



Baked Cajun Catfish

¼ cup	Frozen okra, cut
¼ cup	Fresh tomatoes, diced
¼ cup	Green peppers, diced
¼ cup	Celery, diced
¼ cup	Onions, diced
1 tbsp	Olive oil
2 tsp	Cajun Seasoning
1 tsp	Garlic, minced
4	Catfish filets, 5oz each (cod works nicely as well)
1 tsp	Lemon juice
Salt & Pepper to taste	

Makes 4 servings

- Spray square baking pan with oil.
- Combine okra, tomatoes, green pepper, celery and onion. Steam for 10 minutes.
- Put cooked vegetables in baking pan.
- Combine olive oil, Cajun seasoning and garlic in small bowl. Stir to blend.
- Place catfish fillets on top of vegetables. Brush fish with olive oil, Cajun seasoning mixture.
- Season fish with lemon juice, salt and pepper. Bake at 350F for 15-20 minutes until fish is firm with a light glaze.

Nutrition Information:

Calories: 250	Total Fat: 8g
Saturated Fat: 2g	Carbohydrates: 11g
Fiber: 2g	Protein: 28g