



## Mediterranean Swordfish

Serves 6

### Ingredients

- 1 medium onion, chopped
- 2 teaspoons olive oil
- 1 garlic clove, minced
- 1/2 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 1/2 cup dry white wine or chicken broth
- 1/4 cup chopped pimiento-stuffed olives
- 1 tablespoon small capers, drained
- 4 (8-ounce) swordfish steaks (about 3/4 to 1 inch thick)
- 2 plum tomatoes, seeded and diced
- 1/4 cup chopped fresh parsley

### Directions

1. Sauté onion in hot oil in an ovenproof skillet or pan over medium heat 3 minutes or until tender.
2. Add garlic, 1/4 teaspoon salt, and 1/4 teaspoon pepper; sauté 1 minute.
3. Reduce heat to low; stir in wine (or chicken broth), olives, and capers.
4. Sprinkle fish evenly with remaining salt and pepper. Place fish over onion mixture.
5. Bake, covered, at 400° for 25 minutes or until fish flakes with a fork.
6. Garnish with diced tomatoes and parsley.