

Fishing for Dinner Ideas?

Recipes You'll Go Nuts Over

FAMILY FEATURES

When you're pondering that age-old question — "What's for dinner?" — look again at two all-American classics served up in fresh, innovative ways. You're gonna love how versatile U.S. farm-raised catfish and U.S.A.-grown peanuts take to a variety of flavors and cooking methods when they team up for quick and easy dinners.

U.S. farm-raised catfish, with its mild, sweet flavor, is delicious any way you cook it — grilled, broiled and baked, as well as the traditional fried. Likewise, U.S.A.-grown peanuts and peanut butter have come a long way from the ballpark to the plate as chefs and home cooks alike put the peanut to work as a showcase ingredient. Healthful, versatile and flavorful, peanuts today enhance gourmet menus, from the catch of the day to Pad Thai.

So, grill catfish with a peanut glaze, toss cooked rice with orange zest, parsley and orange segments, and serve. Drizzle catfish with a gingered teriyaki sauce, bake, then serve with peanut noodles and sugar snap peas. Spread the fish with a crunchy peanut and coconut topping, bake, then serve with sliced tomatoes and a green salad. Dinner's ready!

You're Gonna Love It

Don't you love it when a food tastes great and is also good for you?

- U.S.A.-grown peanuts are healthful sources of vegetable protein and are a good source of more than 30 essential nutrients and phytonutrients. They have zero cholesterol.
- Scientific evidence suggests that eating 1.5 ounces per day of most nuts, including peanuts, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.
- U.S. farm-raised catfish is delicious and safe to eat. Raised in clean, environmentally friendly freshwater ponds and processed under strict quality controls, this consistently mild-tasting fish is virtually mercury-free.
- Farm-raised catfish is an excellent source of protein that's low in saturated fat and contains omega-3 fatty acids.

Gingered Catfish, Peanut Noodles and Sugar Snap Peas

- 1/4 cup teriyaki sauce
- 1/2 teaspoon grated fresh gingerroot or 1/8 teaspoon dried ginger
- 1/2 cup plain dry breadcrumbs
- 4 U.S. farm-raised catfish fillets (6 ounces each), halved crosswise
- 1/3 cup chunky peanut butter
- 1 tablespoon rice vinegar
- 1/8 teaspoon crushed red pepper flakes
- 3 cups cooked vermicelli noodles (6 ounces uncooked)
- 2 cups frozen sugar snap peas, defrosted

Heat oven to 450°F. Spray baking sheet with nonstick cooking spray; set aside.

In small bowl, combine teriyaki sauce with ginger. Remove 1 tablespoon teriyaki mixture to medium bowl. Place breadcrumbs on plate. Gently pat catfish fillets with paper towels to dry. Add catfish to teriyaki mixture in medium bowl and toss gently. Coat each fillet with breadcrumbs; place on prepared baking sheet. Spray fillets with nonstick cooking spray. Bake until fish is opaque in center, 10 to 13 minutes, depending on size.

To remaining teriyaki mixture in small bowl, stir in peanut butter, vinegar and red pepper flakes, stirring until smooth and adding water until saucy, 1 tablespoon at a time. Set aside 1/4 cup peanut sauce; toss remaining sauce with cooked noodles.

To serve, arrange peanut noodles on platter. Top with sugar snap peas and hot catfish. If desired, garnish with sliced scallions (green onions). Drizzle catfish with reserved peanut sauce.

Makes 4 servings

Per Serving: Calories 561 (34% from fat); Fat 21g (sat 4g, mono 10g, poly 5g); Protein 37g; Carbohydrate 56g; Fiber 6g; Cholesterol 73mg; Calcium 110mg; Sodium 994mg



Sweet and Spicy
Peanut Glazed Catfish

Sweet and Spicy Peanut Glazed Catfish

- 4 U.S. farm-raised catfish fillets (about 6 ounces each)
- 2 tablespoons orange marmalade
- 1 tablespoon reduced-fat peanut butter
- 1/2 teaspoon paprika
- 1/4 teaspoon finely minced garlic
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 to 1/4 teaspoon ground red pepper
- 1/4 cup dry roasted peanuts, chopped
- 2 cups cooked rice

Preheat oven to 450°F or grill to medium.

Season both sides of fillets with salt and pepper, if desired. In small bowl, combine marmalade, peanut butter, paprika, garlic, salt, and black and red peppers; stir in peanuts. Spread fillets with peanut mixture, dividing evenly. Place fillets on greased baking pan or greased grill rack. Cook until fish is opaque in center, 8 to 10 minutes, depending on size.

Serve with rice tossed with orange zest and parsley and orange segments, if desired.

Makes 4 servings

Per Serving: Calories 440 (36% from fat); Fat 18g (sat 4g, mono 8g, poly 3g); Protein 32g; Carbohydrate 37g; Fiber 1g; Cholesterol 91mg; Calcium 26mg; Sodium 201mg

Catfish With Peanut-Coconut Crust

- 1/3 cup honey-roasted peanuts, finely chopped
- 1/4 cup crumbled honey-nut shredded wheat cereal
- 2 tablespoons shredded coconut
- 2 tablespoons minced scallion (green onion), divided
- 1/3 cup duck sauce (sweet and sour sauce)
- 1 tablespoon low-sodium soy sauce
- 1/4 teaspoon finely minced garlic
- 4 U.S. farm-raised catfish fillets (about 6 ounces each)

Spray baking sheet with nonstick cooking spray; set aside.

In large bowl, combine peanuts, cereal crumbs, coconut and 1 tablespoon scallion; set aside.

In small bowl, combine duck sauce, soy sauce, garlic and remaining 1 tablespoon scallion. Remove 2 tablespoons of mixture; brush over fillets. Place fillets on prepared baking sheet. Sprinkle fillets with peanut-coconut mixture, dividing evenly. Bake until fish is opaque in center, 10 to 12 minutes, depending on size.

Serve with remaining sauce mixture.

Makes 4 servings

Per Serving: Calories 355 (47% from fat); Fat 19g (sat 4g, mono 9g, poly 4g); Protein 30g; Carbohydrate 16g; Fiber 2g; Cholesterol 91mg; Calcium 26mg; Sodium 437mg

For more information and recipes, visit www.catfishinstitute.com and www.nationalpeanutboard.org.