

GRILLED SWORDFISH

Prepared in 10 minutes or less.

- 2 Tbs fresh lemon juice
- 2 tsp salt
- 2 tsp chopped fresh oregano or 1 teaspoon dried
- ¼ cup extra-virgin olive oil
- Freshly ground pepper
- 2 lbs swordfish steaks, cut ½-inch thick

Light a grill or preheat the broiler.

In a small bowl, mix the lemon juice with the salt until the salt dissolves. Stir in the oregano. Slowly whisk in the olive oil and season generously with pepper.

Grill the swordfish steaks over high heat (as close to the heat as possible), turning once, until cooked through, 6 - 7 minutes. Transfer the fish to a platter.

Prick each fish steak in several places with a fork to allow the sauce to penetrate. Using a spoon, beat the sauce, then drizzle it over the fish. Serve immediately. Serves 4.

