

Pecan Crusted Catfish

with Spicy Lemon Beurre Blanc

INGREDIENTS

- 1 lb (4 filets) Louisiana catfish
- 1 egg
- ½ c milk
- 1 tsp Cajun seasoning
- ½ tsp salt
- 1 c flour
- 6 Tbsp butter
- ½ c pecan pieces, minced
- 1 lemon, sliced
- ½ c white wine
- 1 tsp Cajun seasoning
- ½ tsp hot sauce

DIRECTIONS

1. Combine egg and milk in a small mixing bowl and beat together.
2. Divide Cajun Seasoning and salt between egg batter and flour.
3. Place pecan pieces in a medium bowl.
4. Heat 3 tablespoons butter in a medium sauté pan over medium heat.
5. Dredge catfish filets one at a time into seasoned flour, then into egg-milk batter.
6. Then dredge one side into pecan pieces pressing pecan pieces into fish and then dredge other side of fish filet into flour.
7. Place catfish pecan side down into sauté pan and cook 4-5 minutes until browned, being careful not to burn pecans.
8. Turn over catfish and brown on other side and cook for an additional 4-5 minutes.
9. Remove from pan and set aside.
10. Add lemon slices and cook for 1 minute. Add white wine and cook until reduced by half, about 3 minutes.
11. Lower fire as low as it will go and stir in remaining butter, Cajun Seasoning, hot sauce and salt. Cook until butter melts.
12. Top filets with lemon slices and butter sauce.



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HEALTHY SWAPS

- **Lower Fat:** Most of the fat in this dish is sourced from heart-healthy pecans. However, you may reduce fat by using cooking spray to cook catfish and low fat butter spread such as Smart Balance Light for sauce, and reduce to 1.5 Tbsp. 430 Calories.
- **Lower Carbohydrate:** Omit flour step. 430 Calories. 32g Fat (13g Saturated fat, 175mg Cholesterol.) 1060mg Sodium. 7g Carbohydrates (2g Fiber, 3g Total sugar.) 25g Protein.
- **Lower Sodium:** Use salt substitute and salt-free Cajun seasoning such as Cajun180 La Cajun Gold “No-Salt” and unsalted butter to reduce sodium to 92mg.
- **Dairy-free:** Use vegan butter or margarine reduces Saturated Fats to 6g and Cholesterol to 129mg.
- **Gluten-free:** Use gluten-free flour and ensure Cajun seasoning is gluten-free.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	4 servings per container	Total Fat 32g	41%	Total Carbohydrate 31g
Serving size 1 filet	Saturated Fat 13g	65%	Dietary Fiber 3g	11%
Calories per serving	Trans Fat 0g		Total Sugars 3g	
	Cholesterol 175mg	58%	Includes 0g Added Sugars	0%
550	Sodium 1060mg	46%	Protein 29g	58%
	Vitamin D 0.63mcg	4%	• Calcium 73mg	6%
	Potassium 223mg	4%	• Iron 2mg	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.