

# Grilled Catfish with Fancy Crabmeat

## INGREDIENTS

- ½ stick of butter
- 1 small yellow onion, chopped
- 2 ribs of celery, diced
- 1 tsp cayenne pepper
- 8oz, mushrooms, chopped
- 1 (15 oz) can golden mushroom soup
- 1 lb Louisiana crabmeat
- 2 Tbsp. Worcestershire sauce
- ¼ c parsley, for garnish, divided
- 6 medium size Louisiana catfish fillets (approximately 5-7oz each)
- 1 ½ Tbsp Cajun seasoning
- 2 Tbsp Olive Oil
- 2 Tbsp green onions, for garnish

## DIRECTIONS

1. In a deep saucepan, saute onion and celery in butter until translucent. Add 1 tsp cayenne pepper and mushrooms, and continue cooking until mushrooms release their liquid.
2. Add mushroom soup to the vegetables mixture and simmer for 10 minutes.
3. Add crabmeat, Worcestershire, and parsley. Combine well and heat to a complete boil.
4. Pat catfish fillets dry with paper towels. Dust with Cajun seasoning and set aside.
5. Warm a flat griddle then add olive oil to coat the surface.
6. Add fillets presentation side down. Cook approximately 3 minutes and flip. Finish cooking until flesh is white and edges have caramelized.
7. Plate the catfish and top with a heaping serving of crabmeat mixture. Garnish with parsley and green onions.



## HEALTHY SWAPS

- **Lower fat:** 366 calories. 15g fats, (5g saturated fats, 203mg cholesterol.) 9g carbohydrates, (1g fiber, 2g sugar.) 1278mg sodium. 47g protein. Reduce butter to  $\frac{1}{4}$  of a stick, use fat-free soup.
- **Lower carbohydrates:** no suggestions.
- **Lower sodium:** 413 calories. 20g fats, (7g saturated fats, 214mg cholesterol.) 8g carbohydrates, (1g fiber, 2g sugar.) 440mg sodium. 47g protein. Reduce total sodium by a fourth by using low-sodium soup, unsalted butter, and salt-free Cajun seasoning.
- **Dairy-free:** 424 calories. 20g fats, (4g saturated fats, 193mg.) 10g carbohydrates, (2g fiber, 3g sugar.) 1561mg sodium. 47g protein. Substitute olive oil for butter.
- **Gluten-free:** Use gluten-free soup. Ensure cajun seasoning is gluten-free. No significant change in macros.

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		6 servings per container	<b>Total Fat</b> 19g	<b>24%</b>	<b>Total Carbohydrate</b> 10g
<b>Serving size</b> 1 fillet	Saturated Fat 7g	35%	Dietary Fiber 2g	7%	
<b>Calories</b> per serving	<b>410</b>	<i>Trans Fat</i> 0g	Total Sugars 0g		
		<b>Cholesterol</b> 215mg	72%	Includes 0g Added Sugars	0%
	<b>Sodium</b> 1620mg	70%	<b>Protein</b> 46g	92%	
	Vitamin D 0mcg	0%	6%	• Iron 2mg	10%
	Potassium 550mg	10%			

\* 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.