



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Pecan-Crusted Fish With Peppers and Squash

Prep Time: 20 mins

Cook Time: 20 mins

Total Time: 40 mins

Ingredients

- 1 pounds fish, catfish fillets, 1/2 inch thick
- 1/2 cup(s) cornmeal
- 1/3 cup(s) nuts, roasted pecan halves, finely chopped
- 1/2 teaspoon salt
- 1/4 cup(s) flour, all-purpose
- 1/4 teaspoon pepper, cayenne
- 1/4 cup(s) refrigerated or frozen egg product, thawed, or 1 egg, beaten
- 1 tablespoon water
- 2 small pepper(s), red, bell, seeded and cut into 1-inch-wide strips
- 1 medium zucchini, halved lengthwise and cut into 1/2-inch-thick diagonal slices
- 1 medium squash, summer (yellow), halved lengthwise and cut into 1/2-inch-thick diagonal slices
- 2 teaspoon oil, cooking
- 1/4 teaspoon salt, seasoned
- lemon, wedges (optional)

Preparation

1. Preheat oven to 425°F. Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Cut fish into 3- to 4-inch pieces; set aside. Line a 15x10x1-inch baking pan with foil. Lightly grease the foil; set aside.
2. In a shallow dish, stir together cornmeal, pecans, and salt. In another shallow dish, stir together flour and cayenne pepper. In a small bowl, stir together egg product and the water. Dip one piece of the fish in flour mixture to coat lightly, shaking off any excess. Dip fish in egg mixture, then in cornmeal mixture to coat. Place the coated fish in the prepared pan. Repeat with the remaining fish pieces.
3. In a large bowl, combine sweet peppers, zucchini, and yellow summer squash. Add cooking oil and seasoned salt; toss to coat. Arrange peppers and squash next to fish, overlapping vegetables as needed to fit in pan. Bake, uncovered, for 20 to 25 minutes or until fish flakes easily when tested with a fork and vegetables are crisp-tender. If desired, serve with lemon wedges.

