

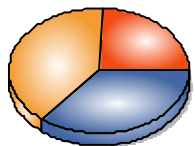


Catfish Sandwiches w/ Slaw

By: Created by DrJez LLC

Recipe grams: 1242.00g/43.8oz

Serves 4 310.50g/11.0oz per serving



Protein: 31%

Carbohydrates: 44%

Fat: 25%

INGREDIENTS

1/4 cup CORNMEAL, YELLOW
 2 tsp THYME, DRIED
 1 tsp CAJUN SEASONING
 16 oz CATFISH FILLET
 6 cups COLE SLAW, CLASSIC, SHREDDED
 4 rolls DINNER ROLL, CRUSTY SOURDOUGH
 1 tbsp LEMON JUICE
 1 tbsp MAYONNAISE, CANOLA
 1 tbsp MAYONNAISE, NONFAT
 1 plum-tomato TOMATO, RED, RIPE, RAW
 4 slices ONION, RAW
 4 outer-leaves LETTUCE, COS OR ROMAINE, RAW

DIRECTIONS

Remove dinner roll dough from package and place on counter. Flatten and spread to make a larger sandwich-size roll. Bake crusty rolls according to directions.

Combine cornmeal, thyme and seasoning. Dredge fillets in mixture and place in a large skillet. Cook on stove over medium heat until golden and cooked through. Remove fillets and place on a warm plate.

Combine slaw with lemon juice and cajun seasoning. Place in the skillet and toss until warmed and slightly wilted.

Combine mayonnaise, garlic, lemon juice and seasoning.

Place 1/4 of cabbage on plate. Slice dinner rolls and spread lower half with 1/4 of mayo mixture. Top with catfish fillet, tomato slice, onion slice and romaine leaf.

Serve.

Nutrition Facts

Serving Size: 1 serving (310.5g)

Servings: 1

Amount Per Serving

Calories 280 Calories from Fat 70

% Daily Value*

Total Fat 8g **15%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 40mg **15%**

Sodium 700mg **30%**

Total Carbohydrate 32g **10%**

Dietary Fiber 4g **20%**

Sugars 5g

Protein 22g

Vitamin A 70%

• Vitamin C 80%

Calcium 6%

• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.