



# Oven-Fried Catfish

**YIELD: 4 SERVINGS**

## **INGREDIENTS**

- $\frac{3}{4}$  cup crushed cornflakes cereal
- $\frac{3}{4}$  teaspoon celery salt
- $\frac{1}{4}$  teaspoon onion powder
- $\frac{1}{4}$  teaspoon paprika
- Dash of pepper
- 4 (6 ounce) skinless farm- raised catfish fillets, halved
- Vegetable cooking spray

## **DIRECTIONS**

1. Combine first 5 ingredients; set aside.
2. Spray all sides of fish with cooking spray, coat with cornflake mixture.
3. Arrange fillets in a single layer on a baking sheet coated with cooking spray.
4. Spray tops of fillets with cooking spray.
5. Bake uncovered at 350 degree for 30 minutes or until fish flakes easily when tested with a fork.

# Asian Broccoli

**YIELD: 6 SERVINGS**

## INGREDIENTS

- 1 ½ pounds fresh broccoli
- 3 tablespoons low-sodium soy sauce
- 2 teaspoons dark sesame oil
- 1 teaspoon honey
- ½ teaspoon peeled, grated ginger root or ¼ teaspoon ground ginger
- ¼ teaspoon dry mustard
- 8 small cherry tomatoes, halved
- ½ cup sliced water chestnuts
- 2 green onions, diagonally sliced

## DIRECTIONS

1. Trim off large leaves of broccoli and remove tough ends of lower stalks. Wash broccoli thoroughly, and coarsely chop. Arrange in a vegetable steamer over boiling water. Cover and steam 5 to 8 minutes or until crisp-tender. Drain; transfer to a serving bowl and keep warm.
2. Combine soy sauce and next 4 ingredients in a small saucepan; stir well. Bring to a boil over medium heat. Pour over broccoli. Add remaining ingredients; toss gently. Serve immediately.



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