

Cajun Oven Fried Catfish



Serving Size: 4 (4 ounces)

TOTAL TIME



DIFFICULTY



GLUTEN-FREE



DAIRY-FREE

Preparation

1. Preheat oven to 425° F. Line a baking sheet with aluminum foil.
2. In a shallow dish, mix together the cornmeal and all spices.
3. Dip the catfish fillets in milk, and place them into the cornmeal mixture, coating liberally. Place on the baking sheet.
4. Bake for 15 minutes, or until fish is easily flaked with a fork.

Nutrition Facts Per Serving

Calories	168
Fat	3g
Saturated Fat	0g
Cholesterol	80mg
Carbohydrate	10g
Fiber	0g
Protein	23g

Ingredients

- 1 pound catfish fillets
- 1/3 cup yellow cornmeal
- 3/4 teaspoon paprika
- 3/4 teaspoon dried thyme
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/3 cup non-fat milk or dairy alternative

Catfish Substitutions:
Flounder, haddock, tilapia, or other white fish.