

Cajun Catfish with Toasted Pecan Rice

INGREDIENTS

1 2-cup bag Uncle Ben's Brand Boil-in-Bag rice
1/4 cup dried breadcrumbs
1 tablespoon paprika
1/4 teaspoon cayenne pepper
4 catfish fillets (6 ounces each)
nonstick spray
1/2 cup sliced onion
3 tablespoons chopped pecans
1 teaspoon margarine or butter
1 teaspoon firmly packed brown sugar

- Prepare rice according to package directions; drain well.
- Combine breadcrumbs, paprika and cayenne pepper; coat catfish fillets with mixture and place on nonstick baking pan.
- Lightly spray with nonstick spray and bake at 475°F for 10 - 12 minutes, or until fish begins to flake when gently pressed.
- While fish is baking, spray nonstick skillet with nonstick spray and saute onions and pecans over medium-high heat for 3 - 4 minutes, until lightly brown.
- Cover and cook over low heat for 1 minute to soften onion.
- Add margarine, brown sugar and rice and cook over medium-high heat 2 - 3 minutes, stirring, until rice is hot and fluffy.

Serves 4