

Catfish and Veggie Stir-fry

SERVINGS: 4-6 | **PREP TIME:** 15 MINUTES | **COOK TIME:** 10-12 MINUTES

INGREDIENTS:

- **1.5-2 lb blue catfish fillets**
- **2-3 bell peppers** (any color)
- **2 tbsp avocado oil**
- **2 cloves minced garlic**
- **3 tbsp low sodium soy sauce**
- **1 tbsp rice vinegar**
- **Optional : 1 tsp cornstarch**
(thickens sauce)

INSTRUCTIONS:

1. Wash, dry, and remove seeds from bell peppers. Cut into strips.
2. Pat catfish dry and cut into chunks.
3. Season the catfish lightly with salt and pepper (and toss in cornstarch if using).
4. Heat 1 tbsp avocado oil in a large skillet or wok over medium-high heat.
5. Add the catfish in a single layer and cook 2-3 minutes on each side, until lightly golden and cooked through.
6. Remove catfish from pan and set aside.
7. In the same pan, add 1 tbsp avocado oil and bell peppers and cook for 3-4 minutes until tender-crisp.
8. Return the catfish to the pan. Add soy sauce and rice vinegar. Gently stir to coat and heat through.
9. Remove from heat and serve. Enjoy!



Chicken, Watermelon & Cucumber Salad

SERVINGS: 4-6 | **PREP TIME:** 20-25 MINUTES | **COOK TIME:** 10-12 MINUTES

INGREDIENTS:

- **2 boneless, skinless chicken breasts**
- **1 large cucumber**
- **4 cups cubed watermelon**
- **Salt and pepper** to taste
- **Optional: ¼ cup red onion**
- **Optional: ¼ cup fresh mint**
- **3 tbsp olive oil**
- **2 tbsp lime juice**
- **1 tbsp honey or maple syrup**

INSTRUCTIONS:

1. Heat 1 tsp of oil in a skillet over medium heat.
2. Place the chicken in the skillet to cook. Cook for 5-6 minutes on each side.
3. Let the chicken rest for 5 minutes, then slice thinly or shred.
4. In a small bowl, whisk together olive oil, honey, lime juice, salt, and pepper. Set aside. (this is the dressing, which is optional).
5. In a large salad bowl, combine the watermelon cubes, cucumber slices, and red onion and mint (if using).
6. Add the chicken to the salad. Drizzle with dressing (if using), lightly mix, and serve. Enjoy!



Stuffed Peppers

SERVINGS: 4-6 | **PREP TIME:** 15-20 MINUTES | **COOK TIME:** 40-45 MINUTES

INGREDIENTS:

- **4-6 large bell peppers** (any color)
- **1 medium onion**
- **1 ½ cups sweet corn**
- **2 cloves minced garlic**
- **1 tsp cumin**
- **½ tsp smoked paprika**
- **Optional: 1 can black beans**
- **Salt and pepper** to taste

INSTRUCTIONS:

1. Preheat oven to 375 °F.
2. Wash and dry the bell peppers. Slice the tops off and remove the seeds and membranes.
3. Lightly rub the peppers with oil or spray and place upright in a baking dish.
4. Peel and dice onion and set aside.
5. In a skillet, heat olive oil over medium heat.
6. Add onion and sauté for 3-4 minutes until soft.
7. Add garlic and cook 1 more minute.
8. Stir in corn, black beans (if using), cumin, paprika, salt, and pepper.
9. Fill each pepper generously with the mixture from the pan.
10. Cover with foil and bake for 30 minutes.
11. Uncover and bake for an additional 10-15 minutes, when the peppers should be lightly browned and tender.
12. Serve and enjoy!

