



# Blackened Catfish with Cheddar Cheese Grits & Collard Greens

Prep time: **15** MINUTES

Cook time: **30** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container  
Serving size **1/4 recipe (478g)**

Amount per serving  
**Calories 590**

% Daily Value\*

<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 130mg	<b>43%</b>
<b>Sodium</b> 650mg	<b>28%</b>
<b>Total Carbohydrate</b> 55g	<b>20%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 10g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 46g	
Vitamin D 21mcg	110%
Calcium 632mg	50%
Iron 4mg	20%
Potassium 1166mg	25%

\*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.

Scan code for a video of how to make this recipe!



## Ingredients:

- 4 (6-ounce) catfish fillets
- 1 medium yellow onion
- 1 medium lemon
- 4 cloves garlic
- 1 bag (16 ounces) collard greens
- 1 cup shredded fat-free cheddar cheese
- 1 cup quick white grits
- 1 cup fat-free half and half
- 3 tablespoons salted butter
- 2 teaspoons paprika
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons dried thyme leaves
- 2 teaspoons ground black pepper
- ¼ teaspoon salt
- 1 tablespoon honey
- 2 tablespoons olive oil

Recipe adapted from Chef Ami

**UF | IFAS**  
UNIVERSITY of FLORIDA

An Equal Opportunity Institution



**slice & spice**  
dinner time is family time

**Walmart** **org**



# Instructions:



## 1. Prep

Thoroughly rinse and dry collard greens, garlic, and onion. Remove thick stems from the collard greens and roughly chop the leaves. Cut onion into small dice. Mince garlic cloves.



## 2. Cook collard greens

Bring a large pot of water to a boil over medium-high heat and add collard greens. Cook for 15 minutes, then drain and set aside. In the same pot, melt 1 tablespoon butter over medium heat. Add the onion and garlic and sauté until the garlic is fragrant and the onion is translucent. Increase heat to medium-high, add collard greens, ½ teaspoon of ground black pepper, and ¼ teaspoon of salt, and sauté for 3 to 5 minutes. Drizzle with the juice of 1 lemon and remove from heat.



## 3. Make grits

In a medium pot, combine 3 cups water, half and half, and ½ teaspoon ground black pepper. Bring to a boil over medium-high heat. Reduce heat to low, slowly stir in the grits, and cover. Cook for 5 to 7 minutes, stirring occasionally. Once grits are thick and smooth, remove heat and stir in the honey and cheese until melted. Set aside for 5 minutes, then stir in remaining butter until completely smooth.



## 4. Make blackened seasoning

In a small bowl, mix paprika, garlic powder, onion powder, dried thyme leaves, 1 teaspoon ground black pepper, and ¼ teaspoon salt.



## 5. Season and cook catfish

Pat catfish fillets dry with a paper towel. Season both sides of the fish with the blackened seasoning. In a large skillet, heat olive oil over medium-high heat. Add the catfish fillets, and cook for 3 to 4 minutes per side until the internal temperature is 145°F.

## 6. Final touches

Plate the grits and place the blackened catfish on top. Serve with the collard greens.

## Did you know ?

- » Catfish is a low calorie, high protein seafood; and is an excellent source of vitamin D.
- » Collard greens are an excellent source of vitamin K.

## Try these tips!

- » Save on cooking time by making grits while the collard greens are cooking.
- » Try baking the fish on a lined baking sheet at 425°F for 10 to 15 minutes until the internal temperature is 145°F.