

BLACKENED CATFISH WITH SIMPLE COLLARD GREENS



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

For the collard greens:

- ★ 2 teaspoons avocado oil
- ★ 1 link smoked turkey sausage (about 2 ounce), finely diced
- ★ 1 small yellow onion, finely diced (about 6 ounce)
- ★ 2 cloves garlic, minced
- ★ 1 large bunch collard greens, thick stems removed, leaves washed and cut into 1" pieces (about 1¼ pounds)
- ★ 1 14.5-ounce can low-sodium chicken broth
- ★ 2 tablespoons apple cider vinegar
- ★ ½ teaspoon honey
- ★ ¼ teaspoon kosher salt
- ★ Freshly cracked black pepper, to taste

For the catfish:

- ★ 1½ tablespoons smoked paprika
- ★ 2¼ teaspoons sweet paprika
- ★ ¾ teaspoon cayenne pepper
- ★ ¾ teaspoon garlic powder
- ★ 2¼ teaspoons onion powder
- ★ ¾ teaspoon dried thyme
- ★ ¾ teaspoon dried oregano
- ★ ½ teaspoon freshly cracked black pepper
- ★ Avocado oil spray
- ★ 4 6-ounce catfish filets

DIRECTIONS

Preheat the oven to 400 degrees F. In a large heavy-bottomed pot with a lid, heat avocado oil over medium until shimmering. Add smoked turkey sausage to the pot and cook, stirring occasionally, until golden, about 5 minutes. Increase heat to medium-high, then add onions and cook, stirring, until softened and translucent, about 3 to 5 minutes more, adding a splash of water to the pan as necessary if it begins to get too dry. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds to 1 minute more, and then, working in batches, add the greens and stir until just beginning to wilt, about 2 to 4 minutes more. Add the chicken broth and bring to a simmer. Partially cover the pot, then reduce heat to medium-low and continue to simmer, stirring occasionally, until greens are very tender and most of the liquid has evaporated, about 25 to 35 minutes.

While the collard greens simmer, whisk together the smoked paprika, sweet paprika, cayenne pepper, garlic powder, onion powder, thyme, oregano, and pepper in a small bowl. Transfer to

a large plate and set aside. Line a half sheet tray with aluminum foil and lightly coat with avocado oil spray. Generously season each catfish filet, lightly pressing the fish into the blackening spice mixture and turning to coat completely. Transfer to the prepared baking sheet and bake until the catfish flakes easily with a fork, about 15 to 20 minutes.

When collard greens are tender, stir in the apple cider vinegar, honey, salt, and pepper. Serve alongside the blackened catfish.

Serving Size and Nutritional Information:

Serves 4 (Serving Size 1 Filet = 473 g)
290 Calories Per Serving, **10 g** Total Fat,
16 g Total Carbohydrates, **37 g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Download more delicious,
type 2 diabetes-friendly recipes
at MyType2Tips.com



Novo Nordisk is a registered trademark of Novo Nordisk A/S. All other trademarks, registered or unregistered, are the property of their respective owners.
© 2026 Novo Nordisk All rights reserved. US26OZM00138 April 2026