

Grilled_Lemon_Herb_Catfish:

Ingredients:

- 4 catfish fillets
- 2 lemons, juiced and zested
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon fresh thyme leaves
- Salt and pepper to taste

Instructions:

1. In a bowl, mix together lemon juice, lemon zest, olive oil, minced garlic, and fresh thyme. Season with salt and pepper.
2. Place catfish fillets in a shallow dish and pour the lemon herb marinade over them. Marinate for 20-30 minutes.
3. Preheat the grill to medium-high heat.
4. Grill the catfish for 4-5 minutes on each side, or until the fish flakes easily with a fork.

Sides:

1. Steamed Asparagus:

Ingredients:

- 1 bunch of fresh asparagus
- 1 tablespoon olive oil
- Salt and pepper to taste
- Lemon wedges for garnish

Instructions:

1. Wash and trim the tough ends of the asparagus spears.
2. Steam the asparagus for about 3-4 minutes until tender-crisp.
3. Drizzle with olive oil and season with salt and pepper.
4. Serve with lemon wedges for garnish.

2. Quinoa with Herbs:

Ingredients:

- 1 cup quinoa
- 2 cups water or low-sodium vegetable broth
- 2 tablespoons fresh chopped herbs (such as parsley, chives, and basil)
- Salt and pepper to taste

Instructions:

1. Rinse quinoa under cold water and drain.
2. In a saucepan, bring water or vegetable broth to a boil.
3. Add quinoa, reduce heat, cover, and simmer for about 15 minutes or until the liquid is absorbed.
4. Fluff the quinoa with a fork and stir in the fresh herbs. Season with salt and pepper.

You can now easily copy and follow this structured recipe format. Enjoy your meal!