

A FISTFUL OF PECANS

...LIVENS UP THE EVERYDAY.

DOES MEAL PLANNING DRIVE YOU NUTS?



Think pecans. One bite of this catfish, and your family will be hooked on this recipe, which replaces cornmeal with pecans for a savory twist on an ordinary meal.



PECAN TRIVIA
PECANS, WHICH CONTAIN MORE THAN 19 VITAMINS AND MINERALS, ARE GROWN IN 152 TEXAS COUNTIES.

PECAN-CRUSTED CATFISH

- 2 cups pecans
- 1/4 cup all-purpose flour
- cayenne pepper
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1 large egg
- 1 1/2 tablespoons milk
- 4 catfish or red-snapper fillets, about 4 ounces each

Preheat oven to 450 degrees. Grind pecans in a food processor with on-off pulses, leaving some larger pieces intact and some of the pecans almost a powder. Set aside.

Mix flour with salt, pepper, garlic powder and cayenne to taste. Whisk together egg and milk in a shallow bowl.

Rinse fish and pat dry. Coat with seasoned flour, shaking off excess. Dip in egg mixture, letting excess drip off. Firmly press on pecans, coating fish completely.

Arrange fillets on a baking sheet, being careful not to overlap. Bake for 15 minutes at 450 degrees. Serves 4.



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