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
$\frac{1}{2}$ teaspoon vegetable oil
3 medium tomatoes
3 stalks celery, chopped
1 garlic clove
1 green bell pepper
$\frac{1}{2}$ teaspoon sweet basil
1 medium onion, chopped

Preparation:
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.