

5 A Day Recipes

Main Courses

Catfish Stew & Rice

Serves 4

- 2 medium potatoes
- 1 14 1/2-oz can tomatoes,* cut up
- 1 cup chopped onion
- 1 8-oz bottle (1 cup) clam juice or water
- 1 cup water
- 2 cloves garlic, minced
- 1/2 head cabbage, coarsely chopped
- 1 lb catfish fillets
- 1 1/2 tbsp Hot 'n Spicy Seasoning
- sliced green onion for garnish (optional)
- 2 cups hot, cooked rice (white or brown)

Poach apples in apple juice about 5 to 7 minutes or until barely tender, drain. Spoon 2 Tbsp. marmalade into center of each half. Beat egg whites to soft peaks. Add sugar gradually; beat until stiff. Fold in almonds. Cover tops of apple halves to edges with meringue. Bake at 350 degrees 7 to 10 minutes or until lightly browned.

Nutritional Analysis

Calories: 271
Fat: 3 g
Cholesterol: 0 mg
Fiber: 3 g
Sodium: 35 mg
% Calories from Fat: 9%

This is an official 5 A Day recipe, and provides each person served with one serving of fruit each.