



# Broiled Catfish with Vegetables

**YIELD: 4 SERVINGS**

## **INGREDIENTS**

- 2 yellow squash, cut into ½ inch cubes
- 2 cups grape or cherry tomatoes
- 2 small onions, peeled cut into eighths and separated
- Cooking Spray
- ¼ teaspoon salt
- 4 (4 ounce) Catfish filets
- 1 teaspoon Old Bay seasoning
- 2 teaspoon fresh lime juice
- Lime wedges (optional)

## **DIRECTIONS**

1. Preheat boiler place squash, tomatoes and onion on a baking sheet coated with cooking spray, coat vegetables lightly with cooking spray and sprinkle with salt. Broil 10 minutes, stirring once. Transfer vegetables to a bowl cover and set aside.
2. Spray pan with cooking spray. Place fish flat on plan, coat fish lightly with cooking spray. Broil 3 minutes; turn and coat other side of fish with cooking spray and sprinkle with seasoning. Boil 2 to 3 minutes or until fish flakes easily when tested with a fork.
3. Drizzle olive oil and lime juice over fish and vegetables. Garnish with lime wedges if desired.

# 5-Minute Sautéed Spinach with Garlic and Lemon

**YIELD: 2 TO 4 SERVINGS**

## **INGREDIENTS**

- 1 tablespoon butter
- 1 clove garlic, minced
- 2 tablespoons lemon juice (about ½ of a lemon)
- 5 oz (or 3-4 packed cups) baby spinach (or other baby greens)
- Salt and pepper, to taste

## **DIRECTIONS**

1. Melt the butter over medium-high heat in a large skillet (preferably non-stick)
2. Add the garlic; sauté for one minute or until fragrant.
3. Add the lemon juice and spinach. Sauté for three to four minutes, or until greens are wilted (but not brown)
4. Remove from the heat and season with salt and pepper to taste. Serve immediately.



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