

# Questions from the Kitchen

Tips from Pat and Betty,  
Reynolds Kitchens Home Economists



*(NAPSA)—Dear Pat and Betty:  
We love picnics with neighbors  
but there always seems to be  
so much wasted food.  
How can this be avoided?*

**A.** Assign the menu “potluck” style, so you don’t end up with too much of one item and not enough of another. Even so, there may be leftovers. We suggest wrapping them with Reynolds® Extra Wide Plastic Wrap and placing them back in the cooler after serving. The generous 18-inch width covers large deli platters, watermelons and super-sized bowls of salad. Reynolds Plastic Wrap stretches for a tight seal, helping keep food fresh so you can enjoy those leftovers later. Check out [reynoldskitchens.com](http://reynoldskitchens.com) for more picnic tips and time savers.

*Dear Pat and Betty:  
Grilled fish is one of our cookout favorites, but it sticks and falls apart so easily. Any hints?*

**A.** Grilled fish can be a challenge to prepare. Using new Reynolds Wrap® Release® Non-Stick Grill Foil makes grilling seafood easy. It comes in pre-cut, perforated sheets that keep fish from sticking to the grill, so you can enjoy every bite. Delicate foods like shrimp and veggies won’t fall through the grill rack. Best of all, cleanup is a breeze! Try our Cajun Catfish recipe to add spice to your next cookout and visit [reynoldskitchens.com](http://reynoldskitchens.com) for other “sizzling” grill recipes.

## CAJUN CATFISH WITH POTATO WEDGES

2 sheets Reynolds Wrap®  
Release® Non-Stick Grill Foil  
4 medium red potatoes,  
each cut into 8 wedges  
4 catfish fillets  
(4 to 6 ounces *each*)  
Olive oil  
Cajun seasoning  
1 medium green bell pepper,  
cut in rings  
Juice of ½ lemon

MICROWAVE potatoes, covered, on HIGH (100%) power 10 minutes or until tender. Brush cut sides of potatoes and both sides of fish with oil; sprinkle with Cajun seasoning.

HEAT grill to medium-high (400° to 450°F). Place Reynolds Wrap Release Non-Stick Grill Foil sheets on grill rack with non-stick side (as read on foil) facing up toward food. Arrange fish and vegetables on top.

GRILL covered 8 to 10 minutes, turning once, until fish flakes easily and vegetables are roasted. REMOVE fish and vegetables from foil sheets; allow remaining juices to cool before handling foil. Squeeze lemon juice over fish. Makes: 4 servings.

*TIP: If grilling for a large crowd, use multiple sheets of Release Grill Foil and grill food in stages. Grill meats first, remove from grill and cover with foil to keep warm. Then grill vegetables.*