



**Georgia Governor's Mansion Executive Chef Holly Chute's  
"Light Southern Meal"  
Prepared for Dr. Mehmet Oz on the Big Green Egg**

**Grilled Catfish**

Ingredients:

6 catfish fillets  
zest of 1 lime  
juice of 2 limes  
1/3 cup canola oil  
salt and pepper

Set up the EGG for direct cooking at 350°F / 177°C.

Combine lime zest, juice and canola oil in a bowl. Place catfish fillets in a glass dish. Season each fillet with salt and pepper, set aside.

While the EGG is heating, dip catfish fillets in lime juice mixture then place back in glass dish.

Using a silicone brush or a paper towel, coat the cooking grid with oil.

Cook catfish 3-4 minutes per side depending on size. Fish should flake easily. Remove fish from grill and serve with salsa.

## **Watermelon Salsa**

### Ingredients:

2 cups watermelon, diced into small pieces (use ½ yellow and ½ red if available)

½ cup red onion, diced into small pieces

½ cup English cucumber, diced into small pieces

½ cup orange pepper, diced into small pieces

5 leaves fresh mint, finely shredded

salt and pepper

Combine all ingredients

## **Marinated Cole Slaw**

### Ingredients:

½ large cabbage, grated

¾ cup green onions, finely chopped

½ cup red bell pepper, finely diced

1-2 jalapenos, very finely diced (Optional)

¼ cup agave nectar

1 cup cider or white vinegar

¼ teaspoon celery Seed

salt and pepper

Combine all ingredients

## **Sweet Potato Salad with Cider Vinaigrette**

### Ingredients:

5 Jewel sweet potatoes or 2-3 regular potatoes, peeled and diced (4-5 cups)

1/3 cup raisins

1/3 cup dried cranberries

1/2+ teaspoon cinnamon

1/2+ cup apple cider

1/4 cup white balsamic or cider vinegar

3/4 cup canola oil

1/2 cup chopped scallions

salt and pepper

If possible, start this the day before eating. Cook sweet potatoes in salted water until just tender, but still firm. Drain potatoes and chill overnight. Combine raisins, cranberries and cinnamon in a small saucepan with cider. Simmer for 2-3 minutes to soften. Allow to cool then drain reserving cider. Add more cider to reserved liquid to make 1/2 cup. In a small bowl, whisk together cider, vinegar and canola oil. Combine chilled potatoes and scallions in a bowl. Pour dressing over and mix to combine. Adjust seasoning and serve cold. Serves 6.

## **Baked Hush Puppies**

### Ingredients:

1½ cup yellow cornmeal mix

¼ cup onion, finely diced

1 tablespoon canola oil

¾ cup buttermilk

Cooking spray (I prefer to use a Misto spray bottle with canola oil)

### Preparation:

Set up the EGG for indirect cooking at 450°F / 232°C.

Combine ingredients in a bowl and mix well.

Place mini muffin pans in the EGG to get hot. Remove pans and spray with cooking spray.

Scoop 1 tablespoon of batter into each cup. Spray tops of muffins with cooking spray and bake for 10-12 minutes.

*Makes 26-30 mini muffins*

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Holly Chute has been Executive Chef at The Georgia Governor's Mansion under six different administrations, prompting former Governor Sonny Perdue to proclaim "it's Holly's House, she just lets us live here." Chute graduated from The Culinary Institute of America. Besides having received the honor of "best fried chicken I've ever had" by comedian Jeff Foxworthy, Holly is particularly proud of her own success with weight loss through outdoor exercise and fresh foods. She now serves as the Culinary Director for the Tons of Fun Fitness Challenge, a statewide health initiative launched in August 2011.