



Southwest Blackened Catfish

2, 8 oz catfish fillets
2 celery stalks, sliced 1/2 inch
1 medium onion, julienne 1/4 inch
2 carrots, diced

Generously coat catfish with SW Blackening rub.

Place vegetables in roasting pan, laying fish on top of vegetables.

Bake in oven at 350 degrees for 12 minutes, until tender.

Also try with poultry, beef or pork.