

Pantry Recipes

Easy, nutritional, and delicious recipes using basic items often found in the St. Michaels Community Center's pantry.

Lemon Pepper Catfish

Servings: 4 | Serving Size: 6 oz.
Calories Per Serving: 185

Ingredients:

- 4 catfish filets
- 3 Tbs lemon juice
- 2 Tbs butter, melted
- 2 garlic cloves, minced
- 1 tsp dried thyme
- 1/2 tsp black pepper

Directions:

1. Mix lemon juice, butter, garlic, thyme, and black pepper together, pour over catfish. Let rest for 30 min.
1. When ready to cook, grill or broil for 6-8 minutes or until fish is cooked through and flaky.

*Serve with fresh veggies, rice, or over a salad.
Also great with chicken or shrimp!*

Is Catfish A Superfood?

Low in fat, and high in protein and omega-3 fatty acids, catfish is a delicious, underrated super food!!



| Nutrition Facts | |
|--|------------|
| 4 Servings | |
| Serving Size - 3/4 cup (6oz) | |
| Amount per serving | |
| Calories | 185 |
| % Daily Value (DV)* | |
| Total Fat 7g | 11% |
| Saturated Fat 4g | 20% |
| Cholesterol 125mg | 42% |
| Sodium 134mg | 6% |
| Total Carbohydrates 2g | 1% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | 0% |
| Protein 28g | 56% |
| *The % Daily Value (DV) tells you how much a nutrient in a serving of foods contribute to a daily diet. 2,000 calories a day is used for general nutrition advice. | |



Executive Chef Kerri Clear
St. Michaels Community Center



The St. Michaels Community Center's mission is to serve, empower, and connect the community, with year-round programs and activities.

Community Cafe and Pantry Hours:

Mondays, 4-6 p.m., Wednesdays and Fridays 1-3 p.m.