Louisiana Harvest of the Month

Catfish Pasta Primavera

Home Recipe

Serves: 6
Prep Time: 10 minutes
Cook Time: 20 minutes

Ingredients

- 8 oz fettuccine
- 2 Tbsp butter
- 3 bell peppers of differing colors, thinly sliced
- 2 cups snow peas
- 1 bunch green onions, chopped
- 1 shallot, chopped
- 1 pound catfish, cut into small bite-size pieces
- 4 oz sun-dried tomatoes, drained and chopped
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ cup dry white wine
- ½ cup low sodium chicken broth
- 2/3 cup grated Parmesan cheese
- 1 Tbsp fresh dill

Cooking Instructions

1) Cook pasta according to package instructions.
2) While the pasta is cooking, in a large skillet over medium heat, melt the butter. Add the peppers, peas, onions, and shallot. Cook until crisp-tender, about 5 minutes. Remove vegetables and set aside.
3) In the same skillet, add the catfish and sun-dried tomatoes. Season with salt and pepper and cook for 5 minutes. Add the white wine and chicken broth and bring to a boil. Once boiling reduce heat and let simmer for 3 minutes, stirring occasionally. Return the vegetables to the skillet and gently fold to coat. Remove from heat.
4) Add the drained fettuccine and Parmesan cheese to the skillet. Toss gently to combine. Serve immediately, topped with fresh dill.

Nutrition Facts

6 Servings Per Container
Serving Size
1 1/3 cups (317g)

Calories Per Serving **410**

Amount Per Serving	% Daily Value *
Total Fat 15g	19%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 510mg	22%

Amount Per Serving	% Daily Value *
Total Carbohydrate 45g	16%
Dietary Fiber 5g	19%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 24g	

Vitamin D 0.2mcg 2% . Calcium 160mg 10% . Iron 3.6mg 20% . Potassium 970mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Adapted from *Alabama Farmers Federation Country Kitchen*

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