



# Reach



Racial & Ethnic Approaches  
to Community Health

GREENWOOD LEFLORE HOSPITAL

*Made possible with funding from the  
Centers for Disease Control & Prevention*

## Baked Catfish with Tomato Salsa / Ingredients

2 pounds catfish fillets (or tilapia)

3 tablespoons lime juice (or about 2 limes)

1 to 1½ cups tomatoes, chopped

½ onion (medium, chopped)

½ teaspoon olive oil

¼ teaspoon black pepper

¼ teaspoon salt

1 teaspoon dried parsley

¼ teaspoon red pepper (optional)

*Recipe inspired by [USDA.gov/whatscooking](https://www.usda.gov/whatscooking)*

# Cooking Instructions

1. Preheat oven to 350°F.
2. Rinse fish and pat dry. Place in baking dish.
3. In a separate dish, mix remaining ingredients together and pour over fish.
4. Bake for 15 to 20 minutes or until fork-tender.

## Nutritional Information

Yield: 6 servings

*Each serving provides:*

Calories: 220

Total fat: 9 g

Saturated fat: 2 g

Cholesterol: 80 mg

Sodium: 200 mg

Fiber: 1 g

Protein: 29 g

Carbohydrate: 3 g