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SWORDFISH *Xiphias gladius*

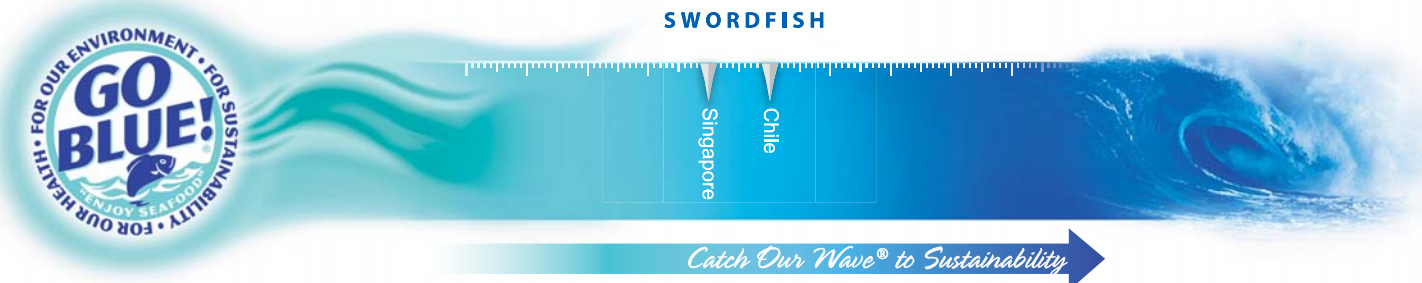


Swordfish Loin



Swordfish Steak
CO Treated

GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: www.un.org/en/globalissues/environment). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



Product Presentation	Steaks	Loin Sashimi & A Grade
Size	6, 8, 10 oz	4/8, 5/20, 8/20, 10/20 lb
Pack	1/10 LB IVP	Approx 30# per case IWP

For full package details, visit our website.

The gray-white flesh of the swordfish is firm in texture and moderate in fat content. Cooked, the dense meat exudes a sweet flavor that is unmatched by any other seafood. The versatile fish is typically steaked and excellent grilled, broiled, baked or poached. For Health & Nutrition benefits go to: www.cport.net



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Grilled Swordfish with Sautéed Vegetables

INGREDIENTS:

- 1/2 cup olive oil
 - 2 green onions, sliced
 - 2 tbsp minced fresh rosemary or 2 tsp dried rosemary, crushed
 - 2 tsp lime juice
 - 2 tsp Dijon mustard
 - 6 swordfish steaks (6 ounces each)
- Vegetables*
- 2 small zucchini
 - 2 small yellow summer squash
 - 1/4 cup sliced green onions
 - 1 1/2 tsp minced fresh rosemary or 2 tsp dried rosemary, crushed
 - 3 tbsp olive oil
 - 1 pound small potatoes, cooked
 - 2 cups halved cherry tomatoes
 - 1/2 tsp salt
 - 1/4 tsp pepper

Preparation time: 30 min
Serves 4

DIRECTIONS:

In a large resealable plastic bag, combine the first five ingredients; add swordfish. Seal bag and turn to coat; refrigerate for 30-45 minutes.

Drain and discard marinade. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill swordfish, covered, over medium-hot heat or broil 4 in. from the heat for 5-7 minutes on each side or until fish just turns opaque.

Cut zucchini and yellow squash lengthwise into 1/4-in. slices, then widthwise into 3-in. pieces. In a large skillet, saute the onions and rosemary in oil for 1-2 minutes or until onions are tender. Add squash; saute for 5-6 minutes or until crisp-tender. Add potatoes and tomatoes; cook just until heated through. Sprinkle with salt and pepper; toss to coat. Serve with swordfish.

<http://www.tasteofhome.com/recipes/swordfish-with-sauteed-vegetables>

Nutrition Facts

Serving Size 100g

Amount Per Serving	% Daily Value*
Calories 121	Calories from Fat 36
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 39mg	13%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 2%	Vitamin C 2%
Calcium 0%	Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Swordfish.
*Some production is CO treated, and will be labeled on the box accordingly.



Visit our website for more information on this item

METHOD OF HARVEST: Wild Harvest; Longline
COUNTRY OF ORIGIN(S): Singapore, Chile, FAO 57, 61, 71, & 87

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