

## **Catfish** (Fish & Seafood)

**Interesting facts:** Catfish are bottom feeders so the wild caught can have toxins.

**How to select:** Nearly 90 percent of the catfish imported to the U.S. comes from Vietnam, where use of antibiotics that are banned in the U.S. is widespread. Furthermore, the two varieties of Vietnamese catfish sold in the U.S., Swai and Basa, aren't technically considered catfish by the federal government and therefore aren't held to the same inspection rules that other imported catfish are.

**How to clean and store:** May be refrigerated 1-2 days.

**How to prepare and cook:** Fried, steamed, bake

### **Recipe idea:**

**Fried Catfish:** In a pan combine: ½ cup almond meal, 1-2 cloves minced garlic, zest of one organic lemon, ¼ teaspoon salt and pepper. In another pan whip 1 egg with 1/8 cup water until frothy. Heat 2 tablespoons coconut oil in a sauté pan over medium flame. Place the catfish in the egg mixture and then in the almond mixture and place in the sauté pan. Cook until light brown about 2-3 minutes and then turn and cook another 2-3 minutes. Remove from heat and serve with sprig of parsley and wedge of lime.