

Oven-Fried Catfish

Ingredients:

- Vegetable cooking spray
- 3 (3-4 ounce) catfish filets
- 3 eggs, scrambled
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon no-salt Creole seasoning
- 1 ½ cups plain breadcrumbs

Instructions:

1. Preheat oven to 350 degrees Fahrenheit and spray baking sheet with vegetable cooking spray.
2. Add garlic and onion powder to breadcrumbs.
3. Crack eggs into a dish and scramble them with a fork.
4. Dip fish fillets into eggs, then breadcrumb mixture.
5. Place fish fillets in a single layer on the pan that has been sprayed with cooking spray and marinate for 30 minutes in the refrigerator.
6. After 30 minutes, take the fish out of the refrigerator and spray the tops of fish with vegetable cooking spray.
7. Bake at 350 degrees Fahrenheit for 30 minutes or until golden brown.

Source: LSU AgCenter Heart Healthy Louisiana Seafood Dishes

Find the video for this recipe and more at LSUAgCenter.com/BuildAHealthyMeal. The Build a Healthy Video Series and recipe cards are made possible through an LSU AgCenter partnership with Louisiana Healthcare Connections. Learn more about Healthy Louisiana Medicaid and Louisiana Healthcare Connections at www.ChooseLouisianaHealth.com

Serves: 4

Prep Time: 5-10 minutes

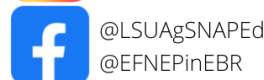
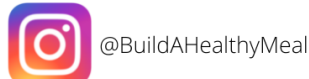
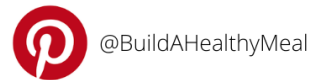
Cook Time: 30 minutes

Nutrition Facts	
4 servings per container	
Serving size	1 catfish fillet
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 195mg	65%
Sodium 390mg	17%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 16mcg	80%
Calcium 93mg	8%
Iron 2mg	10%
Potassium 501mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Check out our social medias for the newest content!



Okra and Tomatoes

Ingredients:

- 2 packages frozen cut okra (10 ounces each)
- 1 tablespoon vegetable oil
- 1 medium onion, coarsely chopped OR 1 tablespoon onion powder
- 1 can tomatoes (14.5 ounces, diced, unsalted)
- 2 cups low-sodium vegetable broth
- 1 teaspoon no-salt Creole seasoning
- ½ teaspoon salt
- ¼ teaspoon black pepper

Instructions:

1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch heavy skillet over medium high heat. Sauté onion for about 3 minutes. While they are sautéing add in 1 cup of the vegetable broth.
3. Add tomatoes (including juice) and boil. Stir the mixture for 8 minutes.
4. Add okra and remaining vegetable broth, reduce the heat to medium, and gently stir for about 5 minutes.
5. Stir in salt, pepper, and Creole seasoning. Then cover, reduce the heat to medium-low, stir occasionally, and cook until tender.

Source: MyPlate Recipes

Serves: 10

Prep Time: 5 minutes

Cook Time: 20 minutes

Nutrition Facts	
10 servings per container	
Serving size	about 1 cup
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 0mg	0%
Potassium 225mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Visit our website: www.LSUAgCenter.com

The LSU AgCenter and LSU provide equal opportunities in programs and employment