WHAT'S COOKING IN THE MARKET?

Pan-Seared Mississippi Catfish on a Bed of River Rice

Servings: 2

Ingredients

1/4 cup olive oil
1/4 cup diced red bell pepper
1/4 cup diced yellow bell pepper
2 cups cooked brown rice
2 catfish fillets (4-ounce fillets) (use catfish nuggets that are on sale)
1 1/2 teaspoons Creole seasoning
1/2 teaspoon freshly ground black pepper

Directions

1. In a medium sauté pan over moderate heat, warm 2 tablespoons of the oil. Add the red and yellow bell peppers and cook, stirring occasionally, until softened, about 5 minutes.

2. Add the cooked brown rice and stir to combine. Arrange half the rice mixture in the center of each plate.

3. In the same sauté pan over moderately high heat, warm the remaining 2 tablespoons oil.

4. Using a paper towel, pat both sides of the catfish dry. Sprinkle both sides of the catfish with Creole seasoning and pepper.

5. Add the catfish to the pan and cook until the bottom is golden brown, about 3 minutes. Flip the catfish over and continue cooking until the other side is golden brown and the fish is fork tender, about 3 minutes.

6. Arrange the catfish atop the rice and garnish with additional vegetables, if desired.

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	589	
Total Fat	33g	51%
Saturated Fat	5g	25%
Trans Fat		
Cholesterol		
Sodium	204mg	21%
Carbohydrates	48g	16%
Dietary Fiber	4g	16%
Sugars		
Protein	23g	

MYPLATE FOOD GROUPS

- Grains
- Fruits
- Vegetables
- Protein
- Dairy

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