

Spice Up Supper

(NAPSA)—Get grilling with one of America's favorite fish. Known for mild flavor and versatility, U.S. Farm-Raised Catfish is a great choice for a new adventure on the grill. Adaptable to a variety of recipes, catfish takes under 10 minutes to prepare and grill. Celebrate National Catfish Month every August by visiting www.catfishinstitute.com for 200 great recipes, such as this flavorful one.



FARMER'S MARKET HERB CATFISH

Mix together: 5 tsp. salt, 1 Tbsp. garlic powder, 1½ tsp. chopped rosemary, 1½ tsp. basil, and 1 tsp. thyme.

Sprinkle ¼ to ½ tsp. herb mix on 6 U.S. Farm-Raised Catfish fillets, 6 to 8 ounces, lightly oiled.

Place fish on an oiled grill rack. Grill catfish fillets over high heat for 3½ to 4 minutes per side, or until the fish is opaque and flakes when tested with a fork in the thickest part.

To bake, place catfish fillets in preheated 375° F. oven. Bake for 8 to 10 minutes, or until the fish is opaque and flakes when tested with a fork in the thickest part.

Serves 6.