

GREAT GRILLING

All-American Catfish

(NAPS)—Flipping fish on the grill may sound challenging, but with a firm-textured fish such as U.S. Farm-Raised Catfish, grilling can be easy. Try this recipe for a tasty, tangy barbeque.



Grilled Catfish With Citrus Marinade

Prep time: 5 minutes

Cooking time: 6 to 8 minutes

4 U.S. Farm-Raised Catfish fillets

$\frac{1}{4}$ cup orange juice

2 tablespoons soy sauce

1 tablespoon lemon juice

2 tablespoons vegetable oil

1 teaspoon chopped garlic

$\frac{1}{4}$ teaspoon cracked black pepper

1 tablespoon chopped fresh parsley

Rinse fillets, pat dry, and place in shallow glass dish. Combine remaining ingredients and pour over fillets. Chill for 1 to 3 hours. Preheat grill. Grill fillets over high heat, rounded side down, for 3 to 4 minutes. Turn fillets and grill for 3 to 4 minutes or until fish flakes easily when tested with a fork. Serves 4.

Approximate Nutrition Analysis (per serving): calories, 284; protein, 26 g; carbohydrates, 3 g; fiber, 0 g; fat, 19 g; cholesterol, 75 mg; sodium, 588 mg.