



# Oven Fried Catfish with Stir-Fry Greens

*This tasty twist on a traditional dish will have your family asking for more.*



## INGREDIENTS

nonstick cooking spray	1½ cups cornmeal
1 pound catfish fillets, cut into 6 equal pieces	1 teaspoon vegetable oil
4 teaspoons Soulful Seasoning (see recipe on page 34)	¼ cup chopped onion
½ cup egg substitute	2 cloves garlic, finely chopped
	1 pound collard greens, chopped

## PREPARATION

1. Place an oven rack on the bottom level of the oven. Preheat oven to 400°F.
2. Spray a baking sheet with nonstick cooking spray.
3. Sprinkle both sides of fish with Soulful Seasoning.
4. Dip fish into egg substitute and roll in cornmeal.
5. Arrange fish on a baking sheet so that the pieces do not touch. Bake for 20 minutes.
6. Reduce heat to 350°F and bake until crust is golden and fish flakes easily, about 5 minutes more.
7. While the fish is baking, heat oil over medium heat in a large skillet.
8. Sauté onion and garlic until tender, about 3 to 5 minutes.
9. Add collard greens and cook, stirring often, until they turn bright green and limp.
10. Serve each piece of fish alongside one cup of greens.



**Makes 6 servings.** 1 piece of fish and 1 cup of greens per serving.  
**Prep time:** 15 minutes **Cook time:** 30 minutes

**Nutrition information per serving:** Calories 282, Carbohydrate 32 g,  
Dietary Fiber 4 g, Protein 23 g, Total Fat 7 g, Saturated Fat 1 g,  
Trans Fat 0 g, Cholesterol 57 mg, Sodium 98 mg