



Cajun Catfish Sandwiches

YIELD: 4 SERVINGS

INGREDIENTS

- ¼ cup Italian seasoning breadcrumbs
- 1 tablespoon Cajun seasoning
- 2 teaspoons dried parsley flakes
- 4 (4ounce) farm raised catfish fillets
- 3 tablespoons fresh lemon juice (about 1 lemon)
- Cooking Spray
- ½ cup less fat sour cream
- 4 (2 ounce) hamburger buns, toasted
- 4 leaves green leaf lettuce
- ¼ cup mild salsa

DIRECTIONS

1. Combine first 3 ingredients in a small bowl. Dip fish in lemon juice and dredge in breadcrumbs mixture.
2. Coat a large nonstick skillet with cooking spray. Place over medium-high heat until hot. Add fillets and cook 4 to 5 minutes on each side or until fish flakes easily when tested with a fork.
3. Spread sour cream evenly on bottom halves of rolls. Top evenly with lettuce, fish, and salsa; cover with tops of rolls.

Summer Corn Salad

YIELD: 4 SERVINGS

INGREDIENTS

- 6 ears corn, husked and cleaned
- 3 large tomatoes, diced
- ¼ cup chopped fresh basil or cilantro
- 1 large onion, diced
- ¼ cup olive oil
- 2 tablespoons white vinegar
- Salt and pepper, to taste
- Add all ingredients to list

DIRECTIONS

1. Bring a large pot of lightly salted water to boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness. Drain, cool, and cut kernels off the cob with a sharp knife.
2. In a large bowl, toss together the corn, tomatoes, onion, basil or cilantro, oil, vinegar, salt and pepper. Chill until serving.



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