



CAJUN CATFISH TACOS

These tasty, portable tacos are easy to assemble, and have a fresh, homemade taste. Breaded catfish and fresh vegetables are wrapped in a warm whole wheat tortilla, and garnished with cheese, lime and salsa.

Yield: 50 Recipe compliments of **Chef Johnnie Gale**, Corporate Chef of Ocean Select Seafood and Guidry's Catfish. Nutrition Analysis & Healthy Swaps provided by **Laurel Blackerby MSN, RDN, CHC**



INGREDIENTS

- 12.5lbs (50-4oz fillets) Guidry's Catfish, thawed
- 4 Tbsp Cajun seasoning
- ½ cup vegetable oil

- 100-1.6oz whole grain tortillas, thawed
- 3 cups carrots, shredded
- 12 cups cabbage, mixed red and green, shredded
- 3 cups fresh cilantro, chopped (~2oz)

- 4.8 lbs Queso fresco (Mexican style cheese), crumbled, or Mozzarella cheese, shredded (~18 cups)
- 6 1/4 cups salsa or pico de gallo (~56floc)
- 3 Limes, fresh, cut into 8 wedges each

DIRECTIONS

1. Thaw Guidry's Catfish fillets. Cut prethawed Guidry's Catfish fillets in half, approximately into 2oz portion fish cutlets. Season catfish fillets lightly with preferred Cajun seasoning.
2. Add 2 Tbsp oil to 4 parchment lined sheet pans. Bake fish in a conventional oven: 400° F for 25 minutes or convection oven: 350° F for 25 minutes, or until internal temperature of 145 F is reached. Fish should flake easily with a fork. Keep warm until ready to assemble tacos.
3. Thaw tortillas at room temperature until ready to heat and assemble tacos. Place tortillas in warmer in a bag.
4. Start building tacos by placing a warmed tortilla on a foil square. Top with 2 oz. heated fish strips.
5. Top the fish with 1 Tbsp shredded carrots and ¼ cup shredded cabbage.
6. Garnish each taco with 1 Tbsp chopped fresh cilantro and 1 ½ Tbsp. (3/4 ounce) crumbled cheese. Wrap a la carte tacos in foil for serving.
7. Serve 2 tacos with 2oz of salsa and a lime wedge. (Optional additional condiments: Diced avocado, sour cream, diced tomatoes.)

NUTRITION

Serving Size: 2 tacos (266g)
 Servings: 50
 Calories: 500
 21g Fat (9g Saturated Fat, 0g Trans Fats, 110mg Cholesterol). 1200mg Sodium. 44g Carbohydrates (8g Fiber, 5g

Total Sugar, 0g Added Sugars). 32g Protein. 1.2µg Vitamin D, 590mg Calcium, 2.8mg Iron, 830mg Potassium.

ALLERGENS

Contains: FISH, MILK, & WHEAT. May contain traces of SOY (vegetable oil.)

EXCHANGES

4 servings of Fat, 2 servings Vegetables, 35-1oz servings of Protein, 1 serving of Dairy, 3-1oz. servings of Grains

DIETARY SWAPS

Lower Sodium: Use salt-free Cajun seasoning on the fish and use fresh pico de gallo in place of salsa. This reduces sodium to 450mg.
 • **Dairy-free:** Use dairy-free cheese alternative.
 • **Gluten-free:** Use whole grain corn tortillas. Ensure Cajun seasoning in gluten-free.

HEALTH POINTS

Excellent source of protein. Contains 32g per serving.
 Good source of fiber. Contains 7g per serving.
 Contains 3900mg of monounsaturated fatty acids to support brain and heart health.
 100% RI for Vitamin B12.
 Contains 3.6µg per serving.

Nutrition Facts

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|------------------------------------|------------|
| 50 servings per container | |
| Serving size 2 Tacos (266g) | |
| Amount per serving | |
| Calories 500 | |
| % Daily Value* | |
| Total Fat 21g | 27% |
| Saturated Fat 9g | 45% |
| Trans Fat 0g | |
| Cholesterol 110mg | 37% |
| Sodium 1200mg | 52% |
| Total Carbohydrate 44g | 16% |
| Dietary Fiber 8g | 29% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| Protein 32g | 64% |
| Vitamin D 1.2mcg | 6% |
| Calcium 590mg | 45% |
| Iron 2.8mg | 15% |
| Potassium 830mg | 20% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.