

CORNMEAL, PAPRIKA CRUSTED CATFISH **FIT**

Portion Size: 1 fillet

Yield: 4 servings



Catfish, Fresh	4, 4-oz fillets
Cayenne Pepper	1 tsp
Paprika	1 1/2 tsp
Onion Powder	1 tsp
Garlic Powder	1 tsp
Buttermilk, Low Fat, 1%	1/2 cup
Yellow Cornmeal	1 cup
Canola Oil	3 TBSP

1. Combine cayenne, paprika, onion powder, and garlic powder in a small bowl. Sprinkle catfish fillets evenly with spice mixture.
2. Place buttermilk in a bowl and cornmeal in a shallow container.
3. Bread catfish: dip seasoned catfish in buttermilk; shake off excess. Then dredge fish in cornmeal.
4. Add oil to a skillet over medium heat. Pan fry fish until browned and an internal temperature 145°F is reached.

Nutrition Info (per serving): Cal: 330, Total Fat: 17g, Sat Fat: 2.5g, Sodium: 155mg, Carbs: 20g, Protein: 20g, Sugar: 1g, Fiber: 1g

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APRICOT BBQ GLAZED SHRIMP **FIT**

Portion Size: 6 each

Yield: 8 servings



Apricot BBQ Sauce

Dried Apricots, Whole, Pitted	1/3 cup
Spanish Onion, Diced	1/4 cup
Jalapeno Pepper, Minced	1/4 tsp
Garlic, Fresh, Minced	3/4 tsp
Orange Juice	1/4 cup
Light Brown Sugar	2 TBSP
Malt Vinegar	1 1/4 tsp
Worcestershire Sauce	3/4 tsp
Hot Sauce, Tabasco	1/8 tsp
Salt	1/8 tsp
Water	1/4 cup
Lime Juice, Fresh	1/4 tsp

Shrimp

Shrimp, Jumbo 21/25, Raw	48 each
Cooking Spray	as needed

1. To prepare Apricot BBQ Sauce: Combine all ingredients in a sauce pan over medium-high heat and bring to a boil. Lower heat to a simmer, and cook for 20 minutes. Remove sauce from heat and puree until the consistency is smooth.
2. Brush shrimp with Apricot BBQ Sauce. Grill on medium heat until cooked through, about 5 minutes.

Nutrition Info (per serving): Cal: 120, Total Fat: 2g, Sat Fat: 0g, Sodium: 385mg, Carbs: 10g, Protein: 15g, Sugar: 8g, Fiber: <1g

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