

Company Swordfish

Taste of Home One-Dish Meals

Servings: 4

4 7-ounce swordfish or halibut steaks

2 jars (7 1/2 oz) marinated artichoke hearts, drained and chopped

1/2 cup oil-packed sun-dried tomatoes, drained and chopped

4 shallots, chopped

2 tablespoons butter, melted

1 teaspoon lemon juice

Preheat oven to 425 degrees.

Place fish in a greased 13x9-inch baking dish.

In a small bowl, combine the artichokes, tomatoes and shallots; spread over the fish. Drizzle with butter and lemon juice.

Cover and bake for 15 minutes.

Uncover; bake 6 to 8 minutes longer or until fish just turns opaque.

Per Serving (excluding unknown items): 70 Calories; 6g Fat (80.5% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 103mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.