

# Featured Recipe



## Grilled Swordfish Kabobs - with Delish Herb Pesto



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**GRILLED SWORDFISH KABOBS** with *Delish Herb Pesto*

SERVES

4-6

## Fixings

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- ★ 1 c. fresh basil leaves
- ★ 1 c. fresh parsley leaves
- ★ ½ c. fresh mint leaves
- ★ ¼ c. fresh cilantro leaves
- ★ ¼ c. fresh chopped chives
- ★ ½ c. pine nuts, lightly toasted
- ★ 4 cloves garlic, minced
- ★ ½ c. freshly grated Parmesan
- ★ 1 c. extra-virgin olive oil (EVOO)
- ★ ⅓ c. avocado oil
- ★ 2 tsp. freshly-squeezed lemon juice
- ★ 1 ¾ tsp. Celtic sea salt
- ★ ¾ tsp. freshly ground black pepper
- ★ 2 lbs. of 1-inch thick swordfish steaks, cut into 1 ½ -inch cubes
- ★ 1 red bell pepper, cut into 1-inch pieces
- ★ 1 yellow bell pepper, cut into 1-inch pieces
- ★ 1 red onion, cut lengthwise into ½ -inch slices
- ★ 1 (6-inch) zucchini, halved lengthwise & cut into ½ -inch thick slices
- ★ 16 baby bello mushrooms, stalks removed

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### *Pesto Prep*

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1. Combine first 5 ingredients in a food processor or blender until finely chopped.
2. Add the pine nuts, garlic, and Parmesan and blend.
3. With machine running, add the EVOO in a thin, steady stream.
4. Add the lemon juice, 1 tsp. salt, and ¼ tsp. pepper, and pulse to combine well.
5. Transfer to a glass or ceramic bowl and set aside, covered, until needed.

**Note:** This pesto can be made up to 2 days in advance and kept in the fridge until needed. Cover the surface of the sauce with a thin film of EVOO to keep the sauce from darkening.

### *Kabob Prep*

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1. Preheat a grill (or broiler) on high.
2. Assemble kebobs by evenly alternating the last 6 ingredients (swordfish thru mushrooms) on 11-12" skewers.
3. Lightly brush all sides of each filled skewer with the avocado oil, and then season with the remaining ¾ tsp. salt and ½ tsp. pepper.
4. Grill (or broil) the kebobs about 6" from the heat source until the fish is just cooked through and the veggies are lightly browned on the edges...about 8 minutes.
5. Serve 'em on up, with a slathering of Delish Herb Pesto on top. Mmmmm.

**Note:** If using bamboo skewers, soak them in warm water for at least 15 minutes before adding food to them and grilling.

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