

RECIPE



Grilled Catfish

(Optional; see below) Dip fillets in melted margarine.
Spray grill basket w/ cooking spray
Grill over low to medium heat 'til browned on one side.
Turn over & baste the browned side with Dale's steak sauce.
Repeat when 2nd side is browned.
Ready to eat with no further salt or other seasonings.

For low fat option, and less flareup, omit the margarine; spray both the basket and the fillets w/ butter flavored cooking spray.

Option 2: marinate fillets in Italian dressing, grill as above; baste w/ Catalina dressing instead of Dale's steak sauce.

These can be held in a casserole in the oven till ready to eat.

(Be sure to use catfish from Steve's Farm!!)

Recipes compliments of **STEVE'S FARM**

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“Favorites from Lynette’s Kitchen”