

Make a grilling pan with aluminum foil; place fish into pan and pour marinade over fish. Grill until flaky.

Great with baked potato, salad and fresh bread. Ingredients are estimated, adjust to your taste.

Blend of the Bayou

Sharon Hammonds (Tye, 5th grade)

8 oz cream cheese	1 can Cream of Mushroom soup
1 stick margarine	1 sm can mushrooms
1 lb shrimp	1 T garlic salt
1 lg onion, chopped	1 tsp red pepper
1 bell pepper, chopped	1 can white crab meat
2 ribs celery, chopped	3/4 or more cooked rice
2 T butter	
cheese cracker crumbs	

Melt cream cheese and butter in boiler. Saute shrimp, onion, bell pepper and celery in 2 T butter; add to the cream cheese mixture. Add soup, mushrooms, seasoning, crab meat and rice; mix well and place in a 1 qt casserole. Top with crumbs. Bake at 350 degrees for 20-30 minutes or until bubbly. NOTE: use a bigger casserole dish if more rice is used.

Oven Fried Catfish Fillet

Mary Merrells (mother of Vella Armstrong, 5th grade teacher)

Catfish fillets	Pam
salt and pepper	cast iron skillet

Wash fillets; salt and pepper to taste and meal lightly. Spray skillet generously with Pam. Lay fish in skillet with skin-side up; spray top of fish with Pam. Bake in 450-500 degree oven until brown on one side; turn. Bake until brown and crisp.