

# June Newsletter and Recipe for the Nutrition Education Program, NEP

Brought to you by Fayette County Community Action Agency, Inc. and the Nutrition Education Program, NEP

June 2019 Newsletter

## Recipe

### Skillet Catfish

*“Catfish fillets are coated in a spicy cornmeal rub and pan-fried until browned to perfection. Try substituting with cod or tilapia for delicious variety.”*

**Makes:** 4 servings, 1 serving= 1 catfish fillet

**Cook time:** 20 minutes

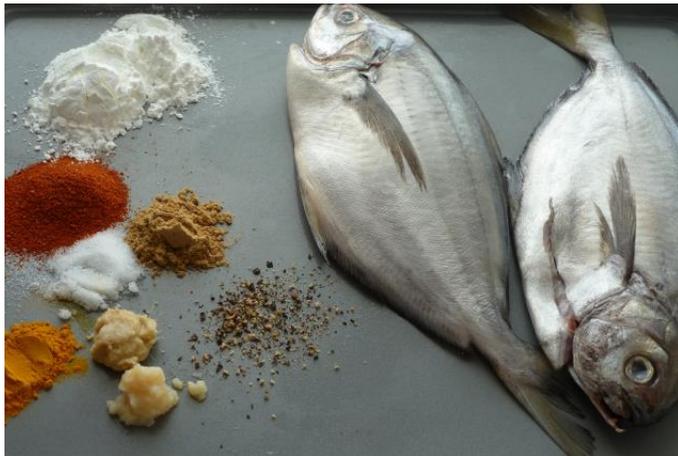
**Recipe source:** <https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/skillet-catfish>

#### **Ingredients**

- 4 4-ounce catfish fillets
- 2 teaspoons vegetable oil
- 1 lemon or lime (quartered)

#### **Ingredients for the spice rub**

- 1/8 cup cornmeal
- 1 teaspoon dried oregano
- ½ teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon black pepper



#### **Directions**

1. Make the spice rub. Put the cornmeal, oregano, cayenne pepper, thyme, paprika, salt and pepper on a plate and combine well.
2. Dredge both sides of the catfish in the spice mixture.
3. Put the skillet on the stove and turn the heat to high.
4. When the skillet is hot, add the oil. Add the fish and cook about 4 minutes on each side, until browned and cooked throughout.
5. Serve right away garnished with lemon or lime wedge.

**\*For nutritional information pertaining to this recipe, or to view other healthy recipes and ways to cook catfish, cod, salmon or tilapia, check out <https://whatscooking.fns.usda.gov>**

***I hope you will enjoy this Skillet Catfish recipe! Check out the back of this newsletter for a short lesson and information on GO, SLOW and WHOA Foods!***

# GO, SLOW and WHOA Foods!

*Use these examples as a guide to help you and your family make smart food choices!*

**GO Foods-** Eat almost anytime.

**SLOW Foods-** Eat sometimes or less often.

**WHOA Foods-** Eat only once in a while or for special occasions.

Food Group	GO Food	SLOW Food	WHOA Food
<b>Meat, Poultry, Fish, Eggs, Beans and Nuts</b>	Chicken and turkey without skin, tuna canned in water, baked, boiled, steamed or grilled fish, beans, lentils, egg whites and egg substitutes	Lean ground beef, ham, chicken and turkey with skin, low-fat hot dogs, tuna canned in oil, peanut butter, whole eggs cooked without added fat	Regular ground beef, fried hamburgers, ribs, bacon, fried chicken, chicken nuggets, hot dogs, lunch meats, pepperoni, sausage, whole eggs cooked with fat
<b>Fruits and Vegetables</b>	Fruits that are fresh, frozen or canned in juice. Vegetables that are fresh, frozen or canned without added fat and sauces	All vegetables with added fat and sauces, oven-baked French fries, avocado. 100% fruit juice, fruits canned in light syrup	Fried potatoes, such as French fries or hash browns or deep-fried vegetables. Fruits canned in heavy syrup
<b>Breads and Cereals</b>	Whole-grain breads, including pita bread, whole-grain pasta, brown rice, unsweetened whole-grain breakfast cereals	White refined flour bread, rice and pasta, French toast, taco shells, biscuits, waffles, pancakes and cornbread	Croissants, muffins, doughnuts, sweet rolls, crackers made with trans fats, calorically sweetened breakfast cereals

***\*Sweets and snacks such as cookies, cakes, pies, ice cream and even frozen yogurt are not considered a GO Food. All sweets and snacks need to be limited in order to stay within one's daily calorie needs.***

\*Information provided in this newsletter is taken from the US Office of Disease Prevention and Health Promotion's *Eat Healthy, Be Active Curriculum, Workshop 5*, for the Nutrition Education Program, NEP. I

hope you enjoyed and found this information valuable. For more information and a schedule of nutrition education classes, please contact Gretchen Billy, Project Manager for the Nutrition Education Program, NEP, at Fayette County Community Action Agency, Inc. (724) 430-6428 or email at

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.