



# SHOPPING LIST

## SWORDFISH BROCHETTES WITH GRILLED ASPARAGUS & PORTOBELLOS:

### Produce

- *Shallot - 1*
- *Asparagus - 1 bunch*
- *Portobellos - 3 - 4 large caps*
- *Lime - 1*
- *Lemon - 1*
- *Ginger - 1-inch piece*
- *Scallions - 3*
- *Cilantro - 1 bunch*

### Meat/Seafood

- *Swordfish (North Atlantic is best) - 2 lbs.*

### Canned Goods/Grains/Staples

- *Course-grain mustard - 1 TBS*
- *Vegetable Oil (Safflower) - 1/3 cup*
- *EVOO - 3 TSP*
- *Rice Vinegar (Brown or White) - 1 tsp*
- *Soy Sauce or Liquid Aminos - 1 tsp*
- *Toasted Sesame Oil - 1 TBS*
- *Black Sesame Seeds - 2 tsp*
- *Salt & Pepper*
- *Optional - Hoisin or Plum Sauce - 1 tsp*
- *Optional - xylitol - 1 tsp*