

**February 28, 2014**

**RECIPE: Baked Swordfish with Dill Sauce**

Baked Swordfish Steaks topped with a Spicy Dill Sour Cream and Yogurt Sauce

Servings: 4  
Type: Entree  
Storage: Fresh Serve

20 ounces swordfish steaks - salt and pepper, to taste  
1 teaspoon olive oil  
1 teaspoon lemon juice  
1/2 cup sour cream  
1/2 cup yogurt, lowfat, plain  
2 tablespoons mayonnaise  
2 tablespoons dill, fresh, minced  
1 teaspoon Dijon mustard  
1 dash hot pepper sauce

Wash and pat fish dry. Season lightly with salt and pepper. Combine oil and lemon juice; brush on both sides of steaks. Place 1" apart in a lightly oiled baking dish. Cover and put in refrigerator.

Dill Sauce: Combine sour cream, yogurt, mayonnaise, dill, mustard, and hot pepper sauce. Add salt and pepper to taste. Blend well. Store in container in refrigerator.

Cooking instructions:

Bake at 450 degrees, allowing 10 minutes per inch of thickness, or just until fish flakes with a fork. Spoon dill sauce over fish and serve.

