

Swordfish with a Crisp Tomato Topping

Ingredients

1½	lemon yields	Lemon juice, raw
1	tsp	Lemon peel, raw
12	oz	Bread, whole-wheat, commercially prepared
8¼	oz	Fish, swordfish, cooked, dry heat
3	medium	Tomatoes, red, ripe, cooked

Instructions

Preheat the oven to 400 degrees.

Arrange fish steaks in an oven-proof dish covered with tomato slices.

Mix breadcrumbs with the lemon rind and juice in a bowl and spoon over tomatoes.

Place dish on a baking sheet and bake for 20 to 25 minutes or until fish flakes.

Serve immediately.