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!