

**Swordfish Nicoise Salad**Serves 6    **Active Time:** 25 min    **Total Time:** 50 min

- 1 pkg (8 oz) haricots verts (French green beans) , trimmed(Produce Dept)
- 1 bag (24 oz) Food You Feel Good About Baby Dutch Yellow Potatoes, halved
- 3 medium (about 1 1/4 lbs) tomatoes, cored and quartered
- 1/2 cup pitted Nicoise olives, (Mediterranean Bar)
- Juice of 1/2 lemon (about 1 Tbsp)
- 2 tsp anchovy paste
- 6 swordfish steaks, (6-8 oz each)
- Wegmans Basting Oil
- Salt and pepper
- 3 romaine hearts, quartered lengthwise

**Preheat grill on HIGH for 10 min.**

1. **Blanch** haricots verts 2-3 min in large pan of boiling salted water. Using slotted spoon, transfer beans to bowl of ice water. Drain and set aside.
2. **Bring** water back to boiling. Add potatoes, reduce heat, and simmer 10-12 min, until fork-tender. Drain; transfer to bowl of ice water. Drain and set aside.
3. **Toss** haricot verts, potatoes, tomatoes, olives, lemon juice, anchovy paste and 2 Tbsp basting oil in large bowl; set aside.
4. **Clean** grill with wire brush; using soft cloth, coat grill lightly with vegetable oil.
5. **Drizzle** both sides of swordfish with basting oil (too much oil will cause flare-ups on grill). Season with salt and pepper.
6. **Sear** swordfish on grill 2-3 min, until it has changed color about one-quarter of way up from bottom. Turn over; baste (brush seared side with basting oil). Sear 2-3 min.
7. **Turn over;** baste. Cook 1-3 min. Turn over again; baste. Reduce heat to MEDIUM; close cover.
8. **Cook** until internal temp reaches 130 degrees; check by inserting thermometer halfway into thickest part of fillet. Transfer to clean platter; let rest at least 2 min.
9. **Place** 2 romaine quarters on each plate. Spoon vegetable mixture over romaine and top with swordfish.



Recipe courtesy of Wegmans.com  
Friday, May 12, 2006

### Sourdough Tomato Salad

Serves 6    **Active Time:** 15 min

1 tomato, cored, 1-inch dice

1/4 small red onion, peeled, 1/4-inch dice, (about 1/3 cup)

1/2 loaf (15 oz) Country White Sourdough bread cut into 3/4-inch cubes  
and toasted until firm and dry (or use day-old) (Bakery)

1 can (15.5 oz) Italian Classics Cannellini Beans (drained)

1/2 cup Wegmans Roasted Sweet Red Pepper & Garlic Dressing

Fresh ground pepper and salt to taste

2 Tbsp finely sliced basil

1 pkg (5 oz) Food You Feel Good About Baby Arugula

2 Tbsp Food You Feel Good About Sicilian Lemon Extra Virgin Olive Oil

1 pkg (8 oz) Belgioioso Mozzarella, cut into 3/4-inch pieces

**Combine** tomato, onion, bread, beans, dressing, pepper, salt, basil,  
arugula, lemon olive oil, and cheese in large bowl. Toss well to combine.

**Nutrition Info:** Each serving (about 2/3 cups) contains 460 calories, 48g  
carbohydrate (2g fiber), 17g protein, 19g fat (7g saturated fat), 25mg  
cholesterol and 970mg sodium.