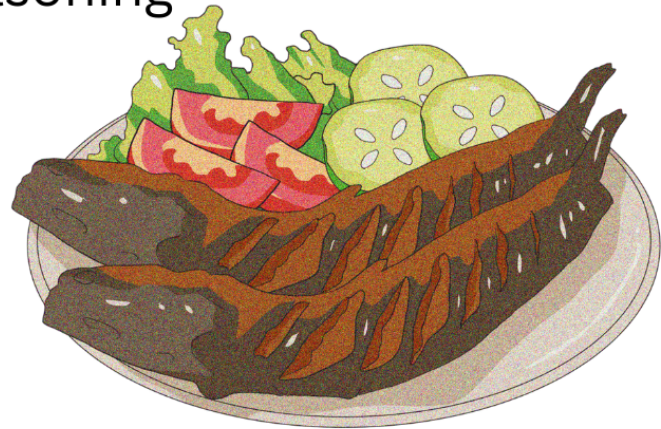


Baked Catfish with Okra

Ingredients:

- 2 Catfish fillets
- 2 tbsp Olive or Avocado Oil (divided)
- 2 tbsp Low-Seasoning Cajun Seasoning
- 2 cups Okra
- 2 cups Tomatoes
- 2 cloves Garlic
- One tbsp lemon juice



Directions:

- Marinate catfish with one tbsp Olive Oil, Cajun seasoning, and other desired seasonings for one hour.
- While catfish is marinating, prep veggies! Slice okra. Dice tomatoes and garlic.
- Heat one tbsp oil in pan then sauté okra, tomatoes, and garlic in olive oil until tender. Set aside
- In the same pan add lemon juice then cook catfish for three minutes on each side.
- Serve grilled catfish over the okra and tomato mixture. Makes two servings!



Okra is high in insoluble fiber which may help stabilize and even decrease blood sugar levels!

Okra is also high in a variety of vitamins and minerals that may improve energy levels!