Catfish with Red Peppers, Tomatoes, and Sweet Yellow Onion (Serves 1)

I woke up hungry 30 minutes before my alarm clock. I had 2 catfish fillets leftover from supper in the refrigerator. I thought about that lone red pepper I needed to use, the sweet yellow onion that is a staple of my pantry, and the diced, fire roasted tomatoes I try to keep in the house. I got out of bed at 5 AM and cooked Catfish with Red Peppers, Tomatoes, and Sweet Yellow Onion for breakfast. I should eat like that every morning!

Prep and Cook Time: 15-20 minutes

Ingredient list:

2 catfish fillets
1 sweet yellow onion
1 red bell pepper
1 14.5-ounce can of diced tomatoes (I used Muir Glenn Fire Roasted)
Grapeseed oil or extra virgin olive oil
Garlic powder
Black pepper
Salt

Directions: Add 1 or 2 tablespoons of olive oil to wok over medium heat. Chop onion into bite-sized pieces and add one good handful to wok. Chop bell pepper into bite-sized pieces and add to wok. Add a generous dusting of salt, garlic powder, and black pepper and stir ingredients. Add can of diced tomatoes with all the liquid in the can and stir ingredients. Lay fish on top of vegetables, cover wok, and let cook for 10-15 minutes or until you can pull flakes of fish from the fillets easily with a fork. When done, transfer everything to a plate and enjoy!

Notes: I'm learning to eat whatever I like at breakfast and encourage you to set yourself free from traditional ideas about what you can and cannot eat first thing in the morning. If you aren't ready for catfish at breakfast, this makes a good supper too.