

## Grilled Fish Sandwich

### Ingredients:

- 1/4 cup reduced-fat mayonnaise
- 1 1/2 teaspoons tarragon, dried
- 1 teaspoon garlic powder
- 2 tablespoons lime juice
- 1 teaspoon chili powder
- 1 1/2 teaspoons oregano, dried
- 1/4 teaspoon pepper
- 2 catfish fillets, cut in 2 pieces each
- 2 teaspoons olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 4 whole wheat buns
- 4 romaine lettuce leaves
- 1 tomato

### Equipment:

- Mixing bowl
- Measuring cup
- Measuring spoons
- Skillet
- Plate
- Cutting board
- Knife

Number of Servings: 4  
 Prep Time: 15 minutes  
 Total Time: 15 minutes

### Directions

1. Mix mayonnaise, tarragon, garlic powder, lime juice, chili powder, oregano, and pepper together in a small bowl. Refrigerate until ready to use.
2. Heat oil in non stick skillet to medium.
3. While skillet is heating, mix garlic powder and onion powder together on a plate. Rinse fish filets and pat dry. Dredge fish through seasonings and place in skillet.
4. Cook on each side three to five minutes, until fish flakes easily with a fork.
5. While fish is cooking, wash a tomato and slice the end off. Cut four slices and set aside.
6. Spread dressing on one side of buns, top with romaine lettuce leave, tomato, and cooked fish filet. Top with other slice of bun.

For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)



Friend us on Facebook and  
 follow us on Twitter

[www.facebook.com/vafnp](http://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](http://www.twitter.com/vafnp)

### Nutrition Facts

Serving Size: 1 sandwich			
Servings: 4			
<b>Amount Per Serving</b>		<b>Calories from Fat 99</b>	
<b>Calories 294</b>			
		<b>%Daily Value*</b>	
<b>Total Fat</b> 11g		17%	
Saturated Fat 2g		9%	
<b>Cholesterol</b> 51mg		17%	
<b>Sodium</b> 286mg		12%	
<b>Total Carbohydrate</b> 29g		10%	
Dietary Fiber 4g		16%	
<b>Protein</b> 19g		38%	
Vitamin A 16%	Vitamin C 20%		
Iron 12%	Calcium 10%		
*Percent Daily Values are based on a 2,000 calorie diet.			

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.