



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Cornmeal Catfish

Adapted from Cooking Light

1/2 cup stone ground cornmeal
2 tsp Cajun seasoning
2 tbsp canola oil
4-6 oz catfish filets

Instructions:

Combine cornmeal and Cajun seasoning in a shallow bowl. Heat a large sauté pan on medium high heat; add canola oil. Dredge catfish in cornmeal mixture, shake off excess cornmeal and add fish filets to the sauté pan. Cook about 5 minutes on each side or until fish flakes easily with a fork.

Tip:

- Bob's Red Mill is a common brand for stone ground cornmeal (stone ground cornmeal has more nutrients and double the fiber compared to regular cornmeal).

Yield: 4 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 280 calories	PROTEIN: 29 g	SODIUM: 340 mg
	CARBOHYDRATE: 12 g	FIBER: 3 g
	FAT: 12 g	Sat Fat: 2 g

MAKE IT A MEAL:

Protein: 1 cornmeal catfish portion

Starch: 3/4 cup black beans mixed with 1/2 cup corn and 2 tbsp salsa (240 calories)

Vegetable: 1 cup shredded cabbage tossed with a pinch of sugar and equal portions of white vinegar and mayo for homemade coleslaw (75 calories; assumed 1/2 tbsp mayo per person)

Preparation Tips:

-To make the coleslaw with the shredded cabbage mix sugar, vinegar and mayo with cabbage and toss to combine. To make the coleslaw creamier (without adding additional fat) add Dijon mustard, to taste.

-Black beans, corn and salsa can be heated in the microwave prior to serving (or can be eaten cold).

GROCERY SHOPPING LIST

4-6oz catfish filets (about 1.5 pounds total)

Shredded cabbage

Frozen corn

Stone ground cornmeal

Black beans, canned

Condiment Pantry: Cajun seasoning; salsa; mayo; canola oil; sugar; white vinegar

USE OF LEFTOVERS

-Wrap leftover catfish in 6" corn tortillas and top with fresh veggies and slices of avocado. Try Mission brand corn tortillas: they have 60 calories and 1.5 grams fiber per tortilla.