

# BAYOU BLACKENED CATFISH

Prep Time: 15 Minutes

Cooking Time: ~~20 Minutes~~

40 Minutes

## INGREDIENTS:

2 pounds of catfish fillets

4 tablespoons of low-fat margarine

1/4 cup of cayenne pepper

2 teaspoons of pepper

4 teaspoons of lemon pepper

1 packet of ranch seasoning

4 teaspoons of salt

~~4 table spoons~~ <sup>teaspoons</sup> of garlic powder

2 teaspoons of onion powder

cooking spray

## DIRECTIONS:

1. Fillet catfish into 4-6 fillets using only the white meat.
2. Preheat your oven to ~~400~~ <sup>350</sup> degrees.
3. Coat a baking sheet with cooking spray.
4. In a bowl, mix cayenne pepper, lemon pepper, salt, onion powder, pepper, ranch seasoning, and garlic powder.
5. Melt the low-fat margarine in the microwave until liquid.
6. Brush the fillets with the low-fat margarine and coat both sides of the fillets with the cayenne pepper mixture.
7. Coat a skillet with cooking spray and heat it on medium to high until very hot. Add fillets and sear for about ~~5 minutes~~ on each side until blackened. <sup>2 minutes</sup>
8. Remove fillets from skillet and place on baking sheet.
9. Bake fillets for approximately 30 minutes until fish is easily cut with a fork.

Serve with **Red Dirt Red Beans and Rice** for a little Mardi Gras in Oklahoma!

# Country Cutie's Crispy Catfish

Prep Time: ~~30 minutes~~ 15 minutes

Cook Time: 15 minutes

## INGREDIENTS

- 2 ~~gallons~~ of Catfish fillets **pounds**
- 1 tablespoon of Crushed red pepper
- $\frac{3}{4}$  Cup of yellow Cornmeal
- 1 tablespoon of onion powder
- 1 teaspoon of dried thyme
- 1 teaspoon of ground black pepper
- 1 teaspoon of salt
- $\frac{1}{2}$  Cup milk **skim**
- cooking spray

## DIRECTIONS:

*(using only the white meat)*

1. Fillet your Catfish into 4-6 ounce pieces.
2. Preheat your oven to 425. Line a baking sheet with aluminum foil and coat with cooking spray.
3. In a bowl, combine the cornmeal, thyme, salt, crushed red pepper, onion powder, and black pepper.
4. Dip the catfish fillets in the milk and roll them in the cornmeal mixture until thoroughly coated. Place on the baking sheet and completely coat the fillets with cooking spray.
5. Bake for 7  $\frac{1}{2}$  minutes on one side, then turn fillets and sprinkle extra cornmeal mixture on top.
6. ~~After a while fillets look crispy~~
7. Plate and serve!

*After 15 minutes, check to make sure the fillets are crispy.*

Try the catfish with some healthy and tasty  
**Sweet Potato Bakes.**

# LITTLE DIXIE SPICY BAKED CRAPPIE

Prep Time: 15 Minutes

Cook Time: 15-20 Minutes

## INGREDIENTS:

8 fillets (4 ounces each)

1 tablespoon of cayenne pepper

2 tablespoons of <sup>extra</sup> virgin olive oil

1 tablespoon of hot pepper sauce

1 tablespoon of garlic powder

½ tablespoon of pepper

~~1~~ <sup>teaspoon</sup> ~~tablespoon~~ of sea salt

~~1~~ <sup>½</sup> ~~packet~~ of spicy ranch seasoning

cooking spray

\*Note: If you cannot find spicy ranch seasoning, use regular ranch seasoning and increase the amount of cayenne pepper and hot pepper sauce to ~~2~~ <sup>2</sup> tablespoons.

## DIRECTIONS:

1. Preheat oven to ~~300~~ <sup>450</sup>.

2. In a bowl, mix extra virgin olive oil, garlic powder, sea salt, cayenne pepper, hot pepper sauce, pepper, and spicy ranch seasoning.

3. Dip fillets in olive oil mixture.

4. Coat a baking pan with cooking spray and place fillets in pan.

5. Bake for 15-20 minutes or until fish is easily cut with a fork.

If you're looking for something to serve with this delicious dish, try **Skinny-Mini Hushuppies**.

# TURBO'S LEMON PEPPER BASS

Prep Time: 20 Minutes

Cook Time: ~~15 Minutes~~ 25 Minutes

## INGREDIENTS:

~~8 fillets~~ of bass (6 ounces each) 6 fillets

8 egg whites

2 cups of cornmeal

1/4 cup of low-fat margarine

~~1 teaspoon~~ lemon pepper <sup>tablespoon</sup>

1 fresh lemon  
cooking spray

## DIRECTIONS:

1. Fillet bass into 6 ounce pieces.
2. Cut lemon into 2 pieces and squeeze both pieces into a bowl.
3. In the bowl with fresh lemon juice, combine ~~flour~~ and lemon pepper. <sup>Cornmeal</sup>
4. Separate egg whites into a bowl.
5. Melt low-fat margarine in a pan over medium to high heat.
6. Dip fillets into egg whites then coat with <sup>cornmeal</sup> ~~flour~~ mixture until completely covered.
7. Place fillets one-at-a-time in pan and sear on both sides until golden brown.

This meal will be really tasty if served with the Southern Twang-y Coleslaw.

