



Catfish and other Frozen White Fish

FISH WITH SPINACH

1 tablespoon oil	tomatoes (or fresh tomatoes)
1 pound skinless white fish fillets	1/2 cup water
1 onion, peeled and chopped into 1/4 inch pieces	2 cups frozen or fresh spinach, coarsely chopped
2 cloves garlic, peeled and minced	1/4 cup olives, pitted and coarsely chopped (optional)
2 cups canned low-sodium diced	

Put the skillet on the stove over high heat. When it is hot, add 1 1/2 teaspoon oil. Add fish. Cook about 5 minutes per side, until browned. Remove the fish to a plate and cover.

Reheat the skillet to medium heat. Add the remaining 1 1/2 teaspoons oil, onion and garlic. Cook about 7 minutes. Add tomatoes and water. Cook about 10 minutes until the mixture thickens and turns from bright red to an orange color.

Return fish to skillet with the tomato mixture. Cover with spinach and sprinkle with olives. Cover skillet. Cook about 2 minutes over low heat until the spinach is steamed. Serve right away.

Source: USDA Center for Nutrition Policy and Promotion

FISH AND NOODLE SKILLET

1 tablespoon oil	vegetables, thawed and drained
1 pound skinless white fish fillets	1 cup water
1 cup onion, chopped (about 1 medium)	1 package (3 ounces) chicken flavored instant ramen noodles (broken into pieces)
1 carrot diced	
1 package (14 ounces) frozen stir fry	

Heat oil in a large skillet over medium heat.

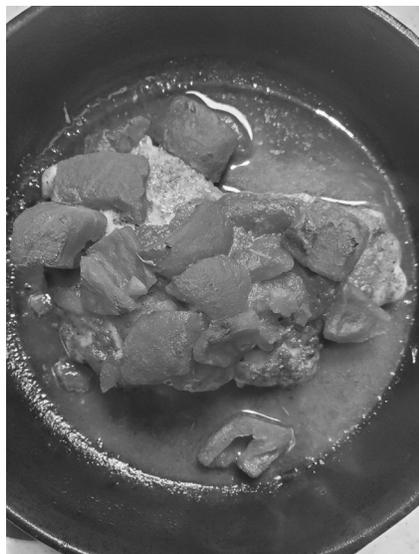
Cut fish into chunks (about 1-2 inches) while oil is heating.

Add fish, onion and carrot to oil. Sauté until fish is cooked through and vegetables are tender (about 6 minutes).

Add the thawed vegetables to the skillet. Stir and heat (about 1-2 minutes).

Add the ramen noodle seasoning packet to the water. Stir into the skilled. Add the ramen noodles to the skillet when the water simmers. Stir to moisten the noodles. Cover the skillet and cook until done (about 2 minutes).

Source: SpendSmart.EatSmart, Iowa State University Extension and Outreach



BAKED FISH WITH CREOLE SAUCE

1 pound fish fillets (fresh or frozen, unbreaded)	1 can tomato sauce (8 ounces)
1/2 onion, thinly sliced	1 teaspoon chili powder
1/2 green pepper, thinly sliced	1/8 teaspoon pepper
	1/4 teaspoon salt (optional)

Thaw fish in refrigerator overnight. Preheat oven to 375 degrees F. Arrange fish in a single layer in baking dish. Top fish with onion and green pepper slices. In a separate bowl, mix tomato sauce, chili powder, salt and pepper. Pour tomato sauce mixture over fish and vegetables. Cover dish and bake until fish flakes easily with fork (20 to 30 minutes).

Source: Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

CRISPY PARMESAN BAKED FISH

3/4 cup plain bread crumbs

2 pounds fish fillets (any white fish)

1/4 cup grated parmesan cheese

1/4 teaspoon ground thyme

1/4 teaspoon onion powder

1/8 teaspoon paprika

3/4 cup milk



Preheat oven to 375 degrees F. Lightly spray a baking sheet.

In a small bowl, mix together bread crumbs, parmesan cheese and seasonings. Place crumbs on a flat plate. Dip the fish fillets in milk then press into the crumb mixture to coat all sides. Discard leftover bread crumbs and milk.

Place fish on the baking sheet in a single layer. Bake until the fish flakes easily in the thickest part, about 15 minutes depending on thickness of fish. Note: If you don't have thyme or paprika use your favorite spices.

Source: Foodhero.org

FISH TACOS

1/2 cup light ranch dressing

4 cups coleslaw mix or broccoli slaw

2 tablespoons lime juice

10 (6 inch) corn or flour tortillas

1 teaspoon chili powder

3 tablespoons oil

1/4 teaspoon ground black pepper

2 tablespoons cornmeal

1 jalapeño pepper, seeded and chopped finely (optional)

1 pound firm white fish cut in 1" pieces

1 tomato, chopped

Stir together the dressing, lime juice, chili powder, pepper and jalapeño (if desired). Pour over coleslaw mix and stir to mix well. Cover and place in refrigerator until serving time.

Warm the corn tortillas according to package directions.

Heat the oil in a small non-stick skillet over medium heat until hot, but not smoking. Spread the cornmeal on a plate while the oil heats. Pat the fish pieces in the cornmeal to coat on all sides. Fry the fish in hot oil until the cornmeal is lightly browned, 1 to 2 minutes per side. Remove and drain on paper towels.

Top each tortilla with some of the fish and some of the coleslaw mix. Fold in half and serve with the chopped tomato.

Source: SpendSmart.EatSmart, Iowa State University Extension and Outreach



For more cooking and recipe ideas visit the University of Minnesota Extension Real Life, Good Food website

<https://reallifegoodfood.umn.edu/>