

Southern Catfish Chowder & Fresh Pear Slices ~ choose one side item to complete your meal

Southern Catfish Chowder

4 servings

½ lb	White potatoes, peeled, diced	½ tsp	Celery seed
8 oz	Canned tomatoes, diced	1/8 tsp	Dried sage
1/3 cup	Celery, chopped finely	1/8 tsp	Ground nutmeg
½ cup	Onions, chopped finely	½ cup	water
2 Tbsp	Parsley, chopped	1 lb	Catfish fillets
2	Bay leaves	2 Tbsp	Lemon juice



Get out a soup pot and add all ingredients, except fish and lemon juice. Heat over medium high heat until soup boils. Then, cover pot and reduce heat to medium low to maintain a simmer. Allow to cook for 20-25 minutes. Meanwhile, cut fish into bite-size pieces. Uncover pot and lay fish on top, then squeeze lemon juice over the very top. Cover soup and simmer 2-3 minutes until fish is flaky and white. Remove and discard bay leaves. Add Tabasco sauce to taste for a spicy flavor.

- Fresh catfish fillets on sale**
- Fresh white potatoes on sale**
- Fresh onions on sale**
- Fresh pears on sale**

Fish Recipe Nutrition per serving

227 calories; 20 gm protein; 17 gm carbohydrate; 9 gm total fat; 2 gm saturated fat; 0 trans fat; 53 mg cholesterol; 2 gm fiber; 152 mg sodium

To Make Fresh Pear Slices: Wash 2 pears with cool water. Cut pears in half, remove cores, and discard them. Leave skin on pears. Slice into long spears.

Side Items:

- 1. Onion-Flavored Green Beans or French Green Beans** – Affordable, staple ingredient: Lowe's Foods Brand Frozen Green Beans or French Green Beans
To Make: Get out a cutting board and knife and chop up ½ small onion for topping. Cook frozen green beans according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.
- 2. Lightly Sauteed Greens** – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard
To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan. Dust with salt & pepper to taste.
- 3. Chile Rice Pot** – Affordable, staple ingredients: Lowe's Foods Brand White Rice, Canned Red Kidney Beans, Stewed Diced Tomatoes with Italian Herbs and Frozen Corn
To Make: Place the following ingredients together in a large, shallow microwave dish: 1 cup white rice, 14 oz can stewed diced tomatoes with Italian herbs, 15 oz can red kidney beans (drained and rinsed), 2 cups frozen corn, 1 cup prepared salsa, 1 ½ cups water. Cover and microwave on HIGH for 25-30 minutes or until rice is tender and has absorbed almost all the liquid.
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