

## **Low-Point Baked Swordfish with Fresh Tomato Tapenade**

Ingredients:

- 3, 5 oz. swordfish steaks
- 1/4 cup teriyaki sauce
- pepper
- 1 Tbs olive oil
- 1 1/2 cups grape tomatoes, halved
- 2 cloves garlic, minced
- 1 Tbs capers, chopped
- 10 green olives, chopped
- 2 green onions, chopped (all the white and half the greens)
- salt and pepper to taste
- 1 1/2 Tbs pine nuts

Heat oven to 400 degrees. Sprinkle swordfish with a little pepper and marinate in teriyaki sauce for at least 1 hour. Place swordfish in a baking dish and bake for 15 minutes. Meanwhile, heat olive oil in a skillet over medium-high heat. Add tomatoes and garlic and cook for 2 to 3 minutes. Add the rest of the ingredients, turn down heat, and cover for 15 minutes, stirring occasionally. Remove swordfish from oven, spoon tapenade over swordfish and enjoy!

Total servings - 3

Serving size - 1

Points per serving - 7

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes." - Hugh Downs***