



Reach



Racial & Ethnic Approaches
to Community Health

GREENWOOD LEFLORE HOSPITAL

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

Roasted Thyme Catfish / Ingredients

2 tablespoons lemon juice
2 tablespoons extra-virgin olive oil
1 clove garlic, minced
Pepper, to taste

1¼ pounds catfish (or tilapia), cut into 4 portions
1½ to 2 teaspoons dried thyme leaves
¼ teaspoon coarse sea salt, or kosher salt
Lemon wedges

Recipe inspired by EatingWell.com

Cooking Instructions

1. Preheat oven to 450°F. Line a baking sheet with foil.
2. Mix lemon juice, oil, garlic, and pepper in a shallow glass dish. Add fish and turn to coat. Cover and marinate in the refrigerator for 15 minutes.
3. Sprinkle the fish with salt and thyme, covering the sides as well as the top. Transfer the fish to the prepared baking sheet and roast until just opaque in the center, 10 to 14 minutes. Serve with lemon wedges.

Nutritional Information

Yield: 4 servings

Each serving provides:

Calories: 225

Total fat: 11 g

Saturated fat: 2 g

Cholesterol: 69 mg

Sodium: 244 mg

Fiber: 0 g

Protein: 28 g

Carbohydrate: 2 g

Potassium: 655 mg