

Catfish Strips

This favorite dish from the Southern United States is usually fried. This recipe is tasty without all of the additional fat used for frying. Contributors: Los Angeles Healthy African American Families' staff and friends taste tested the recipes for CNESINC.org

Amount	Measure	Ingredients	Preparation Method
1	Pound	Catfish	Cut into strips
½	Cup	Cornmeal	
¼	Cup	Flour, quick-mixing type for sauce and gravy	
½	Teaspoon	Black Pepper	
1/8	Teaspoon	Garlic powder	
1/8	Teaspoon	Paprika	
		Vegetable oil cooking spray	

1. Cut fish into strips
2. Combine all other ingredients in a bowl
3. Dredge fish in dry ingredients
4. Add fish strips to a skillet already prepared with vegetable oil cooking spray. The cooking process works best if the skillet is already hot prior to spraying it with the vegetable oil cooking spray.

Yield: Five (5) 3ounce servings.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	156	48mg (7%)	7g (11%)*	1g (5%)	35mg (12%)*	-

* without added fat

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org