

Louisiana HARVEST of the MONTH

Catfish Tacos

Home Recipe

Serves: 7

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients

- 2 lbs. small whole catfish fillets
- 1/4 cup evaporated milk
- 1/4 cup water
- 2 tsp. salt
- Black pepper, to taste
- 2 cup bread crumbs
- 2 Tbsp.vegetable oil
- 14 corn tortillas
- Fresh Salsa

Nutrients Per Serving: 2 Tacos

• Calories	304
• Total Fat	7.85 g
• Saturated Fat	1.77 g
• Cholesterol	76.69 mg
• Sodium	308.57 mg
• Carbohydrates	32.18 g
• Dietary Fiber	3.17 g
• Protein	25.92 g
• Calcium	142.16 mg
• Iron	1.63 mg
• Vitamin A	86.20 IU
• Vitamin C	1.01 mg

Cooking Instructions

- 1) Preheat a conventional oven to 500 degrees, 450 for convection. If you have small fillets leave them whole. Cut large fillets into smaller portions.
- 2) In a shallow dish, combine evaporated milk, water, salt and pepper. Dip the fish into the mixture, then into the bread crumbs, until thickly coated.
- 3) Place the fish on an oiled, shallow baking pan using half the oil, and drizzle with the remaining Tbsp. of oil.
- 4) Bake in oven, uncovered, for 10 minutes. When done fish will be brown and crispy on the outside.
- 5) Serve on a warm tortilla. Top each taco with 2 Tbsp. of Baja cream, pickled red onions and jalapenos, and salsa.



For More Information

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Baja Cream and Pickled Red Onion & Jalapenos

Home Recipe

Serves: 8
Prep Time: 15 minutes

Ingredients

Baja Cream

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 2 Tbsp. lime juice
- 1 tsp. grated lime peel
- Pinch of salt

Pickled Red Onion and Jalapenos

- 1 red onion, thinly sliced
- 2 jalapenos, thinly sliced
- 1 cup cider vinegar
- 2 Tbsp. lime juice
- 1/2 Tbsp. Kosher salt

Nutrients Per Serving: Baja Cream

• Calories	50
• Total Fat	3.96 g
• Saturated Fat	1.25 g
• Cholesterol	7.56 mg
• Sodium	98.11 mg
• Carbohydrates	3.41 g
• Dietary Fiber	0.02 g
• Protein	0.48 g
• Calcium	17.49 mg
• Iron	0.01 mg
• Vitamin A	41.25 IU
• Vitamin C	1.24 mg

Preparation

Baja Cream

- 1) Whisk all ingredients in a small bowl.

Pickled Red Onion and Jalapenos

- 1) Place onion and jalapenos in a heatproof medium bowl.
- 2) Mix vinegar, lime juice and salt in a small sauce pan. Bring just to a boil, stirring until salt dissolves. Pour over onions and jalapenos.
- 3) Let stand at room temperature for at least 1 hour. Then cover and refrigerate.

Nutrients Per Serving:

Pickled Onions & Jalapenos

• Calories	5
• Total Fat	0.04 g
• Saturated Fat	0.00 g
• Cholesterol	0.00 mg
• Sodium	1.79 mg
• Carbohydrates	0.60 g
• Dietary Fiber	0.31 g
• Protein	0.15 g
• Calcium	2.12 mg
• Iron	0.07 mg
• Vitamin A	31.28 IU
• Vitamin C	7.61 mg



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