

**Makes 2 servings**

**Per Serving Information**

calories	grams fat	mg cholesterol	grams fiber	mg sodium
347	10	53	3.4	133

**Tip**  
**Roast Nuts.**  
For a snack, heat almonds and pecans in a pan until they're dark and smoking.

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