

# CAJUN CATFISH 'N GRITS

COMFORT FOOD FROM THE HEART

## INGREDIENTS

- 4 catfish fillets thawed and patted dry with a paper towel
- 1 tablespoon olive oil
- 1.5 tablespoon cajun seasoning, divided. To make seasoning, mix:
  - 4 teaspoons paprika
  - 2 teaspoon onion powder
  - 2 teaspoon garlic powder
  - 1/2 teaspoon cayenne powder (optional)
- 1 lemon
- 1 cup dry grits or polenta
- 2 teaspoons dried parsley
- 1 bunch green onions

## INSTRUCTIONS

1. Preheat oven to 400 degrees and line a sheet pan with foil
2. Bring 4 cups of water to a boil then slowly pour in the grits, whisking constantly
3. Continue to stir for about 5 minutes until the grits start to thicken
4. Turn the heat to low, cover, and allow to cook for 25 minutes, stirring every 5 minutes to prevent lumps
5. Drizzle the catfish with olive oil and rub gently to fully coat
6. Sprinkle 1/2 tablespoon of the cajun seasoning evenly over the 4 filets
7. Squeeze juice from 1/2 lemon over the top
8. Bake the fish for 20 minutes or until it is flaky
9. When the grits are almost done, chop the green onions and add them to the pot, reserving a small amount for garnish
10. Stir in the remaining tablespoon of cajun seasoning and the parsley
11. Serve the fish on top of the grits and top with a sprinkle of parsley, green onion and a squeeze of lemon

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HEART HEALTHY



4 SERVINGS



30 MIN



# CAJUN CATFISH 'N GRITS

## NUTRITION FACTS

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### How can eating catfish help support your heart health?

Some studies suggest a link between low Vitamin D levels and increased risk of heart disease, and catfish is a great source of Vitamin D. Additionally, by mixing your own cajun seasoning, you are getting all of the flavor with none of the added salt. The potassium in this dish may also reduce the risk of heart attack and stroke.

### The Skinny on Fat

When it comes to heart disease, not all fat is created equally! This recipe contains 400mg of a heart healthy fat called omega-3 which can help lower blood cholesterol levels. It also contains only 3g of saturated fat.

### Nutrition Facts

Serving size 1 Filet with grits

Amount Per Serving

**Calories 340**

% Daily Value\*

**Total Fat 9g 12%**

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 240mg 10%**

**Total Carbohydrate 36g 13%**

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein 29g 58%**

Vitamin D 20mcg 100%

Calcium 51mg 4%

Iron 2mg 10%

Potassium 701mg 15%

Vitamin K 54mcg 45%

Vitamin B12 3.55mcg 150%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**A deficiency of vitamin B12 is associated with increased risk of heart disease. This recipe contains 150% of your daily B12 needs.**

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# COST BREAKDOWN

# CAJUN CATFISH 'N GRITS

## SHOPPING LIST

- 4 catfish fillets
- 1 lemon
- 1 cup grits
- Dried parsley
- Green onions
- Paprika
- Onion Powder
- Garlic Powder
- Cayenne Powder

## COST

\$8.16  
\$0.68  
\$0.80  
\$1.00  
\$0.88  
\$1.00  
\$1.00  
\$1.00  
\$1.00

## COST PER SERVING

\$2.04  
\$0.17  
\$0.20  
\$0.25  
\$0.22  
\$0.25  
\$0.25  
\$0.25  
\$0.25

## TOTAL

**\$15.52\***

**\$3.88**

\*Based on 4 servings. Prices obtained from Walmart.com

This cost estimate assumes that you will need to buy every single ingredient, which probably isn't the case! Chances are you already have several of the spices in your pantry, making this meal even more affordable. If you have all the spices on hand, it will cost only \$2.63 per person.



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