

*Catfish Tacos  
with  
Pico de Gallo*

*Jacksonville, FL*

# Catfish Tacos with Pico de Gallo

*Prep Time: 10 Min   Total Time: 45 Min   Serves: 6*

## *Ingredients*

6 frozen catfish strips,  
defrosted

1 tablespoon plus 2 teaspoons  
low-sodium taco seasoning,  
separated

1½ cups brown rice, uncooked

3 tablespoons red onion, diced

3 tablespoons cilantro, diced

1 tablespoon jalapeño pepper,  
chopped

1 cup tomato, diced

1½ teaspoons lemon juice

6 8-inch whole grain tortillas

1½ cups romaine lettuce,  
shredded

## *Preparation*

- 1 Preheat oven to 350° F.
- 2 Toss catfish strips with 2 teaspoons taco seasoning. Spread on a baking sheet and bake for 20 minutes or until internal temperature reaches 165° F.
- 3 Meanwhile, add brown rice and one tablespoon of taco seasoning to 3 cups of boiling water. Cover and cook on low heat for 20 minutes or until tender.
- 4 In a small bowl, mix onion, cilantro, jalapeño, tomato and lemon juice to make pico de gallo. Chill until ready to use.
- 5 Wrap tortillas in foil and warm in oven for five to six minutes.
- 6 Cut catfish strips in half. To build tacos, place 2 pieces of catfish in each tortilla. Divide lettuce, rice and pico de gallo among tortillas. Serve and enjoy!