

Title:

Cast Your Vote for 'America's Fish'

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329

Summary:

Election season is in full swing, and it's time to get out and vote. For president, you say? Of course, but there's one more candidate to elect this year - America's fish.

Keywords:

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Article Body:

Election season is in full swing, and it's time to get out and vote. For president, you say? Of course, but there's one more candidate to elect this year - America's fish.

Think about it: America has a national anthem, a national flower and even a national tree, but not a national fish. Therefore, the Catfish Institute has nominated U.S. Farm-Raised Catfish for the honor.

Why is this fish worthy of such a title? A true American original, U.S. Farm-Raised Catfish can be found on plates all around the country, from California to New York and all the way to Washington. This versatile fish is adaptable to a variety of seasonings and can be grilled, baked, poached, broiled or fried. So where does this candidate stand on the important issues? Read on:

\* On the environment: A friend to the environment, U.S. Farm-Raised Catfish is fed a grain-based diet and raised in closed, freshwater ponds.

\* On family values: Affording Americans time at home with family is a valued priority for this candidate. Because catfish is so easy to prepare, families can spend less time cooking and more time together.

\* On health and nutrition: Low in fat, calories and sodium, carb-free, and high in protein, this candidate is ideal for every health-conscious American.

\* On the economy: With prices that are easy on the pocketbook, voting for this candidate is smart economics.

Try this quick, easy recipe to see what else "Candidate Catfish" has to offer.

#### CLASSIC FRIED CATFISH

3/4 cup yellow cornmeal

1/4 cup all-purpose flour

2 teaspoons salt

1 teaspoon cayenne pepper

1/4 teaspoon garlic powder

4 U.S. Farm-Raised Catfish

fillets

Vegetable oil

For garnish: sliced tomato

and parsley sprigs

Combine cornmeal, flour, salt, cayenne pepper and garlic powder. Coat farm-raised catfish with mixture, shaking off excess.

Fill deep pot or 12-inch skillet half full with vegetable oil. Heat to 350 F. Add catfish in single layer and fry until golden brown, about 5 to 6 minutes, depending on size. Remove and drain on paper towels.