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Catfish with Black Bean and Avocado Relish

Prep Time: 20 mins

Cook Time: 4 mins

Total Time: 24 mins

Ingredients

- 6 medium fish, catfish, (4 ounces each) fresh or frozen, about 1/2 inch thick
- 3 tablespoon lime juice
- 2 tablespoon cilantro, snipped
- 2 tablespoon oregano, snipped
- 2 tablespoon scallion(s) (green onions), finely chopped
- 1 tablespoon oil, olive
- 1/4 teaspoon salt
- 1 teaspoon lime peel, finely shredded
- 1/4 teaspoon pepper, cayenne
- 1 can(s) beans, black, (15 ounces) rinsed and drained
- 1 medium avocado, halved, seeded, peeled, and diced
- 1 medium tomato(es), chopped
- lime(s), cut into wedges

Preparation

1. Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Set aside.
2. For relish, in a small bowl, combine lime peel, lime juice, cilantro, oregano, green onion, olive oil, salt, and cayenne pepper. In a medium bowl, combine beans, avocado, and tomato; stir in half of the cilantro mixture. Cover and chill until serving time.
3. Place fish on rack of an uncovered grill directly over medium coals. Grill for 4 to 6 minutes or until fish flakes easily when tested with a fork, turning and brushing once with remaining cilantro mixture halfway through grilling. Discard any remaining cilantro mixture. Serve fish with relish and lime wedges.

