

## *Inexpensive Eating*

### **Catfish Tacos with Cucumber Salsa**

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½ of a hothouse or European cucumber, seeded and diced, but not peeled (about 1 C)  
3 scallions, chopped  
1 garlic clove, minced  
1 small jalapeño, minced (about 2T)  
Juice of ½ a lime (about 1T)  
Pinch of salt

1 lb. catfish fillets, patted dry  
2 T vegetable oil  
1 T TexMex Seasoning Blend (or your favorite southwest grill seasoning)  
8 6" corn tortillas  
1 C sour cream  
2 C shredded purple cabbage

#### *To prepare salsa*

Combine cucumber, scallions, garlic, jalapeño, salt, and lime juice in a small mixing bowl. Place in refrigerator until ready to assemble tacos.

#### *To prepare catfish*

Preheat a large skillet over medium high heat. Brush catfish fillets with vegetable oil and sprinkle with TexMex Seasoning Blend, coating both sides of the fillet. Place fillets in preheated skillet and sauté for 4-5 minutes per side, cooking catfish through thoroughly. Remove catfish to a plate and break into large pieces (small enough to fill tortillas).

#### *To assemble tacos*

In batches, place tortillas in preheated skillet used to sauté catfish. Cook for 10-15 seconds per side, until heated through. Remove to a plate and cover with a tea towel until all tortillas are warmed.

Place 1/8 of catfish into tortilla. Add ¼ C shredded cabbage. Top with 2T sour cream, and finish with 2T cucumber salsa. Serve with Cumin Sweet Potatoes.

Serves 4. (Makes 8 tacos)

