

## Jamaican Me Hungry 4 Swordfish

Yields: twelve 2 unit portions protein (2 oz.)  
eight 3 unit portions protein (3 oz.)  
six 4 unit portions protein(4 oz.)  
four+ 5 unit portions protein (5 oz.)

### Ingredients:

3/4 cup Low-fat Plain Yogurt  
1 Tbsp. Jamaican Jerk Seasoning  
1 Tbsp. Fresh Lemon Juice  
1 tsp. Garlic Powder  
1 tsp. Ground Cumin  
1 tsp. Chili Powder  
1/2 tsp. Ground Cinnamon  
1/2 tsp. Ground Ginger  
4 (6 oz.) Swordfish Steaks (about 3/4" thick)  
Olive Oil Cooking Spray

Prepare Grill or Grill Pan by spraying with olive oil and heating on high

### Directions:

Step 1: Combine the first 8 ingredients in a large bowl. Add the fish, turning to coat. Place in a large zippie bag and refrigerate for an hour, turning the bag occasionally.

Step 2: Place fish on prepared hot grill rack; grill about 4 minutes on each side or until fish flakes easily with a fork.