



Southern Catfish Filets

Ingredients:

- Fat Free Cooking spray
- 4 5-ounce catfish fillets
- 1/2 teaspoon freshly ground black pepper
- 1 cup 1% or Skim milk
- 4 drops hot pepper sauce
- 1 cup cornmeal
- 1/4 cup fresh minced parsley
- 1/4 teaspoon cayenne pepper
- Lemon wedges (optional)

Directions:

Preheat oven to 450° F. Lightly spray a baking dish with cooking spray. Sprinkle fillets with black pepper. Set aside. In a shallow dish, combine milk and hot pepper sauce. In another dish, combine cornmeal, parsley and cayenne pepper. Dip fillets in milk mixture and then roll in cornmeal mixture. Place fillets in prepared baking dish and bake 15 to 17 minutes, or until done. Serve with lemon wedges, if desired. **Serves 4**

Nutrition Facts Per Serving:

Calories	332	Saturated Fat	2 gm	Carbohydrate	30 gm
Fat	7 gm	Sodium	74 mg	Fiber	2.5 gm

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