

Easy, nutritional, and delicious recipes using basic items often found in the St. Michaels Community Center's pantry.

# Lemon Pepper Catfish

Servings: 4 | Serving Size: 6 oz. Calories Per Serving: 185

### **Ingredients:**

- 4 catfish filets
- 3 Tbs lemon juice
- 2 Tbs butter, melted
- 2 garlic cloves, minced
- 1 tsp dried thyme
- 1/2 tsp black pepper

#### **Directions:**

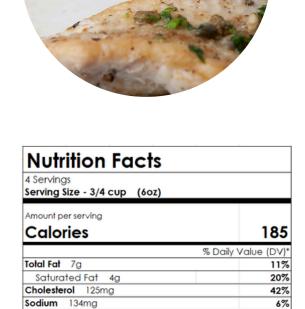
- 1. Mix lemon juice, butter, garlic, thyme, and black pepper together, pour over catfish.

  Let rest for 30 min.
- 1. When ready to cook, grill or broil for 6-8 minutes or until fish is cooked through and flaky.

Serve with fresh veggies, rice, or over a salad. Also great with chicken or shrimp!

## Is Catfish A Superfood?

Low in fat, and high in protein and omega-3 fatty acids, catfish is a delicious, underrated super food!!



\*The % Daily Value (DV) tells you how much a nutrient in a serving of foods contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

1%

0%

0%

56%

Total Carbohydrates 2g

Dietary Fiber 0g

Total Sugars

Protein 28g



Executive Chef Kerri Clear St. Michaels Community Center



The St. Michaels Community Center's mission is to serve, empower, and connect the community, with year-round programs and activities.

# **Community Cafe and Pantry Hours:**

Mondays, 4-6 p.m., Wednesdays and Fridays 1-3 p.m.