
Swordfish Spanish Style

Marjie Haas - Maryland

North American Potpourri - Autism Directory Service, Inc - 1993

1 pound swordfish
salt (to taste)
pepper (to taste)
1 medium onion, finely chopped
1 clove garlic, minced
1/4 teaspoon fresh parsley
1/2 teaspoon thyme
1 tablespoon olive oil
1 large tomato, chopped
1 bay leaf
2 tablespoons tomato paste
1/2 cup sherry
1/2 cup water
3 lemon slices (for garnish)

Preheat the oven to 350 degrees.

Salt and pepper the fish to taste. Add the fish to a shallow baking dish.

In a saucepan, cook the onion, garlic and parsley. Add the thyme and one tablespoon of olive oil.

Add the tomato, bay leaf and salt to taste. Cook until well blended.

Add the tomato paste, sherry and water. Simmer for 5 minutes. Pour the mixture over the fish. Place lemon slices on top.

Bake for 30 minutes, basting occasionally.

Seafood

Per Serving (excluding unknown items): 935 Calories; 32g Fat (36.6% calories from fat); 94g Protein; 32g Carbohydrate; 5g Dietary Fiber; 177mg Cholesterol; 693mg Sodium. Exchanges: 0 Grain(Starch); 12 Lean Meat; 4 Vegetable; 2 1/2 Fat.