



Catfish, Fillets, Frozen

MyPlate Food Group: **Protein**

USDA
Foods

Nutrition Information

- 1 ounce of cooked fish counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- Eat a variety of protein foods to improve nutrient intake and health benefits. Try to eat at least 8 ounces of cooked seafood per week.
- Fish supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- EPA and DHA are omega-3 fatty acids and can be found in seafood. Eating 8 ounces of seafood per week may help reduce the risk for heart disease.

Uses and Tips

- Cook catfish fillets to the internal temperature indicated on the product's packaging.
- Thaw catfish in the refrigerator or microwave by using the defrost setting.
- Do not thaw on the countertop at room temperature.
- Refer to the product's packaging for more information on how to properly thaw this product.
- Catfish fillets may be baked, broiled, or grilled.
- Serve catfish fillets with tartar sauce or a lemon wedge to add a burst of flavor. Serve along with brown rice and vegetables for a complete meal.

Storing Foods at Home

- Keep catfish fillets frozen at 0 degrees F until ready to use.
- After cooking, store any leftover catfish in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- Nutrients provided by protein foods can differ. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.



USDA Foods

Louisiana Catfish

Makes 4 servings

Ingredients:

2 cups frozen okra, chopped
1 $\frac{3}{4}$ cups frozen corn
1 medium onion, diced
2 tablespoons vegetable oil, divided
2 teaspoons creole seasoning, divided
non-stick cooking spray
4 (4 ounce) catfish fillets

Directions: Wash hands with soap and water.

1. Preheat oven to 450 degrees F.
2. In a large bowl, mix okra, corn, onion, 1 tablespoon oil, and 1 teaspoon seasoning. Lightly coat a large glass baking dish with cooking spray. Spread vegetables evenly in dish and roast 10 minutes.
3. Meanwhile, add remaining oil and seasoning to the bowl. Whisk together. Add fish and marinate in the oil mixture.
4. Remove dish from oven and stir vegetables. Place fish over vegetables and cover with foil. Bake another 10-15 minutes or until fish flakes easily with a fork.
5. Serve fish over vegetables.

Recipe adapted from The Oklahoma Nutrition Information and Education (ONIE) Project

Crispy Parmesan Baked Fish

Makes 8 servings

Ingredients:

$\frac{3}{4}$ cup breadcrumbs
 $\frac{1}{4}$ cup Parmesan cheese, grated
 $\frac{1}{4}$ teaspoon ground thyme
 $\frac{1}{4}$ teaspoon onion powder
 $\frac{1}{8}$ teaspoon paprika
 $\frac{3}{4}$ cup nonfat or 1% milk
2 pounds catfish fillets (or any white fish)

Directions: Wash hands with soap and water.

1. Preheat oven to 500 degrees F. Lightly spray a baking sheet with cooking spray.
2. In a small bowl, mix together breadcrumbs, Parmesan cheese, thyme, onion powder, and paprika.
3. Place crumbs on a flat plate or sheet of wax paper.
4. Dip the fish fillets in milk then press into the crumb mixture to coat all sides. Discard leftover breadcrumbs and milk.
5. Place fish on the baking sheet in a single layer. Bake until the fish is opaque and flakes easily in the thickest part, about 15 minutes depending on thickness of fish.

Recipe adapted from FoodHero.org