Baked Cajun Catfish and Easy Collard Greens

218 Calories | 235 mg Sodium | $3.81 Per Serving

*This Simple Cooking with Heart recipe is a terrific recipe from down South featuring two Southern cooking basics that we've given a heart healthy twist to!*

## Ingredients

- 1 Tbsp. vegetable oil
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. pepper
- 1/2 tsp. cayenne pepper (more or less, depending on desired spiciness)
- 1 1/2 tsp. paprika
- 1 tsp. thyme
- 4 fillet catfish (you can substitute any white fish, such as tilapia or trout)
- Non-stick cooking spray
- 1 Tbsp. vegetable oil
- 1/2 small onion
- 1 tsp. jarred, minced garlic
- 1/ tsp. sugar
- 1/2 tsp. red pepper flakes (add more if you like spicier food)
- 1 Bunch collard greens
- 2 Tbsp. water
- 1 Tbsp. cider vinegar
- 1 cooked, diced slice Canadian bacon, (cooked in microwave)

## Directions

1. 
2. In a shallow bowl, combine oil, garlic powder, onion powder, pepper, cayenne, paprika and thyme.
3. Prepare a 9x13 baking dish with non-stick spray.
4. Coat fish fillets in seasoning mixture and place in baking dish, pour any
remaining seasoning mixture over the fish.
5. Bake at 425 degrees for 15 minutes, until fish flakes with a fork.
6.
7. Prepare the greens: Wash the greens and blot lightly with paper towel.
8. Remove stems from larger leaves by stripping the leaf off from either side of the step (it is okay to leave the stems on the tender inner leaves).
9. Stack 8 leaves together, roll up, and slice in to 1-inch sections.

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10. In a large skillet, heat oil on medium heat. Add onion and cook until translucent (3 minutes, stirring occasionally).
11. Add garlic and cook 30 seconds more.
12. Add, sugar, red pepper, greens, vinegar, water and Canadian bacon.
13. Cover and cook until tender (20 minutes).

💡 Additional Tips

Leftover ingredients? Use them in these recipes!

Cider Vinegar

- BBQ Pulled Pork Sliders w/Homemade Potato Chips
  (/HEARTORG/GettingHealthy/NutritionCenter/Recipes/BBQ-Pulled-Pork-Sliders-with-Homemade-Potato-Chips_UCM_465579_RecipeDetail.jsp)
- Crockpot Lean BBQ Beef with Homemade Sauce and Sweet Potato Salad
  (/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Crockpot-Lean-BBQ-Beef-with-Homemade-Sauce-and-Sweet-Potato-Salad_UCM_465611_RecipeDetail.jsp)
- Crockpot Pulled Orange Chicken Tacos with Pickled Vegetables
  (/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Crockpot-Pulled-Orange-Chicken-Tacos-with-Pickled-Vegetables_UCM_465614_RecipeDetail.jsp)
- Meatloaf with Black-Eyed Peas
  (/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Meatloaf-with-Black-Eyed-Peas_UCM_465532_RecipeDetail.jsp)
- Slow Cooker BBQ Chicken or Pork