

Chef Reggie's Catch of the Day

Serving size: 1 fillet

Serves: 4

Ingredients:

4 (4 ounces each) catfish fillets
2 cups shredded carrots
6 ounces green beans, ends trimmed (about 15 beans per serving)
8 baby red potatoes, skin on, sliced thin
4 lemon slices
1 teaspoon black pepper or to taste
Nonstick cooking spray
¼ cup dry white wine
4 thyme sprigs
1 teaspoon fennel seeds
4 parsley sprigs

Directions:

1. Preheat oven to 425 F. Prepare 4 sheets of aluminum foil, about 12x12 inches. Place one fillet on each sheet of aluminum foil, skin side down. Top each fillet with ½ cup shredded carrots, 15 green beans, 2 slices potatoes, and 1 lemon slice.
2. Spray ingredients in each packet with vegetable oil cooking spray.
3. Sprinkle each fillet with ¼ teaspoon ground black pepper (or to taste). Drizzle each fillet with wine. Lay a thyme sprig, a few fennel seeds, and a parsley sprig on each piece of fish.
4. Close packets for cooking by gathering both ends, folding down lightly, then folding in each end. Place 4 foil packets on baking pan and bake 30 minutes.
5. Remove from oven, let cool 5 minutes before opening carefully (hot steam may escape). Place contents onto 4 dinner plates and serve immediately. Garnish with a lemon wedge and fresh parsley.

Exchanges per serving:

1 Starch, 2 Vegetable, 2 Meat

Nutrients per serving:

Calories: 227

Calories from fat: 32

Total Fat: 3.5g

Cholesterol: 65mg

Sodium: 97mg

Total Carbohydrate: 28g

Dietary Fiber: 5g

Protein: 22g