

Low-Point Swordfish Steak with Kalamata-Basil Tapenade

Ingredients:

- 3, 4 oz. swordfish steaks
- 1 Tbs plus 2 tsp. olive oil, divided
- 1 cup fresh basil (packed)
- 3 Tbs Kalamata olives
- 1 tsp. capers
- 2 large cloves of garlic
- 1 green onion
- 1 cup chopped fresh tomato
- salt and pepper to taste

Coat fish with 2 tsp. of olive oil. Sprinkle with salt and pepper and place in a skillet that has been preheated over medium-high heat. Cook swordfish for 3 to 4 minutes on each side. Remove and cover.

In a food processor, place fresh basil, olives, capers, garlic, onion, and remaining 1 Tbs of olive oil. Pulse until mixture is finely chopped. Remove to bowl and stir in fresh tomatoes. Place tapenade mixture on each swordfish and enjoy!

Total servings - 3

Serving size - 1

Points per serving - 6.5

Points plus per serving - 6.5

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

"It's not that some people have will power and some do not; it's that some people are ready to change and others are not."

- James Gordon