*Just a thought!*

# RED DIRT RED BEANS AND RICE

Prep Time: 10 minutes

Cook Time: ~~15 minutes~~ 30 minutes

## INGREDIENTS:

- 1 ~~2~~ tablespoon of extra virgin olive oil
- 1 cup of onion, chopped
- ½ cup of green bell pepper, diced
- 2 tablespoons of garlic powder
- 2 ~~tablespoons~~ of cumin **teaspoons**
- 2 ~~tablespoons~~ of dried oregano **teaspoons**
- 1 can of chicken broth (**low sodium, low fat**)
- 1 cup of instant brown rice, uncooked
- 2 ½ cans of low sodium red kidney beans, drained

\* several green onions sliced to sprinkle on top of finished red beans and rice

## DIRECTIONS:

1. Heat the extra virgin olive oil in a sauté pan over medium heat. Add the onions and cook until pieces are soft but not brown.
2. Dice the green pepper into small pieces and add to the onion. Cook for about 5 minutes and stir to make sure it doesn't burn.
3. While the onion and green pepper are cooking, add the garlic powder, cumin, and oregano to the sauté pan and cook for a minute or 2.
4. Add the chicken broth and the rice to the sauté pan. Cover the pan and simmer for about 10-15 minutes.
5. Drain the kidney beans and add to the sauté pan. Stir and cover. Simmer for about 5-7 minutes until the mixture is blended and tastes yummy!

This makes an awesome meal when added to the Bayou Blackened Catfish.



## SKINNY-MINI HUSHPUPPIES

Prep Time: 15 Minutes

Cook Time: 10-15 Minutes

### INGREDIENTS:

2/3 cup of cornmeal

1/2 tablespoon garlic powder

1/3 cup of all-purpose flour

1/2 tablespoon onion powder

1 teaspoon of baking powder

1/2 cup of onions, minced

~~1/2 tablespoon~~ of sea salt **teaspoon**

1/3 cup of ~~milk~~ **skim milk**

~~4 egg whites~~ **2 egg whites**

2 teaspoons of dried parsley

1 tablespoon of extra virgin olive oil

1/4 teaspoon of pepper

cooking spray

### DIRECTIONS:

1. Preheat oven to ~~350~~ **450**.
2. Thoroughly coat your mini muffin baking pan with cooking spray.
3. Combine cornmeal, flour, baking powder, and sea salt in a large bowl.
4. In a separate bowl, combine egg whites, onion, milk, parsley, oil, pepper, onion powder, and garlic powder.
5. Add egg white mixture to cornmeal mixture and stir until moist.
6. Place empty baking pan in the oven for 3-5 minutes.
7. Take the pan out of the oven and spoon hushpuppy mixture into baking pan.
8. Bake for 10-15 minutes or until the hushpuppies are golden.
9. Cool for 5 minutes and serve.

Pairs wonderfully with the  
**Little Dixie Spicy Baked Crappie.**

# SOUTHERN TWANG-Y COLESLAW

Prep Time: ~~20 Minutes~~ 30-40 Minutes

## INGREDIENTS:

- 6 cups of shredded cabbage
- $\frac{1}{4}$  ~~pint~~<sup>cup</sup> of extra virgin olive oil
- 2 carrots, shredded
- $\frac{1}{4}$  cup of sugar
- 4 stalks of celery, chopped
- $1\frac{1}{2}$  ~~tablespoon~~ of sea salt <sup>teaspoon</sup>
- $\frac{1}{2}$  cup of chopped green pepper
- $\frac{1}{2}$  ~~tablespoon~~ of pepper <sup>teaspoon</sup>
- $\frac{1}{2}$  cup of chopped onion
- $\frac{1}{2}$  ~~pint~~<sup>cup</sup> cider vinegar

## DIRECTIONS:

1. Shred the cabbage and carrots, chop the celery, green pepper, and onion.
2. Combine the cabbage, carrots, celery, green pepper, and onion.
3. In a jar with a lid, combine the vinegar, sea salt, olive oil, sugar, and pepper. Shake the jar well and then pour it over the cabbage mixture.
4. Toss the cabbage mixture well to completely mix all the ingredients.
5. Cover the dish and refrigerate.

For a great meal, serve with Turbo's Lemon Pepper Bass.

# Spicy, Tasty, Crispy, and Delicious Sweet Potato Bakes

Prep Time: 15 Minutes

Cook Time: About ~~30 Minutes~~ *an Hour*

## INGREDIENTS:

- 6 ~~8~~ sweet potatoes, cut into French Fries
- 2 ~~teaspoons~~ of taco seasoning *tablespoons*
- 2 ~~teaspoons~~ of extra virgin olive oil *tablespoons*
- 1 ~~teaspoon~~ of ranch seasoning *tablespoon*
- ½ teaspoon of Cayenne pepper
- cooking spray

## DIRECTIONS:

1. Preheat oven to 450
2. Using a plastic bag, combine the sweet potatoes, olive oil, taco seasoning, Cayenne pepper, and ranch seasoning.
3. Shake the ingredients inside the bag until the fries are totally covered.
4. Spray two baking pans with cooking spray and spread fries evenly in a single layer.
5. Cook fries on one side for approximately 30 minutes then turn the fries over and bake for an additional 30 minutes.
6. Fries should be crispy and delicious!

These fries are a great addition to the Country Cutie's Crispy Catfish.