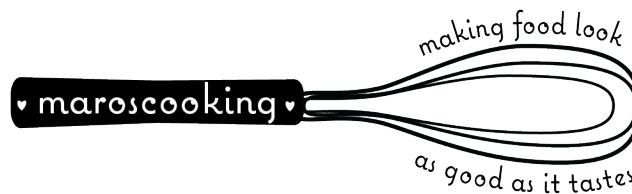


Grilled Swordfish on Roasted Butternut Squash - White Bean-Leek Bulgur Wheat Pilaf

Ingredients to serve 4-6:

- 1½ lbs Swordfish steaks
- 1½ c bulgar wheat (I love bobs red mill)
- 1 large leek, thinly sliced and chopped
- 3 minced garlic cloves
- 6 c diced butternut squash (1/4" dice)
- 10 finely diced baby bella peppers
- 1 bunch thinly sliced scallions
- 1-15 oz can cannellini Beans, rinsed and drained
- 3 c vegetable broth
- 1 bunch chopped parsley, plus leaves for garnish
- 3 Tbsp olive oil
- juice of one lemon, plus lemons for garnish
- 2 tsp Greek seasoning (I love penzeys)
- kosher salt and pepper to taste



Directions:

Preheat oven to 400°.

In a large baking sheet, spread out diced squash seasoning with salt and pepper and drizzling with olive oil tossing to coat. Roast for 30 minutes until tender and caramelizing on edges. Set aside.

In a medium sauté pan, heat 1-2 Tbsp of olive oil on medium heat and sauté leeks and garlic until tender. Add bulgur wheat and coat for one to two minutes. Pour in broth and simmer covered for about 15 minutes. Allow to cool while combining scallions, white beans, baby bella peppers. Add cooled bulgur wheat, squash and remaining seasonings and toss to combine.

Adjust seasonings to taste and garnish with extra parsley and lemon if desired. Serve with grilled fish on top. Enjoy!