



# Made From Scratch

## Cooking Your Summer Catch

### Baked Trout

#### Ingredients:

- 2 lbs. trout filets (or other fish cut into six pieces)
- 3 tbsp. lime juice (or about 2 limes)
- 1 tomato (medium, chopped)
- 1/2 onion, (medium, chopped)
- 3 tbsp. cilantro (chopped)
- 1/2 tsp. olive oil
- 1/4 tsp. black pepper
- 1/4 tsp. salt
- 1/4 tsp. red pepper



#### Instructions:

1. Preheat oven to 350°.
2. Rinse fish and pat dry. Place in baking dish.
3. In a separate dish, mix remaining ingredients together and pour over fish.
4. Bake for 15 to 20 minutes or until fork-tender.

**Nutrition facts | Servings:** 6 | **Serving size:** 1 piece fish, 16 of recipe

**Calories:** 153 | **Fat:** 4 g | **Saturated Fat:** 1 g | **Fiber:** 1 g | **Carbs:** 3 g | **Protein:** 24 g | **Sodium:** 135 mg

**Did you know** the health benefits of trout are varied, making this a great option to add to a healthy, balanced diet. This fish is not only an excellent source of protein, but it also has omega-3 fatty acids, niacin, vitamin B6 and B12, phosphorus, and selenium.

### Cajun Fish Sandwiches With Crunchy Slaw

#### Ingredients:

- 6 oz shredded cabbage or coleslaw mix
- 2 tsp. Cajun or Old Bay seasoning
- 2 tbsp. light mayonnaise
- 1 egg
- 1 tbsp. apple cider vinegar
- 2 tsp. butter
- 1/2 tbsp. honey
- 1 tsp. extra virgin olive oil
- 1/8 tsp. salt
- 1 lb. flounder, catfish, tilapia or other thin white fish fillets (cut into 4 even pieces)
- 1/8 tsp. black pepper
- 4 whole wheat hamburger buns
- 3/4 c. all-purpose flour



#### Instructions:

1. In a medium bowl, combine the slaw, mayonnaise, vinegar, honey, salt, and pepper. Set it aside. (If possible, make this up to 24 hours in advance and refrigerate it until you are ready to serve. Mix it well before serving.)
2. In a shallow bowl, combine the flour and Cajun or Old Bay seasoning. In another shallow bowl, beat the egg.
3. In a large heavy skillet (a cast iron pan works great for this), heat the butter and oil over medium heat until it is bubbling.
4. Dip fish pieces in the flour mixture to coat them. Dip them in the egg, letting the excess drip back into the bowl. Dip them back into the flour mixture to recoat. Cook the fish until it is nicely browned and crispy, about 2–3 minutes per side. Remove the fish to a plate.
5. Toast the buns. Serve the fish inside the buns and topped with the slaw.

**Nutrition facts | Servings:** 4 | **Serving size:** 1 fish sandwich

**Calories:** 350 | **Fat:** 12 g | **Saturated Fat:** 3 g | **Fiber:** 4 g | **Carbs:** 34 g | **Protein:** 27 g | **Sodium:** 440 mg

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

## Grilled Fish Tacos with Peach Salsa

### Ingredients for salsa:

- 1 can 15.25 oz. peach halves (drained, rinsed and chopped)
- 1/2 red bell pepper, (finely chopped)
- 1/4 red onion (finely chopped)
- 1 whole jalapeño pepper (rinsed, seeded, and finely chopped)
- 1 tbsp. fresh cilantro (finely chopped)
- 2 tsp. lemon juice

### Ingredients for fish:

- 4 tilapia fillets (about 1 lb.)
- 1 package low-sodium sazón seasoning
- 1 tsp. chili powder
- 8 (6-inch) flour tortillas (warmed)
- 1/4 tsp. low-sodium adobo seasoning



### Instructions for salsa:

1. In a medium bowl, stir together chopped peaches, bell pepper, onions, jalapenos, cilantro, and lemon juice. Cover and refrigerate until ready to use.

### Instructions for fish:

1. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry, transfer to plate.
2. In a small bowl, stir together chili powder, low-sodium adobo and sazón packet.
3. Rub fish with spice mixture to coat completely.
4. Place fish on hot greased grill grates.
5. Cook, flipping once until fish is opaque and flakes easily with a fork (145 degrees F), about 8 minutes.
6. Thinly slice fish.
7. To serve, fill each tortilla with 1/2 fish fillet and about 1/3 cup of salsa.

### Nutrition facts | Servings: 4

Per serving | Calories: 460 | Fat: 16 g | Saturated Fat: 2 g | Fiber: 7 g | Carbs: 51 g | Protein: 11 g | Sodium: 420 mg

**Did you know** when a recipe simply calls for “white fish” you have variety of options? The term refers to any white-fleshed fish like cod, bass, tilapia, flounder, sole, halibut, snapper, catfish, haddock and grouper.

## Skillet Catfish

### Ingredients:

- 1/8 c. cornmeal
- 1 tsp. dried oregano
- 1/2 tsp. cayenne pepper
- 1 tsp. dried thyme
- 1 tsp paprika
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 4 4-oz catfish filets
- 2 tsp. vegetable oil
- 1 lemon or lime (quartered)



### Instructions:

1. Make the spice rub. Put the cornmeal, oregano, cayenne pepper, thyme, paprika, salt and pepper on a plate and combine well.
2. Dredge both sides of the catfish in the spice mixture.
3. Put the skillet on the stove and turn the heat to high.
4. When the skillet is hot, add the oil. Add the fish and cook about 4 minutes on each side, until browned and cooked throughout.
5. Serve right away garnished with lemon or lime wedges.

### Nutrition facts | Servings: 4 | Serving size: 3 ounces

Calories: 162 | Fat: 6 g | Saturated Fat: 1 g | Fiber: 1 g | Carbs: 8 g | Protein: 19 g | Sodium: 349 mg