

## Sylvia's Fish and Vegetables

From the kitchen of Sylvia Rodriguez, Eagle Pass

Preparation time: 25 minutes

Number of servings: 5

### **Ingredients:**

1 pound catfish, cut into pieces  
1 cup water  
½ teaspoon vegetable oil  
3 medium tomatoes  
3 stalks celery, chopped  
1 garlic clove  
1 green bell pepper  
½ teaspoon sweet basil  
1 medium onion, chopped

### **Preparation:**

1. Heat oil in a small skillet. Sauté celery, onion, and bell pepper. Set aside.
2. In a blender, blend tomato and garlic together.
3. Boil water. Add celery, onion, bell pepper, tomato and garlic to water and cook for 5 minutes on medium heat.
4. Add catfish to water and vegetable mixture and cook 10 minutes. Season with sweet basil before serving.

### **Nutrition information per serving:**

FAT: 41% of calories from fat (high)

FIBER: 1.5 grams (med)

CALORIES: 140



### **TIP**

*Eat fish several times a week. It's lower in fat than most beef.*