



NUTRITION CONTENT

Per Serving
Makes 4 servings

calories: 355
total fat: 5g
saturated fat: 1.3g
carbohydrates: 49g
protein: 28g
cholesterol: 65mg
sodium: 454mg
dietary fiber: 7g

CATFISH STEW

with RICE

INGREDIENTS

2 medium potatoes
1, 14½-ounce can tomatoes, cut up
1 cup chopped onion
1, 8-ounce bottle (1 cup) clam juice or water
1 cup water
2 cloves garlic, minced
½ head cabbage, coarsely chopped
1 lb catfish fillets
1½ tablespoon Hot 'n Spicy Seasoning (see recipe on page 19)
sliced green onion for garnish (optional)
2 cups hot, cooked rice (white or brown)

- 1 Peel potatoes and cut into quarters. In a large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boiling; reduce heat. Cook, covered, over medium-low heat for 10 minutes.
- 2 Add cabbage. Return to boiling. Reduce heat; cook, covered, over medium-low heat for 5 minutes, stirring occasionally.
- 3 Meanwhile, cut fillets into 2-inch lengths. Coat with Hot 'n Spicy Seasoning. Add fish to vegetables. Reduce heat; simmer, covered, for 5 minutes or until fish flakes easily with a fork.
- 4 Serve in soup plates, garnished with sliced green onion. Top with an ice cream scoop of hot, cooked rice. Or, ladle stew over hot, cooked rice in soup plates and garnish with green onion.



To reduce sodium, try low-sodium canned tomatoes.

HOT'N SPICY

SEASONING

Mix together all ingredients. Store in airtight container.

Makes about $\frac{1}{3}$ cup.

INGREDIENTS

$\frac{1}{4}$ cup paprika

2 tablespoons
dried oregano, crushed

2 teaspoons
chili powder

1 teaspoon
garlic powder

1 teaspoon
black pepper

$\frac{1}{2}$ teaspoon
red (cayenne) pepper

$\frac{1}{2}$ teaspoon dry mustard