

CATFISH STRIPS

BREADED, FROZEN

for use in the USDA Household
Commodity Food Distribution Programs

07/22/02

Product Description

- **Catfish strips** are breaded, par-fried (partially fried), frozen, and ready-to-cook.
- The catfish strips are packed in twenty 2-pound containers (40 pounds per case) and delivered frozen.

Yield

A serving will provide approximately 3 ounces. Each 2-pound bag will provide approximately 10 3-ounce servings.

Storage

- For **best quality**, use frozen catfish strips by the “Best if Used By” date on the package.
- Store frozen in freezer at 0°F or below. Keep frozen until use.

Preparation

- Preheat oven. Remove strips from container and place frozen product on ungreased cookie sheet.

Cooking

- Preheat oven to 400°F. Cook for 8-9 minutes or until flaky.
- Use a meat thermometer to ensure that a safe internal temperature of 155°F has been reached.

Uses and Tips

- Catfish strips may be served as an entrée with tartar sauce, cocktail sauce, or Tabasco sauce. They may also be served on a hoagie bun as a sandwich.
- Catfish strips are great appetizers.



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- Serve on top of a salad or make a catfish fajita by serving it in a tortilla.

Nutrition Information

- **Catfish strips** are an excellent source of protein and vitamin B12 and a good source of niacin and phosphorus.
- 2 to 3 ounces of catfish provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, and NUTS GROUP** of the Food Guide Pyramid.

(See recipes on reverse side)

NUTRITION FACTS

Serving size 3 ounces (about 3 strips)
cooked catfish strips (85g)

Amount Per Serving

Calories	200	Fat Cal	100
% Daily Value*			
Total Fat	11g		17%
Saturated Fat	3g		15%
Cholesterol	70g		23%
Sodium	240g		10%
Total Carbohydrate	7g		2%
Dietary Fiber	1g		4%
Sugars	0g		
Protein	15g		31%
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	7%
Vitamin B12	27%	Niacin	10%
Phosphorus	18%		

*Percent Daily Values are based on a 2,000 calorie diet.

Catfish Hoagie

3 strips Catfish, cooked
1 hoagie or submarine roll, sliced in half lengthwise
¼ cup chopped lettuce
3 slices red tomato
1 slice onion (optional)
2 tablespoons Tabasco sauce (optional)

1. Preheat oven to 400°F. Place frozen catfish strips on ungreased cookie sheet. Bake for 8 to 9 minutes until internal temperature of 155°F.
2. On roll, add lettuce and tomato slices and other optional toppings. Add catfish after cooking.
3. Serve immediately.

Optional: Add catsup, cocktail sauce, Tabasco sauce, mustard or Italian dressing for additional flavor.

Makes one serving

Nutrition Information for each serving, not counting optional items:

Calories	600	Cholesterol	65 mg	Sugar	12 g	Calcium	143 mg
Calories from Fat	170	Sodium	930 mg	Protein	27 g	Iron	5.3 mg
Total Fat	19 g	Total Carbohydrate	82 g	Vitamin A	48 RE		
Saturated Fat	5 g	Dietary Fiber	5 g	Vitamin C	12 mg		

Catfish Salad

3 strips Catfish, cooked
1½ cups chopped lettuce
1 red tomato, chopped or cut into wedges
¼ cup carrot, shredded
1 slice onion (optional)
2 tablespoons dressing or Tabasco sauce (optional)

1. Preheat oven to 400°F. Place frozen catfish strips on ungreased cookie sheet. Bake for 8 to 9 minutes until internal temperature of 155°F.
2. In a salad bowl, add lettuce, tomato, carrot, and other optional toppings. Add catfish after cooking.
3. Serve immediately.

Optional: Add salad dressing, cocktail sauce, or Tabasco sauce for additional flavor.

Makes one serving

Nutrition Information for each serving, not counting optional items:

Calories	286	Cholesterol	90 mg	Sugar	2 g	Calcium	71 mg
Calories from fat	135	Sodium	330 mg	Protein	22 g	Iron	2.1 mg
Total Fat	15 g	Total Carbohydrate	15 g	Vitamin A	238 RE		
Saturated Fat	3.5 g	Dietary Fiber	3 g	Vitamin C	11 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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