

Herb Crusted Catfish with Mango Tomatillo Sauce

Serving Size: 1 fillet with sauce

Serves: 4

Ingredients

1 tablespoon fresh oregano, minced
1 tablespoon fresh thyme, minced
1 tablespoon fresh basil, minced
3 tablespoons fresh parsley, minced
½ teaspoon coarse black pepper
4 - 6 oz catfish fillets
5 tablespoons extra virgin olive oil, divided 1 tablespoon reserved
¼ small sweet onion, diced
1 fresh jalapeno, seeded and diced
4 fresh tomatillos, diced
1 medium tomato, diced
¼ cup mango, diced
¼ cup papaya, diced
½ a Valencia orange, juiced
1 clove garlic, minced
a pinch of salt
1 tablespoon fresh cilantro, diced

Directions

In a medium bowl, combine the herbs and spices. Pat each fillet with the herb mixture to lightly coat.

Heat 4 tablespoons of the olive oil in a large skillet over medium high heat and cook the fillets for 3 minutes on each side until lightly browned. Reserve warm.

To prepare the sauce, heat the remaining olive oil. Add the onion, jalapeno, tomatillos, tomato, mango, papaya, orange juice, garlic, salt and cilantro. Simmer 2-3 minutes.

Reduce heat to medium low. Return the fish to the sauce and simmer 2 – 3 minutes to finish the flavors.

Exchanges per serving:

4 MF Meats, 2 Fats, 1 Vegetable

Nutrients per serving:

Calories: 421

Calories from fat: 271

Total Fat: 30g

Saturated Fat: 5g

Cholesterol: 80mg

Sodium: 120mg

Carbohydrate: 9g

Dietary Fiber: 2g

Protein: 28g