

Delicious, Nutritious Catfish



Premium U.S. Farm-Raised Catfish complements the flavors in this Jamaican Jerk dish.

(NAPSA)—There’s no need to fish for compliments when you serve a great American farm-raised fish such as U.S. Farm-Raised Catfish. It is a mild, healthy fish, contains omega-3, and is versatile enough for almost any recipe, such as this:

Jamaican Jerk Catfish

(Serves 2)

- ¼ cup canned chipotle in adobo sauce**
- 1 lime, juiced**
- 1½ teaspoons sugar**
- 1 tablespoon olive oil**
- 2 tablespoons water**
- ¼ cup sour cream**
- 2 tablespoons fresh cilantro, chopped**
- 2 U.S. Farm-Raised Catfish Fillets**
- ¼ cup vegetable oil**
- 2 tablespoons jerk seasoning**
- 1 bag salad greens**
- ½ mango, sliced**
- ½ red bell pepper, finely diced**
- 1 plantain, sliced in thin strips and fried (optional)**

Puree adobo, lime juice and sugar in blender. Slowly drizzle in oil while running. Next, drizzle in water while running. Add sour cream; blend until smooth. Add cilantro and pulse a few times to blend.

Combine oil and jerk seasoning in small bowl. Toss fillets with mixture to coat. Cover bowl with plastic wrap; marinate 30 minutes or overnight. Preheat grill. On hot grill, place catfish serving-side down. Cook 4 minutes, turn and cook another 4 minutes or until done. Remove from grill and let cool. Slice on the bias into 1-inch strips. Place salad greens on plate. Add layer of sliced mango, grilled catfish and red bell pepper. Drizzle with dressing and top with plantain strips.

Because U.S. catfish farmers use pure water and whole-grain feeds, catfish is one of the freshest-tasting fish available. “American catfish farmers find it extremely important to provide an earth-friendly fish that also tastes good,” said Roger Barlow, president of The Catfish Institute. “They take great pride in giving Americans a premium product at a budget-friendly price. Look for the U.S. Farm-Raised Catfish seal when purchasing catfish.”

Visit www.USCatfish.com for more information about U.S. Farm-Raised Catfish or The Catfish Institute.